



MIND DETOX

A 21 Days Program



BY DHRUV MEHTA

Introduction

You know it, how those self-critical inner voices bash you when you make a mistake, or when you don't do something that is expected of you.

You already know that the biggest obstacle to live a happy and harmonious life is inside you - your own mind.

You've experienced those limiting patterns like self-criticism, addiction to comfort zone, unstoppable worrying, self-loathing, uncontrolled bursts of anger, procrastination, fear of failure...the list could go on and on...but you've experienced how they hold you back from living your life.

Why not try and attempt to release them from your system, just as you'd release bodily toxins, why not give a try to release these mental toxins?

This program is divided in three parts.

Part 1: Essential Concepts (Day 01 to Day 07)

Part 2: Essential Skills (Day 08 to Day 11)

Part 3: Transforming Limiting Patterns (Day 12 to 21)

The best way to go about this program is to explore one lesson a day in sequence.

If you like the content of this e-book, you can also join the 'Freedom Insights' group on Facebook, where I often post such content.

- Dhruv Mehta

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Day 01: Intent VS Behaviour



Dhruv October 2, 2021



What's Your Candy?

Like most kids, my son love sweets. He's between three and a half and four years...too young. But that means, he's in that age between two and six years, where you can see all the formative mental patters. Like all others kids in that age range, he's transparent, and that lets us see how behaviours are formed.

He has figured out that if he wants something he wants – let's say a candy then he has three ways. First, he'd come to me and try to cry...I mean really, not cry but try to cry...all the real action, without real emotions...until I say – what do you want Kris, and he says, 'maybe orange candy'...second, he'd come to me and act happily...I say are you happy, and then he'd say – daddy, maybe orange candy'....if none of those works, he'd start to speak names of fruits and numbers in Chinese (he knows I feel happy that he learns different languages – six by now, but he knows how amazed I am with the Chinese words) and he'll speak different Chinese words, fruits and vegetables until he reaches – 'Tángguǒ' which means candy in Chinese.

But since he's a child all I can do at the end is laugh at his antics. Knowing that all he's doing is in the end to get his candy.

And that brings me to today's topic – the first among 21 days.

Behaviour VS Intent

There are two different things which mistakenly gets blended into one. Behaviour and Intent – these are two completely different things, but we are not used to look at them as different things.

Behaviour is – what you do, how you do, the way you act, the way you react and all of that.

Intent is – why you do...what are you really trying to get / feel by a behaviour.

So let's say 'intent' is the destination, 'behaviour' is the transport we use to reach that destination.

Basically behaviour is what we do to get what we want (the intent).

And here's a simple fact. Intent is always always noble. There is nothing wrong with what you 'really' want. There cannot be anything wrong with whatever you want at the end.

If you trace your behaviour backwards, it will always lead to 'intent'...and what is intent – what you really want in the end?

All intents are made up of 'state of feeling' that means, you want to experience a 'state of feeling'...for example to feel secure, to feel loved, to feel cared for, to feel creative, to experience a sense of worthiness, to feel good, to feel pleasant etc...and there is nothing wrong to be cared for, to feel worthy, to feel secure, to feel creative, to feel acknowledged, to feel pleasure....all intents are noble...

All the actions we take, all the behaviours we have, they are all our ways to get what we want – the original intent.

As my son does – he exhibits three behaviours to get his candy...candy is his intent...or let's say the feeling good with sugar in candy is his intent, trying to get the candy in three different ways I mentioned in the beginning of this post are his behaviours...

While intent is always noble, the same cannot be said about behaviours. Behaviours can be nasty. Behaviours can be destructive. Behaviours can be dysfunctional, behaviours can be extreme...intent is none of them, it is just noble, pure, innocent.

Your mind is not crazy...it produces dysfunctional behaviours even destructive at times, but that's because that behaviour somehow fulfilled the intent sometime in the past...or the mind sees that behaviour as the 'only' or the 'best' way to fulfil the intent. I am not saying it is the only way or the best way, but the mind sees it that way.

Even those behaviours that are labelled as heinous – like genocide, murder, rape or the ones that are frowned upon, like theft, robbery or that are pitied upon or often disgusted,

like self-killing...even such behaviours have noble intentions...

Again I repeat – intent is always positive, pure and noble, behaviours mayn't be.

So today we focus on this one simple concept.

Behavior and intent are separate things. Intent is always noble. And when we look at the intent, we feel compassion to ourselves.

Intent is always noble, something that we want to feel, a pure need or desire. While behaviour is the elaborate plot to get that intent.

All our destructive patterns are simply dysfunctional ways to get the pure, noble intent.

It mayn't be possible to feel compassion for those dysfunctional patterns, but it is always possible to feel compassion toward the 'intent'. When you shift your focus from what you are doing to why you are doing, a space opens inside you and the that space is a field of compassion.

Today's Practice

As you go about your day today, pay attention to what's happening inside you. Especially notice those patterns that you think are toxic or destructive.

Now tag those patterns as behaviours – that is, recognise that it is behaviour and tell yourself this is a behaviour.

Next, take a moment to look deeper and see – what am I trying to achieve / feel in the end by this behaviour? What is my real intent?

Remember, intent is always some kind of a 'state' or 'feeling' – so what state or feeling you want to experience by this dysfunctional behaviour?

Notice – when you recognise the intent, do you feel compassion for yourself? Like you feel compassion on the antics of a child who's crying so that he can get the candy.

Keep doing it all through the day, you don't have to spare any extra time, just as these patterns come, isolate behaviour and intent...see that there is an ulterior motive even behind a destructive behaviour.

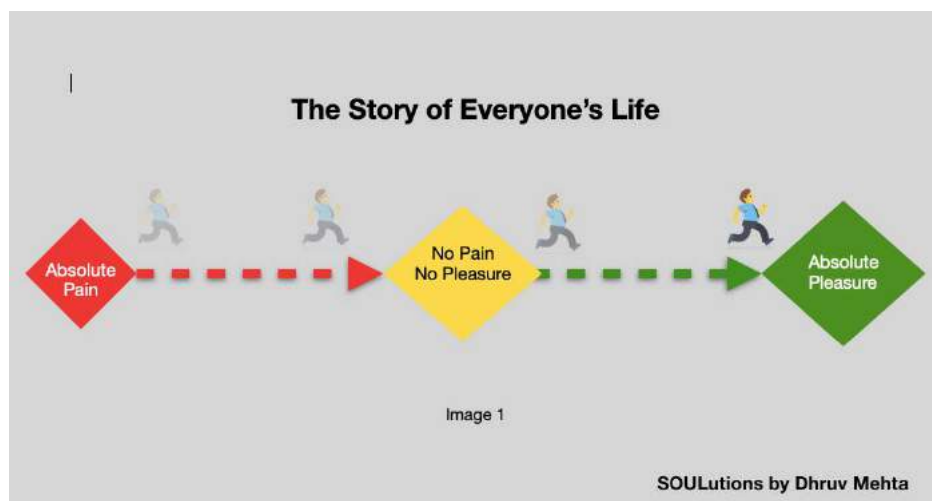
And if you do that, you will start from having compassion for those intents...that's not at all a bad start of our journey.

Finally, if you feel safe to share in this group, share what you discovered. And if you feel you don't want to share – you've got one more behaviour to isolate from a noble intent – to

Day 02: Axis of Pleasure – Pain



Dhruv October 2, 2021



I know why you do what you do

I mean, it is not rocket science. I may not know how you will do something or in what way you will act but I know why you do what you do. And you also know why everyone does what they do.

It's like an open secret...wide open right in front of us to see and yet we might miss...

In yesterday's post we explored two layers – behaviour and intent and we see how even the nastiest behaviours are just our way of getting something very pure and important to us –

like love, safety, acknowledgment, etc...

So it's like from the seeds of pure intent, emerges various behaviours. Some that promote harmony, others that destroy harmony and are nasty in a way that destroy our own peace, our relationships...you know all of that.

However, there's one more layer underneath and that is today's topic, I call it the mother of all intents and behaviours.

The Mother Of All Principles

As human beings, we are wired, I mean literally wired as in hardware wiring...we are wired at the cellular level (it may not be scientifically correct expression, but it sounds 'cool')...we are wired to 'try and feel good' and 'try to avoid feeling bad'. In other words, we are wired to pursue pleasure and avoid pain.

Anything we do, at any time we do, it is either an attempt to feel good or save us from feeling bad or a combination of both. And this axis of 'Pleasure and Pain' is at the core of our life story...the only thing different between our stories is 'how' we are trying to feel good and avoid feeling bad...apart from those difference, we are all the same at the core – wanting the same thing at every moment of life to be in the we are all trying the same is

Take a look at the 'image 1'...you see a red diamond on the left which represents absolute pain – physical or emotional... it is a point where you collapse...where your system can't handle and crashes...on the opposite end, you see a green diamond, that represents absolute pleasure...where you feel immensely good, as if you feel I am in heaven...it could be physical or emotional pleasure.

At every moment our decisions are based on running away from the red diamond as far away from it as possible and as close to the green diamond as much as possible.

Whatever you do, decide, don't do, don't decide, choose, don't choose...all of it is your way of running away from the red zone to the green zone. Sometimes we can't go the green zone then we try to go to the yellow zone – the neutral zone...if that's not possible then we still stay to go away from the red diamond to yellow or greenish zone.

In other words, our life is all about moving away from pain as far as possible and moving close to pleasure as much as possible. And that applies to all of us, even if it looks like we are living a different life.

What makes you and me different not the mechanism of running away from red diamond towards green zone but the different ways we do it.

What makes us different is the different strategies we use to avoid pain at the least and experience pleasure if we can manage that.

Three Layers Of Personality

And that brings me to three layers of our personality.

What most people see about us is our behaviour. It is visible. But what they don't see is our intent. The same applies to you – you only see others behaviour, but don't see their intent. If you've understood that your intent is always pure, you'd also understand that others intent too is always pure and noble.

However, underneath the intent lies this principle of 'pleasure -pain'

All of our intents – if you observe, they are our ways either to avoid pain or lessen pain or experience pleasure or enhance pleasure.

For example your simple needs like security, need to control situations, need to avoid confrontations...they are all built around your need to avoid pain (in whatever form it comes)... and your intents like to experience love, joy, creativity etc are built around your need to experience pleasure.

Today's core concept.

We are wired to first avoid pain and then if possible, experience pleasure – as much as possible.

But first is to avoid pain of any kind – that includes physical pain, emotional pain, discomfort and all other things that taste unpleasant in our system. And then, and only then if possible, experience pleasure.

In context of the 'image 1' we are wired to go away from the red diamond as far away as possible...from the left end of the axis towards as right as we can manage...that's existential wiring.

It's enough for today if you can see this in yourself. Later we will connect the dots, for now just focus on this insight.

Today's Task

As you go about your day, keep noticing what's happening inside you.

Also, continue what you did yesterday – separate behaviour from intent.

Third step is – see, what is the intent?

Is it to avoid some form of pain / discomfort?

Is it to experience pleasure / feel good?

Is it a combination of the both?

Just tag every behaviour and intent to whether it is running away from the RED zone or running towards the Green zone.

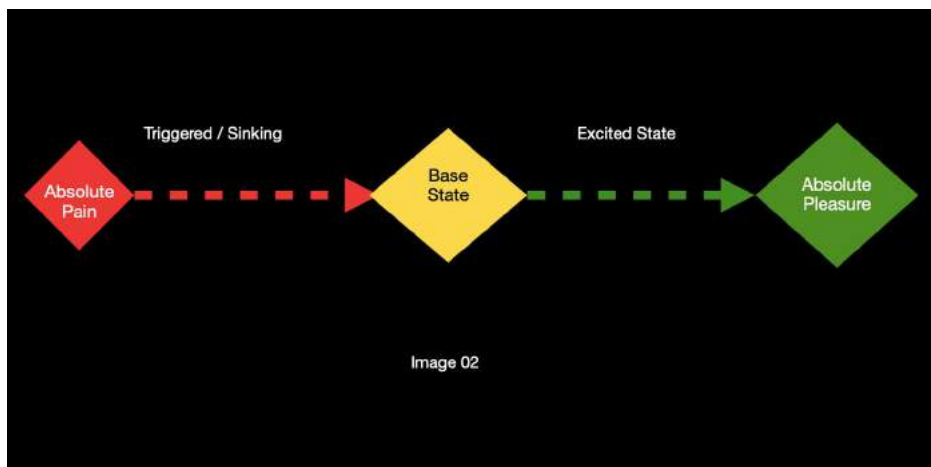
Trust in the process, when we will connect dots in few days, you'll have your 'aha' moment...or maybe you already will have it today.

Try to share your experience...it encourages me to keep going, it lets me know that I am reaching out to real people and if you feel resistance to share, see, if you are trying to avoid some form of pain by not sharing here.

Day 03: The Base State



Dhruv October 2, 2021



This Is Where Home Is

Take a glass of pure water. Add a bit of red colour in it. Water displays a tint of red. Add more red colour, and water turns deep red. Keep adding more of red and you reach a point where the water is completely red and can't go any more redder.

Do it with any other colour, say Green and the result is same...water keeps turning greener depending on how much green we add.

Whether it is red or green, any addition to water takes away the natural colour (or colourlessness) of water. In fact, any addition to water is a kind of 'disturbance' or 'contamination' to the base state of water.

We also have our 'base state' just as water is in it's natural state, uncontaminated by addition of colours.

The Base State

The yellow zone in the image 2 is what I prefer to call our 'bast state'. This is where we are neither experiencing pain, nor are excited. This is where we feel most comfortable with ourself.

This is the state we feel we are at home...we can think straight here. We want to spend time here as much as possible.

This is the place where we feel neither triggered nor excited...neither in the depths of negative emotions nor flying high with excitement. This is what we call being cool-headed. Not cold, but cool.

This is the state where you are neither triggered nor excited.

When you are in your base state, you are neither attached, nor do you feel aversion, you have no issues with self-esteem, you have no issues with your self-confidence, you don't worry for the future (you may plan but not worry), you don't resent what happened in the past.

This is the second best place to live your life.

Everyone of us has experienced this base state – at times or several times during a day.

The sign of base state is Peace and Comfort that you feel with yourself.

Personal Transformation Is All About Returning To Base State

But there are 3 more states in addition to the Base State. In total there are 4 states. And at any moment of our life, we are in one of these 4 states.

1. The Sinking State
2. The Excited State
3. The Base State
4. The State of Presence

Here's a bit about them...

1 – The Sinking State

When we are experiencing pain or discomfort (both emotional and physical), it is experienced as being 'unpleasant'. The taste of that state, the taste of physical pain or emotional pain is unappealing and at times awful...not that they are bad, but they taste bad in our system.

And while we are in that 'sinking state' we are most often like a man sinking in water...whose only wish is how not to sink deeper and come out on the ground as soon as possible. That is to go as far right on the 'Red Zone' to the 'Yellow Zone'...How to end this pain, that is all we want in the triggered state.

The farther left you go on the RED zone, the more unpleasant it is...and chances are that the farther left you go, more unconscious you become.

2 – The Excited State

Some feeling taste pleasant in our system, happiness, joy, success and the likes. We feel excited, in a positive way while in this state. The green zone is excited state.

The farther right you go on the green zone, the more excited you get. Happiness and Joy are in the green zone but very close to the yellow zone...when you go further right, you feel 'enthusiasm' which is a little more excited than what we call happiness. If you go further right on green, you meet 'elation' or 'high' as we call it...it is even more excited state than 'enthusiasm'...and finally you reach 'euphoria' on the extreme right, very pleasant...however, there is a trap.

Our nervous system (again, we have several doctors in our group, you guys take it as a 'cool' expression, it may not be scientifically accurate but linguistically cool nevertheless)... so our nervous system is not designed to be in any extreme state for long time, it would crash, like high-voltage surge can damage an electronic appliance, any high energy state, no matter how pleasant it is, it will blast our system. Some people on spiritual path say that enlightenment is like experiencing continuous orgasm...that is a childish expression...we are not designed to hold that high voltage excitement of nervous system for more than few seconds. Therefore we tend to be in the green zone, but most comfortable is green which is close to the yellow zone.

People are not addicted to alcohol or narcotics, they are addicted to being in the 'euphoria' these substances make them experience. All addictions are cries – I want to feel good, as good as possible (and by that means, I DONT want to feel bad).

3 – The Base State

We already explored it in the beginning of this post.

4 – The State of Presence (our most resourceful state)

Base state is great, but not the ultimate. The best ever state is the state of Presence. This is the state in which we feel most resourceful we could ever get.

This is qualitatively different from all three other states in the sense that, when you are present, you are not becoming an emotion – good or bad, positive or negative. Instead, you are there as the Presence that sees everything that is happening inside you.

The State of Presence is not anywhere on the green-yellow-red axis...it is above them...you could be in deep red and be present, you could be in yellow and present, you could be in green and present...it is independent of how you feel.

You need to be in the state of presence to see the intent behind behaviour. So when you are 'present', you already have compassion for yourself and others, because your focus is on intent...you may not agree but you still feel compassion.

And it is this state of Presence, from where you can heal all your toxic patterns.

Therefore, it is important to recognise our Base State and The State of Presence. Which is what we will accomplish during the second part 'Micro Skills' after 3 days.

Today's Task

Do you have an app in your phone or computer that tell you your 'screen time'? Such apps also tell you on which application you spent most of your time.

Let's activate such an app in our mind.

Today, as you go about your day, I suggest you do two things.

You stay vigilant of what's happening inside you and just tag – at this moment I am in state 1, 2 or 3

Second, you keep a note of how long, how many minutes you were in your base state before you slipped into the sinking state or the excited state.

Basically today's task is about recognising when you are in base state and noticing how long you are there and how does

Day 04: The Instinctual Wiring



Dhruv October 2, 2021



Your Mind Is Obsessed With This One Thing

(If you want to skip this real-life story, you can scroll down to the part 2 'Today's Concept')

Part 1: A Story Leading To Today's Concept

First few years of life, I lived in a relatively small town and studied in a local English Medium school – where you learn all subjects in English (every Indian knows what it is, but it is still

not common in most EU countries).

While still in primary school, we moved to a big town with a population as bigger than any of the Baltic countries. When my father took me to a new school for admission, the Principal of that school interviewed me and told my father that your son is very weak in English, I am afraid he will not be able to fit in here. It was a shock to me because in the small town school I was usually among the first three rankers. Although I really was poor in English);

Somehow my father convinced them that I'll work hard to fit in and I got in that school. On the first day in new school, we had a lesson of English. Teacher read a chapter – a story of some Rip Van Winkle (maybe anyone from India remembers that chapter)...after finishing the story, she began asking questions. Whoever knew the answer, they'd raise their hand and give the answer.

I thought I can do that. I've done that in the past in old school...whenever teacher asked a question, I'd focus on the main word in the question and then quickly find that word in the chapter in book and read out that sentence loud. It had work like that so I raised my hand for the next question.

Teacher: So why did Rip Van Winkle disappear?

My radar caught the word 'disappear'...I rushed through lines...found a sentence containing both Rip Van Winkle and 'disappear' in the same line. Bingo! I thought.

*I (replying to teacher): Mam, here is the answer....(reading the line from book).....And that's how eventually Rip Van Winkle disappeared. *

As soon as I finish the sentence entire class broke into laughter. Even teacher couldn't hold herself and burst into laughter.

Two things happened because of that laughter.

First I was frozen. Couldn't understand why am I being humiliated. Hell, I had done the same in past, it had worked, even rescued me...what went wrong today? Yes, I later understood how poor I was in English comprehension, but not then.

I was simply trying to do what had helped me and saved me few times earlier, but this time it looked like the same strategy is getting me into trouble.

Second, after that day, for all the 4 years I was in the same school, I never dared to answer any question, even if my answer was 100% right. When I wrote my answers, I scored much higher than when I had to speak in front of others.

Anyways, I am sharing this because this leads to today's concept.

Part 2: Today's Concept

Saving Us From Pain Is Our Mind's First Priority

We use more energy to save us from pain than to experience pleasure. How to avoid pain – the mind is constantly looking out for ways to find ways for that – how to avoid pain.

All so called self-destructive or dysfunctional behaviours are 'learned' ways to protect us from painful experiences.

We somehow learned to run as far from the Red zone to the Yellow zone. At one point these patterns worked, and then we got stuck with them. Just like when I was humiliated by the entire class due to my English skills, I learned 'speaking out loud could result in humiliation, so better don't speak'...I was a kid, I didn't knew any other way, whatever worked then, I stuck with it for 4 years.

We hold on to negative patterns because at some point in past they actually helped us – most likely to save us from a painful experience.

These are the patterns we picked up when we were unexperienced, we were not resourceful and therefore it seemed like the only way to handle those situations.

Self-criticism, holding on to guilt, anxiety, fearful reactions, procrastination, avoiding to communicate what needs to be communicated, try to be 'good' to others at cost of self-interest, confrontation when it is the, that voice inside you which doubts and breaks your confidence...and the entire list of self-limiting behaviours are simply our ways to avoid experiencing pain – because we haven't found creative ways.

Most self destructive patterns are part of our own Hyperactive defence system.

I am not hinting that we shouldn't avoid pain. But we can re-wire ourselves to keep the intent 'avoid pain' by finding better and more harmonious ways.

Re-wiring is one micro-skill we will explore in the second part in less than a week.

Today's Task

For few minutes, can you suspend any doubts you have about the idea that...

All the negative patterns inside us, even if they are destructive, they are trying to help us in some way – the only way they know. All the negative patterns have a positive intent. That all of these negative patterns are trying to save us from a painful experience – it mayn't be really painful now, but at one point, it was all about avoiding pain.

So if you can allow yourself to be open to that idea, then, can you spare a few minutes pondering upon what could be the positive intent or following patterns. What are these following patterns trying to save us from? From experiencing what? Or what other positive intent it has?

You can share your ideas on all or at least any 5. Some of you need to answer the last one for sure.

1. Holding on to guilt
2. Procrastination
3. Self criticism
4. The voice that says – you are not good enough
5. Jealousy
6. Not asking for help when you need it
7. Not communicating your needs to others explicitly
8. Being good to others at the cost of your own needs
9. Anger
10. Shyness
11. Fear of failure
12. Expressing your views publicly even when you have some authority on the subject
13. Not doing what you know is right for you
14. Letting people take advantage of you
15. Addictions like tobacco, alcohol or even narcotics
16. Not sharing your ideas and insights in this group, even though you do have an opinion

Well, the intention of today's task is to transform how you see your dysfunctional patterns. Instead of seeing them as enemies, I want you to see that they are trying to help you, in the only way they 'think' is right. They might be wrong about how they do it, but you can't argue about their intention – to help you or to save you from some painful experience.

Your realization of the intent of those patterns could open the door for 'self love'.

Try, analyse, check back with your own experience and please share here, how do you feel about yourself and those patterns when you see their real intentions.

Your discovery might look like the demon in service of Angel!
(Hell, i had to find a way to justify the image I used)

Have a great day!

PS: On a side note, if you've read the story, then it is that experience because of which I usually don't make fun or laugh at someone's language skills (i am saying usually, because I have a shallow-self that sometimes enjoys but rarely). At core, I believe that language is a tool for communication and no one's self-esteem should be associated with their language skills.

Day 05: The World Within



Dhruv October 2, 2021



It's Not A Person. It's A Crowd!

When India became independent in 1947 and the first government was formed, there were 17 different ministries (in the US they call them Departments) – portfolios to handle all the different affairs of the nation. That included for example the Ministry of Transport, Finance, Health, Science, Defence etc. As in any other country, the role of each ministry is to deal with the matters related to their domain.

But with the passing time, technological advancement, and realisation of new challenges, the Government of India began creating some new ministries to handle new emerging

challenges in a better way. So over the time, new ministers like Ministry of Food Processing Industry, Ministry of Chemicals and Fertilisers Industries, Ministry of Electronics and Information Technology and more were added.

What began with 17 ministries in 1947, today it has expanded to 54 independent ministries.

And this has happened with every nation – as years pass and the world changes, to keep up with the emerging situations, they need to create special departments / ministries. New challenges, new entities are formed to handle them.

If this seems logical to you and if it makes sense, then I guess you'd have no problem understanding the Structure of Mind

You Sir, Are A Team

Our mind is no different than a government. Just as a government's role is to ensure proper governance of the nation, to keep it protected from outside and also inside, our mind is our own government. It has the same functions as any nation's government.

(On a side note...From the moment we are born until we cross the formative years, our mind's government is sort of a care-taker government guided (or misguided) by our parents, relatives and teachers)

When we are born, we are powerless, dependent but as we begin to grow, to deal with different challenges our mind begins creating new parts (ministries).

At one point we didn't knew what to do when another kid takes away our toy...maybe we just snatched it back...but mama thought it's rude, so she taught us 'sharing is caring' you should let others play with your toys...a new part was

born that learned – no, it didn't learn that sharing is caring, but it learned that when mama is around I need to share or she gets upset with me...

And some kids won't listen to mom, they'd continue snatching every time they want something...they are the one's who have developed a part that helps them by taking things with force (we all have adults with such behaviours around us, no?)...in india we call them the 'gunda' type.

Well this is an exaggerated example but I know you get the point.

As we continued growing up and meeting new challenges everyday, the Government of Our Mind kept adding new and new ministries. You can call them parts, or sub personalities (I dislike this expression) or individual entities in their own right.

A part was born when we first faced rejection...when someone said NO...we felt pain and maybe we stopped asking next time to not feel the pain of NO...so a new part that learned how to handle the pain from rejection was born and it's role was ensure 'don't ask'

Up until a month ago, whenever my son broke a toy car or something, I'd ask him – who broke this? And he'd say Kris (he) broke this. Recently while jumping, he broke my glasses. I found that later so I asked him – who broke this? But this time with annoyed tone and visible anger...so his response was – Wolfie (our German Shepherd) broke this...

You see – a new part was born right there that learned to lie... for a noble reason – I don't want daddy to scream on me.

What we call behaviours, they come from such 'individual entities' who have specific roles...like the minister of a ministry. Each part of individual entity has it's own main

function, core beliefs based on the experience during which they were formed. (For example the first lie of my son, was to protect him from 'wrath' of father).

A lot of our current behaviours are based on those individual entities formed during those formative years, based on the experiences we had – while we were almost resourceless.

Each of this part can be identified easily as a separate individual entity within us simply by listening to them speak inside us...each of those parts have an almost distinct voice or they sound in a distinct manner.

Key Insights For Today's Concept

- To handle different situations, our mind creates a dedicated entity. You can call it a part inside you or an 'avatar' of yours.
- Each of this part has a specific role – to help us in specific situations. In the way it sees works best.
- Many of these parts have never evolved...they are stuck with the ideas and beliefs from the original experience and they continue using the same strategy even in their adulthood.
- Some of these parts are useful – they help us with staying organised, manage our life efficiently
- Few parts are dysfunctional because the behaviour they exhibit is no longer productive...for example once you were upset because mom screamed on you, at dinner time mom called, come and eat you said I won't...after a while mom comes, hugs you and shows care, you notice guilt on her face...and BAM! You've developed a part that learned when I want people people to feel guilty, I should shut myself in my room and withdraw. I know many of you will recognise this part. I had it (and still to some point have)
- Whether a part is functional or dysfunctional, they are all trying to help in the ONLY way they know. Every part has a noble intention

Today's task

Today, I invite you to do a little more than just observe what is happening inside of you.

- Whenever you can, in any situation, just notice as many different parts of yourself as they surface and become active.
- Notice the switching of different parts as it happens. For example you were in an office meeting – some parts of you were active there who know how to handle office meetings. You come out and a friend calls, and suddenly the way you talk with a friend is different than in the meeting room...what just happened? You switched from 'professional' part to a 'friend' part.
- Finally as you see different parts coming up, can you give them names – just to isolate them from other parts and so that next time the same parts comes up you recognise it.

Please share how many different parts you discovered, what roles they had, what interesting names you gave them?

By the way – what's the name of your part that stops you from engaging in this group with comments or sharing your experiences

Day 06: The Wound And The Saviour



Dhruv October 2, 2021



The Super Hero Complex

It is natural to be affected by what happens. When we experience rejection it is not only normal, but it is natural that we feel (experience) disappointed or sad. When we experience a loss, it is natural to feel grief. When we experience a possibility of loss or harm, it is natural to experience fear.

The Wound

Each of experience of rejection, bully, aggression on us or threat creates a tiny 'wound' in us. If we know how to process those emotions, then the wound heals in some time. If we don't know how to process that emotional energy, that wound stays alive in our system. And that gives birth to a 'wounded part' within us.

If you remember the concept of Day 3, Day 4 and Day 5 – the central idea is that one of the main functions of our mind is to protect us from pain.

Now if we are living with a wound inside us, our mind produces new parts whose main job is to make sure that we are never wounded again in the same way we got wounded that first time. Another role of such new parts is also to ensure that the unhealed wounded part does not come to surface, or that we don't encounter it in ourselves.

The Saviour

Remember my story about English lesson (Day 4)? When the whole class laughed at me, I was humiliated and in that humiliation, I wrote that I was 'frozen'...that was the original wound. These wounded parts have always been living in dormant state in the RED zone. And they can wake up if a similar situation occurs in the present – humiliation, rejection, threat, anything that resembles the original wound would awaken them.

And then to make sure that I don't experience such things again, my mind created a part that would stop me from answering or speaking in class or in general in public. That was the 'saviour' part – the one who wants to save us from pain, it is this kind of parts that makes sure we never go to RED zone and if we are there, then to pull us out to yellow or

green. (modern psychotherapy calls them Protectors, but I like to give a spin to names and definitions and create a new language that fits SOULutions).

I'd call the gang of saviours collectively as – the Super Hero Complex..who thinks they need to save their wounded parts from the world.

2 Types Of Dysfunctional Behaviours

Most of our dysfunctional behaviours are coming from the saviour parts and some extremely dysfunctional behaviours come from the wounded parts.

Some Examples...

Shyness – is a behaviour of saviour part...that stops you from opening so that the wounds won't activate. Wounds could have happened when someone rejected you, or criticised you.

Intense anger too is the saviour part...when it senses that the current situation in some way is touching a wound or reopening it

I am not good enough – that for example is the 'wound' itself. Low self-esteem comes from wound.

Guilt is wound + saviour

Procrastination is saviour's signature work

The main difference between a dysfunctional behaviour that comes from wound and the one that comes from saviour is this...

Vulnerability is the overall feeling of wound...and the emotional states of Helplessness, fear or hurt are the main emotions of wound...if you investigate, all other dysfunctional

behaviours are ways to cover up those three things – helplessness, fear and hurt. Anger, procrastination, pleasing others, taking care of other's needs at the cost of your own, being the 'good' boy or girl also are saviour behaviours to help you cover up your wound.

And during the remaining part of our journey, all the things we will explore will be either to heal the wound or to rewire the saviour.

Today's Task

As you go about your day and be vigilant of what's happening inside you, pay attention to following.

Notice if you feel vulnerable in any way – helpless, frustrated, hurt, fear...that's your wound. See what happens next. Tag it as a wound.

Most probably, a saviour part will appear to cover up the wound – that helps you to avoid those feelings of helplessness or hurt. Tag it as a saviour.

Whenever you do something that feels like you are doing this to avoid a painful outcome, tag it as a saviour. But STOP. And look inside, what is the wound that this saviour is trying to cover up?

If you can, focus on the wound and ask your mind – can you bring up some past memories when this wound was formed. If they come up, just notice and make a mental connection / tag between the wound and the event that created wound

That's a lot of work for today. Count your saviours and count your wounds.

You won't be able to heal wounds if you cover them up, you'll need to show them to yourself.

And of course, by now you know – it is your saviour part that doesn't let you share here...and if so, what wound it is covering up?

Share your experiences or insights. Thats your contribution to keep this group alive.

Remember wounds don't transform by saving us from them but by healing them. Time to call out your superhero complex.

That's about it for today.

Have a great day!

Mark Complete

Day 07: The King



Dhruv October 2, 2021



Let's meet YOU

In an ancient Kingdom, there was one unwritten, unspoken rule. Everyone was expected to be loyal to the 'throne' not to the King. Whoever sits on the throne, he or she could do whatever they want. The entire army, ministry and all other resources of that state were at disposal of the one who sits on the throne.

However there was a King. But with such rules of loyalty you can imagine what would happen.

ife

In the King's court, there were chairs for his advisors and his military strongmen, who'd sit next to him. Their job was to advise the King. On some days, the King would fall in love with the advise of some advisor and so much so that he'd allow the advisor to come and sit on the throne...and King would step aside...then the advisor would run the country as they want. Some advisors had constructive vision but others had destructive vision. Sometimes an advisor who is sitting on the throne would bring the nation on the brink of a war, at other times, another advisor sitting on the throne would deplete the kingdom of all it's resources...but no one could do until that person was sitting on the throne. This would continue until the King suddenly wakes up and takes back his throne.

On some days, when the King is ill or not in his element, some advisor would come and just pull the king from the throne and instead get seated himself and run the nation as he pleases...and this would continue until the King is back with his strength and claims back his throne by getting himself seated on the throne...

You can imagine that such a scenario would lean to anarchy.

The Story As Your Truth

However, now you can think of this story like this...

The Kingdom is our own mind...the King is who we 'really' are and the advisors and military strongmen are our parts – our saviours and our wounds who want to run from the red zone towards the yellow and green...if you think of the story in this manner, then it all suddenly makes sense, all of it. What is happening with us and why.

Inner Game Of Thrones

There is YOU – the real you, the King and then there are parts. Parts are your advisors, they work for you. But more often than not, they push the King away and take over the throne of your mind and then these parts act through you as if they are the king. You become those parts, there is no longer 'YOU' left.

That's why, after an episode of anger or some other high intensity emotion, when those emotions settle, you feel like – oh my God, it wasn't me...it was as if something took over me. Of course it did. YOU were pushed aside by a saviour or a wounded part and that part acted through you.

Remember the simple rule of the kingdom? Whoever sits on the throne gets to govern the kingdom.

The Real You

Have you experienced this?

You are in a state of deep worry or resentment. Suddenly something comes up, which forces you to come out of your worry and focus on doing it...and while you are engaged into responding to this very important situation, you no longer even remember your worries or resentments or sadness or pain?

Well, who you are is who you are in this moment without past – and therefore who you are needs no healing. Your parts need healing. Wounds are there, for sure, but they are in the past. Who you are is already healed. And you have experienced who you are...when you feel I am in my 'zone' when you are 'Present', when you are in the 'flow' when you are so much focused on the present moment, that you forget you have a family, friends, your problems, all of it. Who you are without your story is YOU. Without giving it any spiritual spin, I'd say you are the Presence, who is already healed,

who is open, who is compassionate...and it this this Presence inside you that has the power to heal your wounds and rewire your saviours.

The one unmissable quality of presence is – observation without judgement or I'd call it compassion. Remember I asked you for first couple of days to focus on the intent...and not behaviour. What happens when you focus on the intent – suddenly a space opens inside you. You no longer judge yourself. You know this part of you has a positive intent...that space inside you is the emergence of presence. You can't see a positive intent from a part, you can only see it from presence. So compassion to yourself and others is only possible from the place of who you really are – The Presence. And that is the King of your inner kingdom – mature, resourceful, compassionate inner leader.

Remember – the sign of Presence is compassion. Do you feel compassion to yourself, to your parts, to other people and their parts. If yes, then you are present, if no, then you have been pushed away and taken over by a part of you.

The Observer Mode Vs The Absorbed Mode

There's a simple principle...you cannot be that, which you possess. For example if you are holding a phone or computer while reading this, then we can say – you have a phone or a computer, but you are the one who owns it, you are not 'it'... same goes of your clothes you are wearing right now – you have them, so you posses them, you are not those clothes... the same goes for even your body...you have the body, you are not the body...when someone's one limb is cut off, they don't say from now I feel I am only 3/4th of what I was before...if we get more closer, we have thoughts, we have emotions, we have parts, but we are not any of them.

We are the one who posses those parts and believes, emotions, thoughts produced by those parts.

And therefore, when you observe your part, you automatically create a distance between who you are and your parts – wounded or saviour.

When the part takes over, you get absorbed as the part. But when you begin to observe, you become the possessor of that part, instead of acting out that part.

The first step of personal healing is to reclaim your throne YOU are the rightful owner of that throne. See your parts as parts instead of letting them act through you. Be there as the one who knows that right now, a part is around me, wanting to take over me. That's the first step.

Today's Task

As you go about your day, switch on the inner CCTV cameras so that nothing that happens inside you goes unnoticed – not a thought, not an emotion, not a behaviour happens without you knowing that it is happening.

With that level of inner observation, try this...

- Make an intention that today, whatever appears on my inner screen, any thought, any emotion, any feeling, I welcome. Today everything that happens inside me is allowed. (This is not applicable on behaviour because behaviour is outer thing, you act it out...I am talking only of what happens inside you)
- Then as different thoughts, emotions, parts come up, just notice that they are here. As if they are guests at your home, you open doors for them to come. You let them be in your inner home for as long as they want to stay, you let them speak inside you, allow them to tell their story. But like a good host, you pay attention to whatever they are trying to say. It is possible that somethings you'll like, other things, you won't agree and would despise. But like a good host, give them space to be inside you, as long as they please.

- Also notice how some of those thoughts or parts want to push you away and take on your throne. Just notice, but be there, give them space to exist but don't give them your throne.
- Look at them. See them, observe them, listen them. Just the act of observing them would separate YOU from those little you parts. See that there is YOU and there are they, those little yous inside you.
- Notice how the act of observing them instead of becoming them itself dilutes the effect of your thoughts and emotions on you.

Share, if you can the experience of doing this. If you do not feel comfortable sharing personal information, then also you can share without revealing such details but just sharing how it feels, does it resonate with you or what challenges you experience while doing this.

This is the last of the concepts. From tomorrow, we go to second part 'The Micro Skills' for Mind Detox.

Have a great day!

Day 08: Inhabit The Playground



Dhruv October 2, 2021



Inhabit The Playground

I am in a very early phase of working with a small group of professional players. So as first step I did a survey of their background, their goals etc. which was obviously as I expected – some of them are already playing at the highest level and some are aspirants to be part of the premium leagues. Someone is a champion, others want to be a champion.



But as a byproduct of that survey, I got to know their routine, what do they do and how do they spend time throughout the day. And that looked like – field training, field training, field training, field training, play, field training, field training, field training.

The actual match time they got was hardly 2 hours or less in a week. But still they spent over 50 hours a week on the field – maybe 1 or 2 hour playing and rest of them training, but all of them on field.

I asked one of them – isn't it too much, that you get only an hour or real game time and yet for that hour you spend about 50 hours in the same field?

His reply was epic. He said...

If you want to be a champion and play your best game when you get the opportunity, you got to spend most of your time on the playground.

And that brings me to today's topic – Stay On The Playground

Your Playground

Just like those professional players, if we too want to excel in the game of inner transformation and being the master of our mind, we too need to spend most of our time in the playground.

As you must have noticed, any inner transformation cannot happen unless you are vigilant and able to observe those patterns inside you, listen to those thoughts as they appear or feel the emotions before they take over you. And that is the most difficult part of the process. Trust me, healing a wound is easy, rewiring a saviour is even more easier. What is most difficult is to be able to see a wound as a wound and see a saviour as a saviour without becoming them.

And that is where our playground steps in and can save the day.

The energy-field of our body is the playground where the entire game of our mind is being played. NO, it is not played in our head, that's just a semantic error, it is played throughout the entire energy-field of our body. And before the 'Mr. or Ms. Skeptic' part of you raise questions, I urge you to wait out until you read the full post.

Try This

1. Sit relaxed but with straight spine. You can choose a meditation posture or you can just be in a chair, that is not so important.
2. Now close your eyes and let your breath settle down. By that I mean take few seconds or couple of minutes until you sense that you are not trying hard to breath – no need for deep breaths, if they happen, that too is okay... but otherwise just let your breath find its natural rhythm.
3. Now you are with closed eyes. You can't see your body.
4. Ask yourself this question – at this moment, I am sitting with closed eyes, I don't see my body, but do I have my body? Can I know right now, while I am sitting with closed eyes and while I don't see my body, can I still sense that I have a body? No, not from memory, but at this moment, do I know I have a body?
5. How do you know you have a body when you don't see it? You know it because you sense it, you experience it as an

energy field. Just because you don't see it, you don't feel panic that your body has disappeared.

6. Now, continue sensing your body for the next few minutes. And as you do that, what you are doing is getting familiar with the energy field of your body. It is this energy field that is the playground. Or you could say that it is like a screen on which your entire past, all of your memories, all of your thoughts, all of your emotions appear and play from time to time.

What you do with closed eyes, later you'll also be able to do with open eyes, or while in communication. This one skill – the ability to experience or feel or sense the body's energy field will be a game changer because all that you want to change is here, all those players are playing on this playground. So spend as much time as possible in the playground.

Today's Task

- Set up 10 or 15 random alarms or reminders on your phone. I mean literally random hours (excluding your sleep time).
- Each time the alarm rings, stop whatever you are doing. Freeze in whatever position you are. Even if your one hand is raised, let it be frozen in air. Be a statue for 30 seconds or a minute. Just as you freeze, close your eyes, that's the only movement allowed.
- As you stand or sit there as a statue, ask the same question you asked earlier – do I have a body at this moment? How do I know I have a body when I don't see it? And instead of answering that question, sense the body with closed eyes. You may sense some part of body more intensely than other parts and that is ok...but you will still sense a general sense of 'something' that lets you know that you have a leg, a hand, a head, abdomen, back, a face...
- After 30 second or a minutes, just let go and be back to your business.

- And I assume you'll also put your common sense while doing it and therefore you won't try it while you are driving, cooking or for that matter during any activity that could result in dangerous outcome. In such case, of course you skip the alarm and take it the next time when it comes.
- Try this 10-15 times today and let me know about your success or inability to sense the body / experience the body / feel the body while you are with closed eyes.

Knowing your playground and spending a lot of time on the playground is the first step towards being master of your mind instead of being played by your mind.

Do share your experience.

Have a great day!

Day 09: Inner Surveillance



Dhruv October 2, 2021



To See Is To Be Free

There are only two places in the world where you can find Lions in their natural habitat. One is in Africa, another is just 400 kms from my home town in India.

I was visiting those Gir forest with few friends, the only other place in the world where you can see Lions moving freely in jungle. A local Ophthalmologist who happened to be more than acquaintance but less than a friend had arranged our stay in the government guest house using his clout.



Me and few friends are going in an open Jeep (that's how we call all off-roaders in India) to explore the forest and meet the Lions. I have a newly bought Nikon D500 camera with me with special zoom lenses.

In the middle of the jungle, our Jeep's engine died. Driver and guide did all they could do to get it running but nothing helped. I thought let me venture around, alone. I thought, I won't go far from the jeep. But I actually ended up couple of kilometres deep in the forest in the hunt for some great clicks with my new camera.

My 6th sense told me that I am being watched...I turned around to see no one. But I still felt someone is watching me...I looked left – no one...I turned right, I still see no one...but while my head was turning back, I saw two tiny flames, just behind knee high dry grass...and when I turned back, I see those flames had a face attached to them...a cold shiver ran through my spine as I realised that I am watching the very being I came here to watch – a Lion but in the circumstances I never imagined. It was a matter of death and death for me... death for sure...either by exhausting my lungs while running or being the meal of that Lion...what would I choose?

I took chances and ran...I am not sure it was 500 meters or more, but I knew this is the only chance I will ever have to run back to the Jeep...I could sense the beast is behind me....I knew I would be out run and was expecting when the Lion would pounce on my back and finish me.

I suddenly feel the warmth on my back, the warmth you can only feel from another life form, another being touching you... I knew these are my last few seconds before I end up dissolving in the Lion's stomach acid. I feel I am shaken... literally like the Lion is not touching me but shaking me...and he even called my name – Dhruv, Dhruv...I heard those words...Dhruv, come on...wake up, your alarm has been ringing, you have a flight to catch, wake up, get ready for your trip.

Oh that wasn't a lion but a tigress, my wife, waking me up from a dream...thank God, I am not going to die today...but my heart still pounding...I still feel the adrenaline rushing through my body...and yet, there's a sense of relief...Good Lord, it was just a dream, not a reality.

The End Of Illusion

That's how it is my friend – the only way to end the suffering that you go through in a dream is to see a dream as a dream. We suffer because while we are in the dream, we feel it is the real thing. But when we wake up, we know it was a dream.

Realising a dream as a dream is the end of dream. Realising an illusion as an illusion is the end of illusion. Realising a part of you as a part of you is the end of its control over you.

Locating: The Skill To Dis-identify

Today's skill is 'locating' parts and 'tagging' parts as parts. And when you do that, you see a part as a part, an emotion as an emotion, a thought as a thought and that itself creates a distance between you and that part or behaviour.

The reason we are suffering from dysfunctional behaviours is that we become identified with them, as if we become them... they rise inside us and they become us, they take our throne, they push us aside and they act for us.

But when we dis-identify with them, when we see a part clearly as a part, it can no longer take us over. Remember, seeing an illusion as illusion is the end of illusion and the same goes for a dysfunctional behaviour coming from a part.

Any how do you do that?

Find out in the next section 'today's task'.

Today' Task

Today, I am going to ask you to do a dedicated practice for about 10 minutes or more if you like.

- Sit relaxed with straight spine and allow yourself to get comfortable in that position.
- Close your eyes and focus on the sensation of body while your eyes are closed. Try know that you have body – entire body, all parts, starting from the toes until the head, while your eyes are closed.
- Make an intention that for the next few minutes, everything that surface inside you is 'allowed' not only allowed but welcome.
- Now as a thought or emotion comes to the surface, first acknowledge that it is here...second, how do you know that this thought or emotion is here? You must sense somehow that it is here...where do you sense it in your body?
- Check – where is the sensation of this particular thought or emotion or idea or voice in your body's energy field. Very much like the GPS narrows down to a one point in space, locate that thought's location in your system – left, right, front, back, top, bottom, near belly, near chest, outside body, inside body...where?
- Just locate any thought that comes in the same manner. Keep locating. For today's practice we don't want to do anything more than locating the thought or pattern or behaviour or part...just check – where do I sense this thought or pattern or part.
- Keep doing with all parts or thoughts that come for the next 10 minutes or more...you could use your timer on phone to let you know that you've already passed 10 or 15 minutes. Repeat the process if you have time in other part of the day.
- Just the locating of a part or pattern in your system separates it from you. And that is what all meditations are about, even if they all use different approaches, they all intend to help create that distance between YOU and what you have inside you.

Don't think too much of what this practice will give you for now. Just try it...later, when we consolidate our concepts and skills, you'll see all the dots connecting.

As for sharing your experiences -I'd love to know where in your system you sense the presence of anxiety, worry, sadness, fear, jealousy, anger etc...you can describe it by saying – right, left, inside , outside, up, down, front, back etc...

A part of me that usually appears on my 'right side' loves and rejoices when I read your experiences and comments...help it by adding your experiences and insights in the comments.

PS: I know it's not the best image i got here...but i am trying to show that just as we locate places on earth by it's coordinates, we can also do the same with parts and thoughts and emotions inside our body's energy-field.

Mark Complete

Day 10: Rewiring



Dhruv October 2, 2021



Rewiring In Action: A Real Life Story

In 2002, I worked for a media-entertainment company as a writer / director for documentaries. Our company had one of the first black Scorpio cars (a newly launched model that was cool then, not anymore) that we'd use to go for shooting trips. Our driver left job and we had to hire a new driver in hush-hush because we were going on a two weeks shooting schedule.

I was leading the team and there are perks of that in the sense that you get to sit in the front next to the driver and not in the back where three guys sit. I was the last to be

picked up by the new driver – let's call him J T...my first meeting with him. As we left the city and entered highway, I asked the driver about his background...he said he was a bouncer in a night club in Pune (there are no night clubs in my home town)...and I could see his physique was that of a bouncer...

During the next 50 kms on highway, the driver started opening up...no, not to me but to other drivers...he was like in a competition or a race, he wanted to over take any car that was on the road and if someone didn't give him pass to over take, our driver would mentions the other car's driver's mother and sisters – if you know what I mean which I know that you know. Occasionally he'd go very close to next car and scream on the driver that I am going to 'fish' you.

This continued for a couple of hours until we stopped on a highway cafe. By the time I was annoyed...not about that he is using bad words but that he's doing this on his first day of his job...I was afraid was else was in the store. So during our break over chai, I decided to talk to him. I asked him – why are you acting like this, like an angry man on all other drivers?

He was reluctant at first but when he opened he said, I used to be a bouncer and in my old profession, the only way you survive is by showing the world that you are a tough guy. I am here on my first day and I want to impress you by showing how a tough guy I am that I will help you and protect you at any cost and anyone who comes in the way, I will show them their place. Because of my family circumstances, I can't afford to lose this job, I had to change state to be here with my family. I just want to make sure that you guys like me and keep me.

I smiled at him and said – J T, I understand your concern, but know one thing, I or for that matter any one in our team does not need you to save us in the way you are doing. Can you just do good with driving the car? Can you only manage to

keep us safe with your driving? If you only do this, we all would appreciate your help and that's enough of a reason to have you in our team as the driver of this car.

He got the message, he chose to change his ways for the rest of the duration. Probably because he understood that his behaviour isn't helping his cause but is in fact against his intention. As far as I know, he's still with the same company after 19 years and he's also on my FB friend list.

The Insight

There's a reason I call our parts are 'individual entities'. That's because they are actually entities, like beings or creatures within us who have their own beliefs, own experiences and unique outlook to the world. They are like individual persons living within us.

And as I've said earlier, they are trying to help us in whatever way they know. You can argue and disagree about their ways but you can't argue about their intent – they want to help you. Just like our driver J T, who thought that by showing his tough-guy character he's helping his cause of cementing his job in our company. What he didn't know was that he's in fact spoiling his chances to work with us by his annoying behaviour, even though he had a noble intent.

Years later after the incident with J T, the driver, I attended a workshop by the British teacher Ian Wolstenholme...that was my first encounter when I clearly I became aware of the parts or individual entities within me, I also learned that it is possible to engage with them and negotiate with them, just as I did with J T, the driver. Just as you can negotiate with others, you can also negotiate with the individual entities within you.

What touched me most from Ian Wolstenholme's workshop was what he said – that we should treat our parts like we'd treat our children. That got me thinking – that like our

children, who might not be matured and hence display dysfunctional behaviours, but still we love them, why not do the same with our dysfunctional parts and try to negotiate with them? Why not ask them to change the behaviour while keeping the intent?

And from that seed-thought, comes today's skill – Rewiring

Rewiring

Rewiring simple means we bypass the dysfunctional behaviours but keep the intent. Our saviour parts want to help us but in a dysfunctional, sometime obsessive, or even addictive ways...what if we could keep the intent – to help us but rewire the behaviour itself?

Rewiring starts with establishing a cordial relationship with your parts that produce dysfunctional behaviours. Therefore, you cannot hate a part and change it. If you dislike, like, feel bad, resist or get irritated by a part, then you must know that another part of you has taken over the throne and is relating to your original part. Who YOU are is always open. Therefore before you begin to rewire, you must connect with that pattern of guilt, anger, procrastination obsession or whatever it is from your centre – from your base state.

Today's Task

- Once again, I am going to ask you to have 15 dedicated minutes for this process. Start by choosing a relaxed position, let your breath settle and close your eyes.
- Choose a pattern that you want to rewire. For example I once had a pattern that would push me to hurry up, create anxiety and worry whenever I knew I could be even a minute late at some place for a meeting or anything. So choose one such pattern. Start with a simpler one for now.
- Get into the state where you experience your body without looking at it...that is to say, feel or sense the

energy field of the body. And once you are centred, ask for the pattern to come to surface. If it doesn't come, remember the last time you experience that pattern, invoke a memory of you suffering from that pattern.

- Next, notice, where in your body you experience that pattern – left, right, top, bottom in, out, where? As you sense it, you can sense yourself and that pattern separately.
- If you feel any emotion to that pattern like you hate it or dislike it, that means you are taken over by another pattern or part that hates the first pattern. In that case, ask the part that hates other pattern to relax for next 20 minutes. In most cases it will relax. There could be one that one part that has some attitude to the original part / pattern. Relax all. And then you start feeling open to the original pattern.
- Now imagine that your body-mind, the energy field of your body is a big room, and you sense this pattern in some corner of that room...sitting like an individual entity, a person. Strike conversation with that part. What it wants to do in your system? How does what it is doing is helping you?
- You don't answer, let the answer come from that corner of the room of your body-mind. Wait for the answer, listen to it. See how it is trying to help you. And when you know, show genuine appreciation for the intent that you are grateful it is trying to help you..
- Next, ask it as if you are asking a close person, or your own child, who wants to do something good but doesn't have better ways to do it...ask it...I get your intent, and let's keep it, but your behaviour is no longer harmonious. Are you willing to take up a new behaviour to get what you want?
- Next, if you have an idea from your entered self, suggest a new behaviour. Assure your part that you love it, that you want it to live...if it needs assurance of some kind, tell it YOU, the one who is the rightful owner of this throne will ensure that this part's need is fulfilled. And ask it to relax. And wait...wait for the part to respond.

- Build a cordial relationship with part and then lead it to change...That's the fundamental practice for rewiring.

Try it, and let me know how it goes. You may need to see the results for the next time a situation triggers that part, but you will see the change.

Mark Complete

Day 11: Healing – the sure way



Dhruv October 2, 2021



I have two dogs. A 7 year old, small breed white Maltese Bichon – Rocky and a 2 year old big black German Shepherd – Wolfie. When we brought the German Shepherd home, our Maltese Bichon was already 5 years old, he was the only King of home. Then comes this 3 months old Wolfie, who is still triple the size of a 5 year old Rocky...and on his first day, Wolfie declared a war for territory.

Our small dog has never faced this situation, he was the only King and now his was intimidated by this bigger dog. In few months, Rocky, who had been a quite and lovely dog for 5 years, he began to bark all day. So much so that my clients would hear, even if I'd use a directional microphone. And I'd get annoyed. I'd pause the consultation, go out and take that dog and put him in the yard.

But this continued for a long time and I was fed up of Rocky and his transformed behaviour. I'd do all tricks to stop his barking. It would work for a while, but then his barking resumed.

Until, I started addressing the real cause. Rocky's barking was his dysfunctional behaviour – a saviour part. But the real cause was his feeling of 'being intimidated' 'helplessness' which was caused by the presence of the big dog around him – those were Rocky's wounded parts.

It took a while to make them friends, but once they became friends, rocky's barking stopped. When he stopped feeling intimidated, his reactive dysfunctional behaviour of barking stopped automatically.

Real healing does not happen without healing the wounded parts.

The Symbiotic Relationship of Saviour – Wounded

Well, if you look at the second image in this post, you'll see that the emotions like shame, guilt, sadness, frustration, helplessness...they are on extreme left or in deep Red zone.

While anger and blame are close to yellow, toward the right end of the red zone.

Now think of it like this...

Our wounded parts live in the extreme red zone. While the saviour parts also live in red zone but closer to the yellow zone – they are 'reactive' saviour parts like anger or blame. But the some saviour parts are 'preventive' saviour parts that live in the green zone – they are addictions, distractions we use etc. they ensure that we are busy and don't feel pain.

Can you understand one simple thing that the saviour parts of you simply exist because of the wounded parts?

If you wouldn't feel helpless, you won't need to feel anger, if you didn't feel shame or guilt, you won't need to blame, if you don't feel emptiness, you wouldn't need distractions like TV or addictions like alcohol. All of dysfunctional saviours exist because there are deeply wounded parts on the deep red zone.

You can rewire the saviour parts easily with the process I shared yesterday. But as long as there are wounded parts still feeling those emotions of shame, guilt, helplessness, you will produce new saviour parts...maybe not as dysfunctional as anger or blame, but still new will come up.

You can't use logic to heal wounded parts. And for that, it might be helpful to understand the anatomy of a wounded part.

Anatomy Of A Wounded Part

Most wounded parts were created when we had no resources to deal with a situation or when we were not strong enough to analyse a situation. For example you are a kid and an authority like a teacher or parent tells you that you are a worthless kid.

We have no way of knowing if we are worthless or not at that moment. So two things happen at the same time. First, we are hurt, as this is an obvious assault on our self-esteem. We feel humiliated, that energy of shame is there but we don't know what to do with it...(because by then mom and dad have taught that crying is bad, don't cry) we neither express that energy nor it is process in our system. It gets lodged in the system and that's the birth of a wounded part. But even worse is the second thing – that voice of teacher or parent then becomes the voice of the wounded part, and that part takes on the belief – I am not good enough.

So a wounded part has essentially two things – trapped emotional energy + beliefs it took from that experience which created the original wound.

Simple communication would not work there because communication can only appeal to logic, not to emotions. Try explaining logic to your 4 year old kid...logic won't stop crying or other form of emotional expression.

The Only Way Is Through

Now, we have talked this several times that we are wired to run away from deep red to less red to yellow to green....as far away from red.

It is this very instinct which is deeply coded in us has kept the wounds alive and created saviours. Most of our dysfunctional patterns exist because of our instinct to run away from red.

It might look counter intuitive but the only way to heal the wounded parts is to learn to be in the red zone, to bear the discomfort of that emotional pain. To allow the experience of emotional pain of shame, guilt, helplessness. Only allowing that emotion and consciously experiencing it can heal it. Anything else is an escape. Sorry, there's no short cut to real healing.

My mantra

Be comfortable with the discomfort.

It is my personal mantra, it is a mantra I have shared with thousand of people over years and it never fails, as long as you follow it. No one has ever died of feeling or experiencing their emotions. Wanting to run away from them has created both physical and mental dysfunctions.

We are wired to run away from red. Can we learn to be in the red and bear until emotional energy is processed? Your response to this question will determine if you will ever be able to heal yourself or not.

Today's Task

- As you go about your day and pay attention to what's happening inside you, do this...
- Every time a dysfunctional pattern / part comes up, notice it and tag it as a saviour part. That's because 90% of the times it will be a saviour part.
- Tag that part – is it reactive saviour (irritation, anger, aggression, blame...does it want to react in some way to the situation) or is it a 'preventive' saviour part (light up that cigarette, scroll endlessly on social media, watch that funny video even with you have something important unfinished)
- Now take a moment inside and see...what is it that this saviour part is trying to hide – it is trying to hide one of the wounds – it could be guilt, shame, helplessness, sadness, frustration, emptiness...whatever it is, just identify.
- Finally the toughest part. Once you know the wound, can you allow it to be there, can you experience how it feels in your system? Of course, it will feel terrible, hence all the running away was. But running away from it has caused more problems for you plus the wound are still alive. Can you give it a chance to be there? If you sense it as

sadness, be sad, allow sadness, don't jump to social media, if you sense the wound as shame, allow the experience and contraction, but don't jump to blame, if it is helplessness, allow the experience of helplessness. I assure you, you won't die. Yes you will feel uncomfortable for a while, but that will dissolve a chunk of that trapped energy and initiate healing.

Sorry, the only way is through.

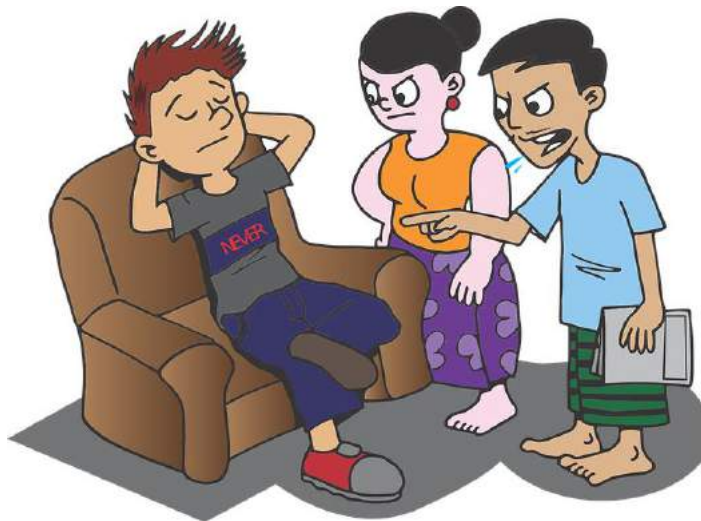
Have a great day!

Mark Complete

Day 12: Transforming Procrastination



Dhruv October 2, 2021



Haiku: *Procrastination is emotional Ibuprofen*

Actually the above statement is all we need to understand and go beyond procrastination.

But then if I don't write a few pages of content, I can't sleep.
So here comes the remaining part of post.

I Wish It Worked

I haven't come across any better structured explanation on managing our time and life than the one give by Stephen Covey in his book '7 Habits of the Highly Effective People' and he's laid out an elaborate system in his other book 'First Things First'.

The concept is simple and in theory it should work for everyone.

Based on your values, based on what is most important to you, divide all things you do in 4 quadrants.

Q1: Important and Urgent

Q2: Important but not urgent

Q3: Urgent but not important

Q4: Not important and not urgent

And he says that we lose most of our time in Q4, generate a lot of stress in Q3 and Q1, when all the while we should be focusing on Q2 – things that are important but not yet urgent. Makes sense right?

If you are a 100% rational person, you would read this concept once and your life would have changed because it makes so much sense, to do things that are truly important while they are still not urgent. Because if we live like that, than first, we don't generate stress, second, we are always working on important things so life becomes productive.

Only one of his book sold over 25 million copies, add to that count other books...that many people have read this concept directly plus a lot many have heard it from others...and yet, while everyone seems to understand and agree with the concept, it is not reflected in our lifestyle. Why? Our world or at least those who read it should have been free of procrastination by now, and yet it is not so. Why?

Because it has nothing to do with intellectual understanding of the concept but management of emotions that still keeps us procrastinating, in spite of knowing all about it.

Why do we procrastinate?

Before we ask 'why do we procrastinate?' I'd like to ask 'what do we procrastinate?' If we have answer to the second question, we will also have the answer to the first question.

Seriously, think about it – What are the things you procrastinate?

A) Do you procrastinate the things that bring you pleasure, fun and excitement (eg. watching a stimulating movie, spending time in the company of a person whom you like or love)?

Or do you procrastinate things that have no instant pleasure, maybe they might lead to a future moment of pleasure but not at least while you do them – eg completing that tedious report, discussing an unpleasant but important topic with your boss / spouse / family members, or making that very important decision that feels overwhelming?

If you look at the things you procrastinate, I am sure, you can also see why you do that. Most people will say they procrastinate things mentioned in option B. And if so, don't you see what is the difference between option A and B?

Procrastination is rooted in our instinct to avoid discomfort in the moment. And further, it lives on our addiction to 'instant gratification' – which simply means to feel good now instead even if by going through temporary discomfort we could have multiple times bigger 'good' in future.

When you have a tough decision to make, a tough action to do that requires you to go through disappointing others, a process that is not stimulating, a task that is literally boring, a

situation that requires you to go through fear, helplessness, shame, guilt (even if they are not real), dropping that addiction to alcohol or tobacco...anything that could give you an experience ranging from mild discomfort to intense pain in the moment...you are wired to avoid that, or by pushing it for another moment in future. And by pushing it for another moment in future, you immediately feel the relief 'for now' and that's how you've managed to jump from the red zone to the yellow zone or often to the green zone.

A False Equation

It is true that we are wired to avoid pain and pursue pleasure and it is natural. But there's a perceptual error at play here, I call it 'the false equation'.

To our defence system, to our saviours, all pain or discomfort is equal. So they think I must avoid any form of pain or discomfort. But that is an error.

Not all pains are equal. Some things might be uncomfortable in the moment, for example an injection needle piercing your body also is not pleasant, yet when you are ill, you wouldn't mind being injected with a life saving medicine.

Procrastination is a behaviour produced by a gang of saviours thinking they are helping you by avoiding some discomfort in the moment, and instead by pushing it for future or by replacing with something more interesting, stimulating or pleasant.

And as long as you focus on the 'pain or discomfort in the moment' your mind will keep procrastinating.

All of your procrastinations are only about things that are really important to you but are not pleasant in the moment. So if you shift your focus to 'why' this thing is important then you will not have much difficulty to go through the tedious / boring / uncomfortable action step in the moment.

The key to beat procrastination is this...

Not all discomfort is bad. You don't have to save yourself from the discomfort in the moment. Focus on the outcome, remind yourself WHY you need to do this, and be willing to bear the discomfort.

Because, as long as we are alive, we will feel pain of one kind or another kind. There's pain in doing what is important but unpleasant or difficult and then there's pain in avoid it also. There is no escape from pain.

If we are anyways going to be in the Red zone, then why not choose to be in the red for the right reasons?

Today's Task

- As you go about your day, keep your inner Sherlock active, noticing everything that happens.
- Catch every moment when you have the slightest desire to push something important for another time. It could be making that important call, dropping an addiction, making an important decision...whatever it is, catch that desire.
- Know that this behaviour, this desire to push it in future is coming from a saviour or multiple saviours. And see what is the intent of this saviour. See, what are these saviours trying to avoid so that you don't feel discomfort.
- Label that emotion, feeling or experience which your saviours are trying to avoid by procrastinating – for example boring, uninteresting, overwhelming, confusing, fearful, frustrating, irritating or something else...what is being avoided.
- Finally, make a conscious decision to be in the red – I am going to allow the discomfort of this – confusion, frustration, irritation, fear, sadness, boredom...I will not run from it...and then be with it while doing what you need to do.
- You will only be able to go beyond procrastination by passing on the lure of instant gratification and facing the

uncomfortable feelings emerging from whatever needs to be done.

Pain is inevitable. Then why not choose the right one?

Day 13: Diffusing Inner Blocks



Dhruv October 2, 2021



What is one thing that you know, if you do, it will have a big positive impact on your life but you are not acting on it for a while already?

Don't read further. Go back to above question, close your eyes and let the answer come.

No, no, no...don't read this line or any further. Stop, really, go back to that first line, get an answer from inside and only then come back here.

Now, if you got an answer from inside, then you know what is it that you could do would impact your life positively and yet you are not doing it.

Why?

There is a simple reason... if you already know what is right for you, you know it is doable and yet you don't do it, there's only one reason – inner resistance.

Something within you stops you from doing it. Something within you blocks you to take steps towards it. You may call it fear of consequences, absence of courage or any other fancy word but they are all forms of 'inner resistance'.

Before we explore how to diffuse this inner resistance, it'd be helpful to understand a bit about what is it, what is it made of.

The Block

Most people, when they try and look inside to see what is stopping them, they feel overwhelmed – too much to handle even to see what is stopping them. It is unclear what it is, but just can be summed up as 'NO' from inside. And believe me, it is not a thought that stops you.

The difference between a fibre and a rope is the difference between a negative thought and a block or inner resistance.

No thought, no matter how negative it is, can never have such power over us to stop us from doing what really matters to us and yet we are stopped. And that is because it is not a thought that stops us but a cluster – a cluster of multiple thoughts and emotions all coming from different parts (individual entities). A single thought, a single part, a single emotion is like a single fibre. And we would clearly see it for what it is.

A block on the other hand is piece of thick fabric or like a thick rope made up of interwoven parts generating different voices – thoughts and emotions. The voice of a block is not a clear voice of a part but instead the voice of a block is a cacophony, a chaotic mixture of many voices, coming from multiple parts, all mixed into one, in addition the emotional charge associated with each part.

Basically each block has two elements – voices of protectors and behind them emotions of wounds. Sometimes there are multiple parts involved that do not like each other or even hate each other.

Diffusing Inner Resistance

My consultations are usually individual, only one person, maybe a couple sometimes. But there's one exception. There's a family of parents and two teenage daughters, they come to my consultation almost every year and when I visit their town and they all come together.

The first time they came was interesting. The dad asked me a question – where should we go for vacation this year (oh, you'd be surprised at the kind of questions I come across. Seriously it was that question – i'm sure even in this group there would be few who've asked me such question, no?)...so about vacation it was... but before I answer it, the mom jumped in to modify dad's question, so I was trying to broaden my answer but before I could do that, both the girls jumped in...

And then all four of them started talking at the same time, often arguing with each other, trying to stop each other from speaking, if one says this, other three say – no no, but consider that also...each had something to say and each one was speaking at the same time...

It was extremely chaotic in that room. I couldn't make sense of anything and I switched from the 'active listener' mode to 'what the hell, I don't care what you want' mode...after a suffering for a while I said with authoritative voice

Stop. All of you stop. I understand that all of you have your own needs and all of you want them to be considered...but when you all speak at once, I don't hear anyone of you. Can you please speak by turns?

Of course they were shocked...but it worked. They all spoke, in turns. They all got to speak about their needs. While one was speaking someone would try and interrupt 'but, if we do as she wants...' I'd stop that one and tell them that you can again speak when your turn comes but for now, she can say whatever she wants. They took multiple rounds of speaking until they were all able to express their needs and fears of their needs being left out.

But once they all finished, I could sense the lightness descending on that room and replacing the heaviness and chaos from earlier.

Now, imagine, that instead of me sitting in that consultation room, it is you – the YOU, fully present...and those 4 people, with their needs, their fears, their preferences and their objections to each other's preferences are the voices of different parts inside you.

And in that case, the 'block' is what you feel when all of those parts jump at the same time, trying to be heard, and you feel the chaos, you feel overwhelmed and then all you feel is NO, I don't even want to look inside, there is chaos.

The only way you will be able to diffuse inner resistance is by allowing it. And by that I mean to hear all the voices inside, let them speak about what they want, what they fear, what they are concerned about, what objections they have about other voices (each voice represents a different part). And also by experiencing any emotions coming from those parts.

One by one.

Trust me, just listening to them will clear a lot of space inside. Then asking what they want, and finding a way to get their intent, will further calm them.

Together all these voices form the cacophony that we call 'block'.

Step By Step Process To Diffuse Blocks / Today's Task

Diffusing a block that stops you from doing what you want is a little different than listening to a part. It is like listening to a cluster of parts. But here's a simple process you can follow.

- Set aside 20-30 minutes for the process. Sometimes it might take even longer.
- Think about something that you know is right for you to do but are not doing. Imagine yourself doing it. See yourself taking the steps. For example if you feel your salary at work should be raised but you are avoiding talking to boss, then imagine you going to the boss, talking to him about that. This is example, but imagine yourself doing that exact steps you think you need to take but are not taking.
- This is not an exercise of imagination. I am asking you to imagine because the moment you imagine – all the resistance will come to surface. The best way to pull out resistance on surface is to imagine you doing what you are avoiding. Anything that is stopping you has to come up simply by imagining you doing it.
- Now that you have pulled out the resistance, bring attention to your body...how and where do you sense this resistance, how do you experience it in your body – where in or around body?
- Focus your attention to the place where you experience that resistance in your body. That's the block – the thick thread, but it is comprised of individual fibres of parts.

- Now make a conscious decision to hear out all the different voices – one by one...if you are hearing one objection and suddenly another one starts, ask it like you'll ask a person – can you please wait your turn? You have full freedom to express yourself but at the moment I am listening to this...when your turn comes, you may speak freely. But do it with dignity and respect for those voices (not in the irritated manner I said to the family of clients).
- Hear out all the voices. Ask questions like – what do you want to say, what is your concern, what are you afraid of, what do you need, what is your intent...and then assure each one that you will find a way. And find a way (For example, I had a block for some kind of work project...and one part involved felt that I am not ready, prepared to take this on and if I do, will spoil my image...so I assured it and I will do the necessary preparation and I will ensure that the image is not spoiled, and it did calm down).
- If while a part is expressing itself some emotion comes up, allow it to be in your system, experience it, it will diffuse. Then again listen until the part is calmed or feels assured.
- Do this with each part involved in the block.
- Repeat after a day if needed and more.

Mark Complete

Day 14: Transforming Low Self-esteem



Dhruv October 2, 2021



How do you see yourself? I mean not philosophically but like when you need to comb your hairs, shave your beard or put on makeup, how do you do that? You can't do that just any other way because you don't see your face, you need to use a mirror.

And when you look into a mirror, you know aha, this is how I am, this is how I look. Now whether you like what you see in that mirror is a different story, but the mirror simply shows you how you are at that moment.

But then not all mirrors are the same. Have you seen those convex and concave mirrors in any science exhibition or in an amusement park?

When you stand in front of those mirrors, you see an obnoxious image of yourself which is sometimes so ridiculous that you may even laugh at it. Because you know that's not how you look, as you have been using a normal mirror all your life, you can see an obnoxious image of yourself for what it is.

Our Mirrors

When we were born, we had no idea or opinion about ourselves. We just 'were', as we were. Then people around, who 'seemed' to care for us, they started telling us – when we do something that they think is good, they'd tell us – hey, you are good and when we'd do something that they don't approve of, they'd say = bad boy or bad girl...

It is through the mirrors of people around us – parents, teachers, friends, relatives, elder siblings that we began to form opinion of us.

Each one of them was a mirror to us...not that they were 'true reflection' mirrors but we thought they are elder ones, they know better, so what they say must be true...and by looking at our reflection into the mirror or their words and opinions about us, we formed the idea of 'this is how I am'.

Unfortunately most of these mirrors themselves grew up with 'I am not good' and low self-esteem themselves...so how could they be a normal mirror? They were themselves distorted mirrors. Most of our life we have used distorted mirrors to see how we appear or how we are. Any wonder that we have distorted ideas about our own self?

And it's not just childhood, even after growing, any time you look up to someone and if that someone is a distorted mirror, they'll mess you up.

And each time some distorted mirror shows you that you are not good enough, you are wounded or an old wound gets deeper and nastier.

'I am not good enough' is a planted idea – planted by the world, by people around you, by people you look up to. Maybe the world doesn't always tell explicitly that you are 'bad' but we get the message when someone rejects us, when someone ridicules us, when someone makes fun of us, when someone disapproves of how we are or what we do.

Can you see that they are opinions and not reality of you?

Frozen In Time 'Little Me'

'I am not good enough' is not literal, it is instead an icon that represents many other expressions. For example...

- I don't deserve
- I am not worthy
- I am bad
- Others are better than me

And many more similar expressions

And all of these ideas are not of who YOU are, they are coming from the wounded parts of you that are frozen in time. Who YOU are has no issues with self esteem. Only your wounded parts have the problem.

Today's Task

- As you go about your day, pay attention to what's happening inside you and listen to the inner talk that is happening inside you, listen to the thoughts.
- Pay attention to any feeling / thought that points to 'i am not good enough'. and take a moment to go inside. trace it backward, what was the mirror – a person or a situation that planted this idea in your mind. see if you can identify.

- Just the process of noticing and identifying that this idea came from a mirror will diffuse the energy from that thought.
- You can also do the 'inner listening' of the wounded part and then do some 'inner talking' as described in yesterday's post.

How many distorted mirrors did you discover today? Keep the count.

Have a great day!

Mark Complete

Day 15: Self Worth Correction



Dhruv October 2, 2021



Ask a question, close your eyes and wait for the answer. The question is – Who Am I?

Whatever your answer is to this question, that will decide how you feel about yourself.

What's Your Worth?

Most of you might have one, two or more paintings hanging on your walls, if not you have seen them on other's walls.

Somewhere in an art studio, a painter starts from the scratch, he begins with a blank canvas and they spends hours making those paintings, giving them final touch. Most paintings have strokes of multiple colors. When they are

done, some paintings turn out excellent, others turn out mediocre, some end up as a complete mess. And based on how people feel about those paintings, the worth of that painting is decided. Fair enough.

But if you think about it, what is a painting? I'd say it is a play of lines and colors on a canvas. Different pairings may have different form drawn on them in different colors, but the one thing behind is more or less the same – the canvas.

World decides the worth of painting based on what is 'on the' canvas. And while what is 'on the' canvas might be different for all the paintings, the canvas itself is the same and hence on itself, all canvases have the same worth.

You my friend, are the canvas.

A False Equation

We have been taught to equate 'who I am' with 'what I have' or 'what I possess' or 'what I can do and accomplish' and that is the original sin.

And it is not your problem. It is the problem of the unconscious ways of the world. Because the world measures you not by who you are but your utility value to the world. If you are useful to the agenda of world, your worth increases, if you don't help the world push its agendas, your value in the world's eyes is nothing.

See, if anyone of these statements is true for you...

- You constantly compare yourself with others and feel bad when you compare with some while feel good about yourself when you compare with some others.
- You feel you are not worthy because you have not yet accomplished something that almost everyone around you has

- You feel you are worthy because you have accomplished things that others haven't

If any of the above statement or their variations seem true for you, then my friend, you too are operating from a false equation.

If you say, I am worthy because...or I am not worthy because...then you are equating your self worth with anything that comes after 'because' – it could be your profession, your status, your knowledge, your looks, your wealth, your abilities or anything else. And that is an error of perception.

You are the canvas, we are all the canvas. The world around us is the painter that made those colourful strokes on us. Maybe the world will decide our value for itself, but to us, we must not forget that we are the canvas.

And no, this does not mean that we are worthless. On the contrary, since all canvases are the same, we all have the same worth – that is the idea.

The idea of self-worth is rooted in our unconscious pattern to treat different people based on what they possess, their status or their achievements. If you treat others based on their achievements differently, then no wonder you will also treat yourself the same way and feel bad about yourself – unless you are the top most achiever in some way or in some field.

Don't treat people based on 'what they have' treat people based on who they are. Then you will be free from idea of 'self worth' and also self-esteem.

So if you want to treat yourself good, start by treating everyone the same based on their 'canvas' and not on the strokes of colors on them.

You are the canvas, the strokes of color are your abilities and talents and your achievement and your possessions... don't take the canvas for what is painted on the canvas. it will fade sooner or later

*We are all
different, we
can do
different
things, with
different level
of skills, we
possess
different
things...and
yet, we all
have the same
worth.*

Today's Task

- As you go about your day, meet people and circumstances, let some of your attention also notice what's happening inside you in the sense that how meeting different people, being in different situations makes you feel, what inner experiences are happening inside you.
- Today, pay special attention to any conversation, any situation where you compare yourself with others. Each time that happens, catch yourself in the act.
- Then if possible immediately or whenever you get time, reflect – what is the mental equation in my mind that makes me feel this way? I am less worthy than this person or just I am not worthy because....what is that 'because'... that is your false equation.
- Catch as many false equations as you can that are as if coded into the Constitution of Your Mind and hence you don't even question them.
- Next, investigate – who created this 'Constitution of Mind' – all those beliefs and ideas and false equations, where did they come from. Were you born with them or did you pick them up while growing up from the world around you? That in itself is enough to deflate the power of those unconscious false equations on you.
- Finally, if needed – do the listening and talking to the wounded parts that are holding these equations.

Have a wonderful day!

PS: Hmm, about the image I used today...well, I don't have any licensed image that represents today's theme...but i've learned that an image of a woman who's 'just a little sad' catches attention of both men and women equally. Or maybe not everyone has a fetish for sad women? Taking my chances.

Day 16: Learning To Ask For Help



Dhruv October 2, 2021



In theory, life is simple. When you are in need of something that other person can give you or help you sort out, you would simply go and ask that person for help.

Of course just as you have freedom to ask, that person has freedom to accept your request or not, and if they say no, you'd be a sport and accept their choice.

Unfortunately, for many of us those simple ways are far away from the actual way we live our lives.

Here's Why You Don't Ask For Help

I think there are two main reasons why we don't ask for help, especially when we know that the other person has power or possibility or resource to give us what we need.

First reason is obviously the unwillingness to experience what we feel when our request for help is denied. You could call it 'fear of rejection'. But if you look at it closely, you'll discover that is not not fear of being rejected. But the fear to 'experience what we experience in the body-mind' when we are rejected. Rejection of our request triggers all the past wounds and that is so unpleasant sensation in our body mind that we just don't want to have it in our system. And therefore, our superhero saviours ensure that the best way to save you from feeling those emotions when someone rejects you or does not grant your wish, is to just not ask for it anymore. When there's no asking, how can there be any rejection?

Second reason is – fear of appearing needy or weak. A lot of times we want people in our life to see us as a strong, successful and well to do person. And it is obvious that when you ask for help, you have to drop the 'I am in control of my life' mask. And that makes you vulnerable. And who wants to be vulnerable?

False Equations

Each of these two reasons are rooted in false equations.

Fear of rejection is rooted in few false equations.

- If I ask someone, they must accept or comply.
- If someone rejects my request, it means I am bad or they are bad.

My question is, why does it have to be like that? You do what is in your power – to ask. Let them do what is in their power, to accept or deny.

And then fear of appearing weak also is rooted in false equation.

- To need something and to let people know that I very much need help is to be weak.
- To be needy and vulnerable means I lost the (illusory) position in other's minds.

Yes, of course, some people will indeed think that you are weak when you ask, they will even ridicule you. But so what? What they feel stays in their minds. Your life is not happening in their minds. Your life is happening out there in the world.

Can you allow yourself to feel whatever uncomfortable feelings come up when your request is denied? Can you drop the mask of the 'strong guy' or the 'strong girl'? Can you handle the discomfort of rejection?

If you can do that, asking for help when you need it will come naturally to you.

Today's Task

Today, I ask you to try and be vulnerable on purpose.

- Think about a problem / issue you know you can't solve on yourself but you know someone else might be able to help you. Take time to work out, who in your circle can actually help you.
- Imagine going to that person and asking for help. Imagine them rejecting it. When you imagine that rejection, what emotions, feelings, experiences, sensations come to surface. Those are the exact things you don't want to feel and therefore your saviours are protecting you by not

seeking help. If needed, do the inner communication with your wounds and saviours.

- Make a decision to seek help. Ask. Take the risk to ask. Maybe it will be denied. But if that happens, be very very aware of how you feel inside. Choose to feel the discomfort of rejection.
- If you can allow that experience of rejection, believe me, nothing can stop you from getting what you want. Because if one source denies you, you can try another and another. Until you get the help you need.

Remember, there is nothing wrong with being in need. To need help is not to be weak. And even if it is to be weak, to be weak is not to be bad. Seek, ask, inquire.

That's about it for today.

Have a wonderful day

Mark Complete

Day 17: Meet The Most Important Persona In Your Life



Dhruv October 2, 2021



"In case of fall in cabin pressure or emergency, oxygen masks will drop automatically. Put on your own mask, before you help others."

Remember that air-hostess doing the safety drill before every flight takes off?

Well, what she's saying is not only true about flight safety but even more so about your life.

Put on your oxygen mask first, only then if needed help others, because by the time you reach your oxygen mask after doing the noble act of helping out others, you might drop unconscious with asphyxia.

The root cause of 90% of unhappiness

Take a moment to think about all the things you are unhappy about in your life.

I bet, 90% of them will point to one thing – unfulfilled needs.

I feel there are two kinds of unhappiness. The first kind of unhappiness is very much like the physical pain. We have a tendency to call physical pain bad, but that stomach ache, that headache or that sharp pain in the back are simply giving a message – something is wrong, something requires attention, something needs repairing.

So this first kind of unhappiness is also like a messenger which is telling us, hey, something is wrong, some important need of yours is unaddressed, do something. And like physical pain, it is not bad, it is just our system's warning mechanism.

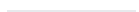
The second type of unhappiness is a different story and will be addressed on another day.

This Is What Makes You Unique

Our uniqueness lies not in the fact that we all look different or that we all know different things or have different talents. That is just outer appearance.

Our true uniqueness lies in the unique combination of our needs.

life



What do I call a need? Every need is essentially an 'inner experience' something that you experience in your body-mind. No, it is not an emotion, it is actually an experience.

To love, to be loved, to care, to be cared, to feel secure, to feel creative, to see meaning in our life, to feel connected... such simple things are our true needs...these are all inner experiences and these are the things that we eventually want.

Our life story is nothing but an elaborate plan to fulfil these needs. And what makes our life story different is what different ways we employ to get these same things.

And what makes us unique is the unique combination of our needs – for example someone's need to feel secure could be significantly higher than their need to experience 'thrill' and it is obvious that this person will take a different route than someone whose need to experience 'thrill' is higher than 'stability' or 'security'.

All questions drop when it comes to needs. You can't ask – why do I have this need. You have it. Period.

And I'd say 90% of our unhappiness is this Type 1 unhappiness that stems from 'having a need' and not being able to fulfil or address it. Do something to deal with your unique combination of needs and most of the unhappiness is gone.

And it is obvious why you don't fulfil them or deal with them, because...

- Either you don't have clarity of your needs
- Or trying to fulfil one need comes in the way of trying to fulfil another need that is perhaps a bigger need. (eg: you feel stuck in your joyless job, you have an idea to start your own business but the joyless job pays you handsomely and makes you feel secure. In this case, unhappiness is about 'joyless' job but if you let go of that,

then you lose another important need – security of monthly salary)

And therefore, to remove 90% of unhappiness from your life there are two important steps you can take.

1. Get clarity of your needs including which one matters more to you.
2. Find 'creative' ways to get all needs fulfilled or as many as creatively possible.

I don't see another way. If you see, I am ever open to learn and accommodate anything that works, so do share if you have other insights.

Today's Task

- As you go about your life today, with some attention in your inner world of how the outer situations affect you inside, pay special attention to any form of unhappiness. It could be in different shades – disappointment, frustration, unhappiness, resentment, anger...
- Think of that emotion of unhappiness as one end of a rope...now trace that rope backward until you reach the other end of the rope – which will lead you to a need of yours that is unaddressed.
- Now see – what stops you from dealing with that need? What is your inner block? Is it another need that you will need to compromise to fulfil the first one? Or is it just some inner fear? If needed do the practice of Day 13 'diffusing inner blocks'.
- Finally, ask this question to yourself – how can I fulfil my this need, in the most harmonious way so that it does not disturb the balance of other needs.
- As for finding your true needs – it is a continuous process that runs all through your life. Because even needs and their priorities can change. Only you can know what you truly need and for that you have to spend time with

yourself, observing yourself, no one else can help you there.

- Remember – you first. Your needs first. Every unfulfilled needs pushes you from your base state into red zone. Only a happy person can spread happiness. Unhappy people trying to make others happy is just a diversion for them to forget their unhappiness.

Have a great day!

Mark Complete

Day 18: Attention: The Currency Of Life



Dhruv October 2, 2021



What is one thing that is yours and only yours and it is the ONLY thing that is truly yours?

A clue – it is the only thing that you were born with. It was yours, is and will be yours forever. And you can never have less of it and yet you lose it.

And no – I am not referring to 'time'. Time is a like a radioactive material that constantly decays...the timer that starts at your birth and finishes at your death, so you always lose time second by second. So I am not talking about time.

Attention – that's the answer to the question.

I'd say attention is our ability to use our senses and awareness in tandem to direct it onto something. You only become aware of something in the outer world by putting your attention on it. You only become aware of something in the inner world by putting your attention on your thoughts, emotions and behaviours.

In fact to be aware of something, the only way is to direct attention on to it.

Time is not precious at all, a well used time is nothing but well used attention for a duration of time. It all boils down to attention.

Why You Feel Empty When People Or Situations You Are Attached To Die / End

To me, when you give your attention to someone or something, you are giving the most precious thing you have – the only thing that is yours truly and the same for another person, when they give you attention, they are sharing a chunk of their LIFE.

And perhaps that's why the true measure of Love is neither words nor objects nor actions but attention.

If I may invoke esoteric and metaphysics for a change, whenever we give our attention to someone or something, we are sending part of our energy outside of us to them. Let's say you love a person, so you give your attention to them.

ife



And as long as they are alive, it is as if your deposit of energy stays with them. But when they die, they take all the deposits of all the people who have given them attention (energy).

And perhaps that's why when someone we love dies or when a situation we are attached to ends, we feel empty. Because our energy in form of attention that was given to them is gone with them.

You may give attention to anything looking at them, listening to them or even by thinking about them. That's why we feel shocked and even empty when we hear about death of person whom we hate. Because to hate them also we have given our energy to them – by thinking about them.

To me it makes sense because if you notice, when you hear about 1000 people dying in a cyclone you may not even blink but any object or person that you have loved / hated (read here – given your attention) is gone, you end up being empty.

And therefore I call attention as the currency of life. It does not matter if you are a lavish spender with money, or even waste it on shallow pursuits. But it does matter how you spend your attention.

The Grand Heist

Unfortunately, the world that we live in is constantly trying to steal away from us our most precious possession. Everything is screaming for our attention. Every cat video on social media, all those influencers, hell, even this post is trying to get your attention.

And working with people and in my personal experience I have noticed that one of the greatest and perhaps new challenge starting from our generation is 'Attention Deficit Disorder'.

What was 20 years ago a 'disorder' has become the norm for a lot of us. If you don't believe me, google 'Attention Deficit Disorder' and look for the symptoms.

I would like to redefine attention deficit disorder as attention mismanagement.

If you start seeing 'attention' which basically means to direct your senses or awareness onto something as 'the currency of life', you might start doing things differently.

Next time whenever you do something, whatever it is, ask this question.

- Is this thing worthy to trade with a chunk of my life?
- Is this cat video worthy to trade with a chunk of my life?
- Is this distraction worthy to trade with a chunk of my life?
- Is this person, article, news item, blog post, video-blog, worthy to trade with a chunk of my life

The Emotional Cause of Attention Mismanagement

You guys might say, I have only one cause for all problems. But that's how at least I feel. Because even attention mismanagement has its roots in our emotional world.

Our aversion to the red zone and our shallow wiring to jump from the red zone – the easy way instead of by resolving the real causes is at the root of our attention jumping from one thing to another.

The day we stop running away from uncomfortable feelings from our life and instead do something to resolve them, we will again be able to focus our attention on things that really matter.

Today's Task

- Today, as you go about your day, imagine your attention is like a laser beam that gets focused on different things time at time.
- And as the day progresses, keep tagging wherever your attention goes into two categories. Meaningful, meaningless.
- Having fun, pleasure or entertainment can also be meaningful but it can be also dysfunctional if it is an escape. Having fun and pleasure is a true need but only you know when it is a meaningful need and when it is just a meaningless escape so that you don't feel the heat of the red zone.
- And if you discover that your attention is hanging in the meaningless zone for long, ask – what am I avoiding. Once you know, ask – what can I do, what one step in can take right now to resolve this. If there is nothing you can do now, then work out when and what you can do and schedule that action for a future date and time.
- If this task does not make you feel uncomfortable about your attention management, then either I have failed to communicate or you are an exception . Your discomfort doing this task is the measure of success for today's task.

Have a great day!

Mark Complete

Day 19: Remove The Guilt of Acting In Self Interest



Dhruv October 2, 2021



Let's be Selfish! Seriously

First of all, I would like to burst the guilt around the word selfish.

What would you call something that is with a tint of green – greenish, right?

What would you call something that is with a tint of blue – blueish, right?

What would you call something that is with a tint of 'self' – selfish. No?

If it is selfish to act in self interest, then we are all selfish, in fact every moment of our life we have been selfish in that context of acting in self interest.

Show me one thing that you do which is not in self-interest.

We call people who run after money, success or fame as selfish but instead we call people who seek God, do philanthropy or service to other people, we call them selfless.

There is no selfless action. Everything you do is always in yours and only yours service.

ife

- You are spiritual and you want to find God? No, you want to find God because you think that finding God will make 'you' happy. Let's declare today that you can find the God but once you know him, you will rot in a life of misery. Who then would find God?
- You are serving the society, feeding the hungry, healing the wounded, giving shelter to the homeless...why? What happens when you do that? Don't you feel 'good' when you do that? You do that which makes you feel good – yes, it is noble to serve others, but don't be in illusion that you're doing it for them, you are doing it for yourself.
- When you help someone – you have have various rationals about it – like it is 'right' it is 'good' it is 'noble'... so why do you do something that is right or good or noble? You do that because when you do sometime that you think is noble, you feel good. You are the end-beneficiary of your philanthropy.
- You'd take a bullet for someone when you see they are in trouble. You'd probably sacrifice your life for another person. Why would you do that? You would not do that unless you felt 'this is the most apt' thing to do here, go give away my life to save others...that 'doing the most apt' thing is your reward right then and there.

Sorry, I don't mean to undermine anyone's sacrifice, service, help, or philanthropy or any other act, I just want to draw attention to one thing. And that is, there is no act in the world by any human being where that human being himself or herself is not the ultimate beneficiary of that action.

And the benefit is not some material reward – it is that inner experience of feeling good, feeling pleasure, being right, doing the right thing (and there by feeling good), feeling worthy (and thereby feeling good), feeling useful (and thereby feeling good)...we are always the ultimate beneficiary of all our actions no matter how selfless they appear on surface.

The Guilt Conspiracy

While the truth is that every moment of our life we act in self-interest, even if it is not evident on surface, the society has created a taboo around this simple fact of life.

Whenever you act in self interest, and in the process other people lose their taken for granted benefits, they feel you are being selfish. While the fact is, all the while they had been acting in self interest often at the cost of your interest.

World wants us to feel guilty about acting in self interest but why don't we see that the very phenomenon of making us feel guilty is the world's own act of self-interest?

And it is this planted guilt that has forced us to put on masks – of a good boy, a good girl, and trying to preserve those mask, the real you is suffocations under that mask.

Coming out of the closet

Start observing first in yourself and then in others that even the noblest act is in self interest.

Drop the masks and don't hide from the world that you are acting in self interest. Yes people will judge you but know that they envy you for being yourself, something they would love to do but can't because they don't have the courage to drop their masks.

Today's Task

As you go about your day today, pay attention to not only what you do but also why you do what you do.

Every time you have to make a decision, even as small as shall I take stairs or elevator, shall I eat this or that, shall I take this route or that to crucial business decisions, pay attention, why did you choose that particular thing instead of other options – you'll see what I mean by acting in self interest.

While you go through your day, notice, who do you talk to, who do you avoid, who do you help and you will see that 'you' are the ultimate beneficiary.

This observation itself will give you courage to come out of the closet and live openly as a person who acts in self-interest without hiding it. And you will also know that just like you, everyone is doing the same, some with masks, some without.

Time To Justify The Tennis Picture

- Remember, life is like a game of tennis you are playing with your 'best friend'. While playing the game, if you make a mistake, your friend on the other end does not think that awww, my dear friend made a mistake, let me pass this shot. No, they will capitalise on your loose shot and hit back hard to score a point. Even if the guy on the other end is your best friend. There is nothing wrong in acting with self-interest.
- You are all wise men and women, I hope you will not get caught up in expressions or choice of words and instead

search for the meaning I am trying to convey. And please don't confuse acting in self-interest with 'getting what I want at the cost of others' or by enforcing it on others.

PS: I never hide the fact that whatever I do is always about me. I am always the final beneficiary of that action, even if it appears about you and I have no shame hiding it. Even this group, these posts, I am the ultimate beneficiary. Why hide when that's the nature of world – to act in self-interest.

PPS: I know, I know, one can argue about the word 'selfish' and it's different connotations. But try creating a title with 'self-interest' instead of 'selfish' you'll know why i used i

Mark Complete

Day 20: What Matters Most



Dhruv October 2, 2021



You Want To Live Fully? Then You Must Die. Well, Almost.

My parents had bought a new apartment just 150 meters from the old one. I was in search of an office space, so they said I can use this old apartment as my office until I find a new one.

Next day I go out and buy some heavy desk, few chairs and put it in a makeshift manner in the living room of that old apartment. That evening my father came just to check on me

and my new 'office'. He came straight from his work to the old apartment and since the furniture was yet to be set up, apart from the desk, he came and sat on my desk.

Now my father had an aura that demanded respect, and I had never spoken to him in a raised voice but on that day I blasted, I said to him, how could you sit on my work desk – it is a place I intend to work on, it is pious to me, it is as holy to me as that temple you made in the new apartment. He looked at me, smiled and said, relax man, everything is fine.

In about 23 hours of me doing this drama, he passed away.

I was unable to forgive myself for having behaved in such a manner. Every day a part of me would bash me, why did you do that, would you have done that if you knew that he wouldn't be here with you on same hour of the next day? What, your concept of 'holy desk' was important to a father's feelings? Do they even stand together in comparison by any standard?

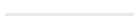
That guilt stayed in me, fermented, stank in my system so much so that I began to hate myself. And this continued until I got my lesson from that guilt.

And that lesson was – you should know what matters most.

What Matters Most VS Planted Goals

Sooner or later, we'll need to figure out what really matters more and focus on those things. If we don't do that, we will live either a meaningless life or a life burdened with resentment – if only I knew what was important, I'd have done things different way.

A lot of us live with our priorities set up by the society, culture and expectations of those around us. I call them 'planted goals' – these are not the things we wanted but are planted as a want to fit-in in the world.



- We pursue them, but since they are not the things we 'truly' wanted, we feel empty even if we get them. And since we focused on the wrong things, we miss to focus on what really matters to us and then in addition to that emptiness, there's an added layer of resentment and guilt of not focusing on what matters most.
- And these planted goals run through all layers of our life...
- We choose clothes and shoes not based on comfort but what label they display.
- We spend hours earning money but forget the ones with whom we could spend them.
- We listen to complete strangers for hours on YouTube videos but are zoned out when the wife or husband is enthusiastically trying to describe an event from today, or the child comes showing something s/he discovered about this world, just today.
- We call entertainers, actors as heroes just because they are popular, read gossip columns about how many times that actress changed her baby's diapers but miss the eureka moment of our own kid or to celebrate little achievements of our loved ones.

And with such priorities we expect to find happiness, joy or meaning in life?

Good luck and wait until eternity, only to find out that even then it is not possible.

Discovering What Matters Most

In India there is an expression – Smashaan Vairagya. Smashaan means cremation ground and Vairagya means detachment (pulling out of attachment).

A lot of people experience this – when someone very close dies, for a few days they feel like – why all these other people are running so hard in life...all this running around is not

meaningful.....this temporary feeling of detachment caused by loss of something or someone important is called Smashaan Vairagya.

But then most people get back to being the way they were before in few days or weeks, forgetting that beautiful realisation they had when they experienced a loss too close to them.

A loss or a set back is very unpleasant but it is also a great opportunity to see – what matters most.

Imagine yourself flying in a plane and suddenly the pilot declares that our engines have failed, plane has caught fire and we're going to crash...

I am sure you'll not regret that Damn! I missed the latest iPhone 13 Pro Max Ultra, I planned to get it next week, now I will not have it...No, but you might regret that in the rush of boarding that plane, you didn't call your loved ones and missed an opportunity to hear them one last time, or you might regret that the last time you talked to your friend, mom, dad, son, daughter, wife, husband, you were not paying attention to what they had to say and instead ended up arguing and attacking them.

The things that you will regret if you know you are going to die in next five minutes are the most important things. Rest of them are just accessories.

Take time with yourself, at least 5 minutes every day to be with yourself and check inside, what truly matters to you, and do something to address that – regularly.

There are many exercises to discover what really matters in your life. It is beyond the scope of this post to share them, there are too many ways. You can do your search, do whatever it takes but map out your most important things and live for them.

Life will turn meaningful, happy and also productive in its true sense.

Today's Task

- In a way, invoking death in conversations is equivalent to punching below the belt in boxing. But today, I will break that rule and invoke death.
- As you go about your day, today I ask to focus in the outer world. Look at the building you see. You might be able to see many that were not there before 10 years, many won't be after 10 years. Look at the trees, they were not here, they won't be, look at the furniture, it was once a tree in some forest, today it is here as a dead work-desk. Let yourself soak the concept of impermanence.
- Then take it to the next level, by extending it to the people you see, meet and talk with. Whenever you interact with, maybe a friend, a family member, a client, a colleague, do your interaction with one thought in mind – what if I knew that this guy won't exist tomorrow? And then observe how you interact with them.
- You see, it happened to me, I did not know what would happen in 23 hours (the full story is even more shocking but this isn't the place or time), whenever someone around you will go it will always be like that...and do you know it won't happen in next 24 hours or before you meet them next time?
- Finally extend the same concept of impermanence to yourself and walk around the town, meet people with that in mind.

You will never know what is important by thinking about it, it is only impermanence, mortality, death, end, loss or its possibility that could help you drop the illusion of planted goals.

Try to die, or shall I say, die at least in the mind, to start living.

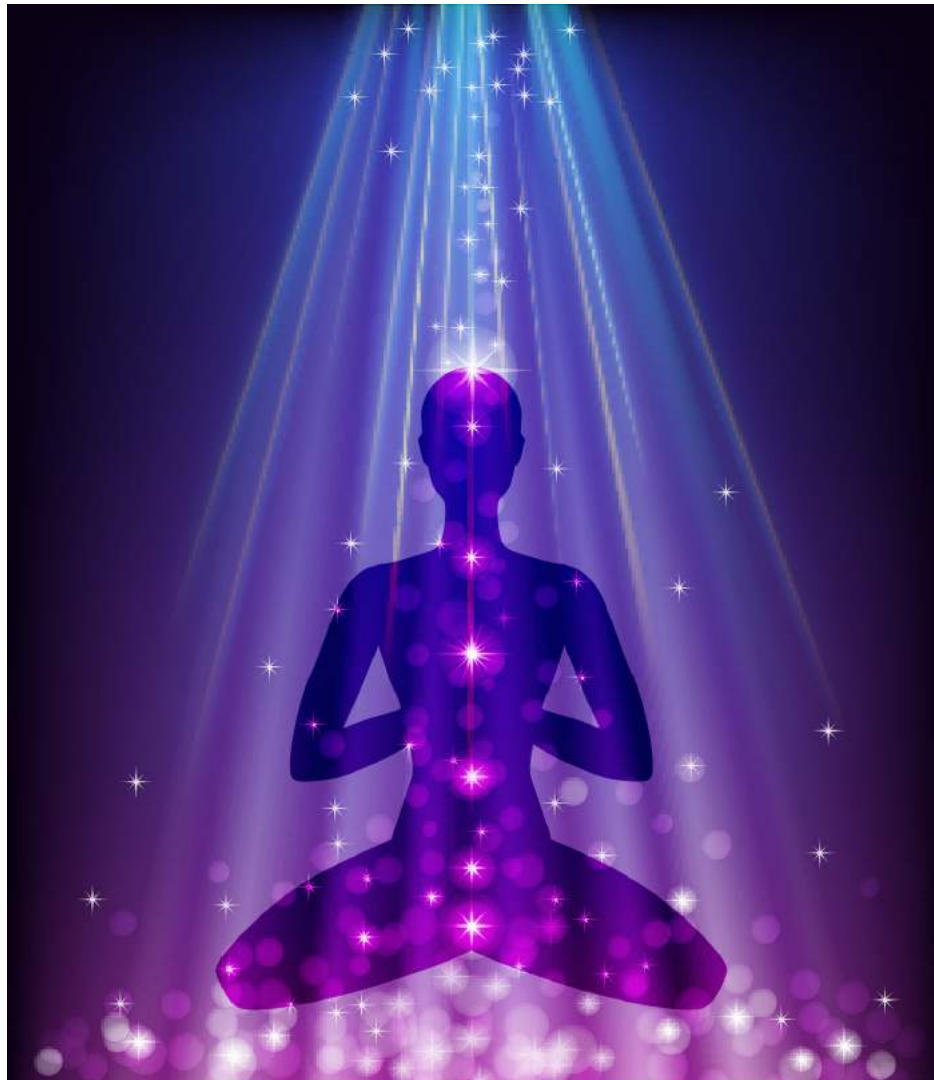
PS: Believe it or not, but I have started doing such groups and writing these kinds of posts because I don't want to die without putting them out in the world. Self-interest it is, all the way.

Mark Complete

Day 21: The State Of Presence – Your True Saviour



Dhruv October 2, 2021



If You Don't Lose 'This', You Will Never Lose Your Peace

I think I am an authority.

No, not an authority on any subject or knowledge or skill. But since I have done it a gazillion times, I am an authority on failures, on messing up, on making bad decisions, in suffering pain and on spreading pain to those around me.

From being a well-informed but ill-mannered cocky young man, who was an undisputed expert on 'how to invite unhappiness', I reached a point where I felt – I just wish I don't exist.

If I had't discovered that one thing, I'd either be in a loony bin or in a loony bin anyways); And I want to share that one thing without which I would have been crushed under the heaviness of my toxic mind. Let me start by asking you three questions.

What is one thing worth not losing for anything?

What is one thing that if you have, you can find everything else that you want?

What is one thing that could turn your meaningless existence into a vibrant life experience?

To me, the answer to all of the above questions is the same – Presence.

Presence – What it is?

To know what is presence, we must know the two modes of being.

The Absorbed Mode



Remember that time when you were with someone who was talking to you, they thought you are listening but even know you could hear their voice, you listened to nothing because you were completely absorbed in what you were thinking.

Well, that is the absorbed mode when we lose the real-time experience of 'I am' or 'I exist' here in this moment. And that happens because we are completely absorbed in the processes of mind – thinking, emotions, analysis, anticipation or something else. When YOU are not present, it is because you are absorbed in mind. All of your attention is eaten up by the mental processes.

The Observer Mode

But if you have read all posts in this group, you'd find a repeated message – YOU are not what is happening in your mind. You are not your parts, you are not your thoughts, you are not your emotions. YOU are and YOU have all of them.

There is something inside you that can know that this parts exists, this thought exists, this emotion is experienced...that one thing that knows it all, that notices it all, that can observe all other things inside you, is YOU.

And presence means, YOU are there, present as the observer or knower of all that is happening – outside and inside you.

Present VS Not Present

Has it happened to you, that you enter return home from office, you open door, you are talking with someone on phone while entering home, you remove your shoes, put keys or your car – all of it while you are still on the call and then go about your evening as usual.

Next morning you get ready to go to office, you dress up, put on your shoes and reach out to grab the car key from its usual place – just to find that it is not there.

Then you remember yesterday you were on a call and you just can't remember where you put the keys.

Has it happened? Why? Why don't you remember where you put the keys?

That's because when you were putting keys somewhere, you were on a call and 100% of your attention was absorbed in listening, talking, analysis the conversation. You were practically absent in the place where you were physically. Your body was there in your corridor but your attention was not there at all. That is being absent. That is being NOT present. That is when you lost your presence.

To be present means to have your attention in what is going on around you and inside you as if nothing goes unnoticed.

Presence, Your True Saviour

Presence has two elements to it – first is that instead of you becoming your thoughts and emotions, you become the listener of your thoughts and experiencer of your emotions and therefore you don't act them out reactively. Second element of presence is 'aliveness'. When you are present, you feel 'aliveness' an experience we are all looking for all the time.

Ever surfed netflix to keep on changing movies because nothing feels interesting? Ever scrolled social media endlessly until you find something 'interesting'? Ever felt that I wish time stops and this moment continues for eternity when you are talking to a beloved?

Well, all of those are either search for the inner experience and no, I don't mean metaphoric but literal direct experience of 'aliveness'. Your search stops when you feel alive. You are not looking for a movie, you are looking for a movie that

makes you feel alive, you are not looking for a beloved, you are looking for the aliveness you feel when you are in presence of or talk to a beloved.

Presence is the only mode which gives you both – first it lifts you above mind and parts and thoughts and makes you their owner and second, it makes you feel alive.

Nothing in this world is worthy to sacrifice presence.

In fact, all the unhappiness creeps in you only when you are not present. Even when unhappiness comes but if you are present, it has a different quality, you don't become an unhappy person, you become a person who has unhappiness and these two things are poles apart.

The moment you lose presence, is the moment you abandon your rightful throne and then whatever parts, thoughts, behaviours, patterns are around, they take up the throne and they start living through you.

If you want to get back your life, stay present, be there as the one who knows what is happening inside and outside, every moment.

How To Be Present

Make a decision to be in the observer mode as much as possible. And no, this is not a meditation you do, this is a way of life, as constant as the breath you constantly take.

Be the constant observer of your body-mind. Notice when new thoughts, parts, emotions come, or the switch.

If you realise any moment that you were absent for few minutes, that a wonderful thing – you became present, only then you could have realised.

Live through your senses as much as possible. Be aware of all sensory experiences. Your senses are always where your body is, so if you are plugged into senses, you are plugged into where you are and you automatically become present.

Today's Task

- As you go about your day, today make a decision to be present at the observer of everything that happens inside you.
- Instead of enforcing presence, just count the times you catch yourself being absorbed in mind totally.
- Catch yourself when you are waiting for something to happen. Catch yourself when you are meaninglessly analysing stuff, reliving some pleasant moments from past, resenting something from past that you don't intend to act on right now.
- Instead of resisting what is there, ask yourself, is there anything I can do to change this? Right now? Then do it. If not, make a decision to change when it would be possible some other time.
- Notice the colors, smells, textures...live through your senses. As if you are turning a dimmer switch on Full, turn on all of your senses. Just by turning on your senses, you will invite both aliveness and observer.

That's about it for today and for that matter, for this group. Nothing more to share.

Thank You and Good Luck!

PS: All the things I shared during these 21 days were a part of an elaborate plot to share today's post. This, what I share in this post is the only thing that matters, rest of it is just play to make things interesting.

Your search for God or love or power or fame is nothing but your hunt to experience 'aliveness' that is an inevitable side effect of presence. Go for the main thing, why beat around

the bush

Introduction

You know it, how those self-critical inner voices bash you when you make a mistake, or when you don't do something that is expected of you.

You already know that the biggest obstacle to live a happy and harmonious life is inside you - your own mind.

You've experienced those limiting patterns like self-criticism, addiction to comfort zone, unstoppable worrying, self-loathing, uncontrolled bursts of anger, procrastination, fear of failure...the list could go on and on...but you've experienced how they hold you back from living your life.

Why not try and attempt to release them from your system, just as you'd release bodily toxins, why not give a try to release these mental toxins?

This program is divided in three parts.

Part 1: Essential Concepts (Day 01 to Day 07)

Part 2: Essential Skills (Day 08 to Day 11)

Part 3: Transforming Limiting Patterns (Day 12 to 21)

The best way to go about this program is to explore one lesson a day in sequence.

If you like the content of this e-book, you can also join the 'Freedom Insights' group on Facebook, where I often post such content.

- Dhruv Mehta

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Day 01: Intent VS Behaviour



Dhruv October 2, 2021



What's Your Candy?

Like most kids, my son love sweets. He's between three and a half and four years...too young. But that means, he's in that age between two and six years, where you can see all the formative mental patters. Like all others kids in that age range, he's transparent, and that lets us see how behaviours are formed.

He has figured out that if he wants something he wants – let's say a candy than he has three ways. First, he'd come to me and try to cry...I mean really, not cry but try to cry...all the real action, without real emotions...until I say – what do you want Kris, and he says, 'maybe orange candy'...second, he'd come to me and act happily...I say are you happy, and then he'd say – daddy, maybe orange candy'....if none of those works, he'd start to speak names of fruits and numbers in Chinese (he knows I feel happy that he learns different languages – six by now, but he knows how amazed I am with the Chinese words) and he'll speak different Chinese words, fruits and vegetables until he reaches – 'Tángguǒ' which means candy in Chinese.

But since he's a child all I can do at the end is laugh at his antics. Knowing that all he's doing is in the end to get his candy.

And that brings me to today's topic – the first among 21 days.

Behaviour VS Intent

There are two different things which mistakenly gets blended into one. Behaviour and Intent – these are two completely different things, but we are not used to look at them as different things.

Behaviour is – what you do, how you do, the way you act, the way you react and all of that.

Intent is – why you do...what are you really trying to get / feel by a behaviour.

So let's say 'intent' is the destination, 'behaviour' is the transport we use to reach that destination.

Basically behaviour is what we do to get what we want (the intent).

And here's a simple fact. Intent is always always noble. There is nothing wrong with what you 'really' want. There cannot be anything wrong with whatever you want at the end.

If you trace your behaviour backwards, it will always lead to 'intent'...and what is intent – what you really want in the end?

All intents are made up of 'state of feeling' that means, you want to experience a 'state of feeling'...for example to feel secure, to feel loved, to feel cared for, to feel creative, to experience a sense of worthiness, to feel good, to feel pleasant etc...and there is nothing wrong to be cared for, to feel worthy, to feel secure, to feel creative, to feel acknowledged, to feel pleasure....all intents are noble...

All the actions we take, all the behaviours we have, they are all our ways to get what we want – the original intent.

As my son does – he exhibits three behaviours to get his candy...candy is his intent...or let's say the feeling good with sugar in candy is his intent, trying to get the candy in three different ways I mentioned in the beginning of this post are his behaviours...

While intent is always noble, the same cannot be said about behaviours. Behaviours can be nasty. Behaviours can be destructive. Behaviours can be dysfunctional, behaviours can be extreme...intent is none of them, it is just noble, pure, innocent.

Your mind is not crazy...it produces dysfunctional behaviours even destructive at times, but that's because that behaviour somehow fulfilled the intent sometime in the past...or the mind sees that behaviour as the 'only' or the 'best' way to fulfil the intent. I am not saying it is the only way or the best way, but the mind sees it that way.

Even those behaviours that are labelled as heinous – like genocide, murder, rape or the ones that are frowned upon, like theft, robbery or that are pitied upon or often disgusted,

like self-killing...even such behaviours have noble intentions...

Again I repeat – intent is always positive, pure and noble, behaviours mayn't be.

So today we focus on this one simple concept.

Behavior and intent are separate things. Intent is always noble. And when we look at the intent, we feel compassion to ourselves.

Intent is always noble, something that we want to feel, a pure need or desire. While behaviour is the elaborate plot to get that intent.

All our destructive patterns are simply dysfunctional ways to get the pure, noble intent.

It mayn't be possible to feel compassion for those dysfunctional patterns, but it is always possible to feel compassion toward the 'intent'. When you shift your focus from what you are doing to why you are doing, a space opens inside you and the that space is a field of compassion.

Today's Practice

As you go about your day today, pay attention to what's happening inside you. Especially notice those patterns that you think are toxic or destructive.

Now tag those patterns as behaviours – that is, recognise that it is behaviour and tell yourself this is a behaviour.

Next, take a moment to look deeper and see – what am I trying to achieve / feel in the end by this behaviour? What is my real intent?

Remember, intent is always some kind of a 'state' or 'feeling'
– so what state or feeling you want to experience by this
dysfunctional behaviour?

Notice – when you recognise the intent, do you feel
compassion for yourself? Like you feel compassion on the
antics of a child who's crying so that he can get the candy.

Keep doing it all through the day, you don't have to spare any
extra time, just as these patterns come, isolate behaviour
and intent...see that there is an ulterior motive even behind a
destructive behaviour.

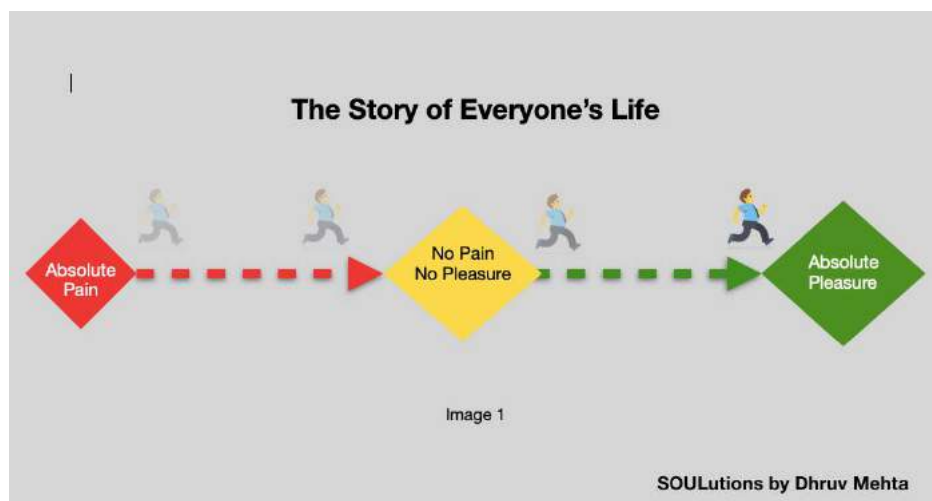
And if you do that, you will start from having compassion for
those intents...that's not at all a bad start of our journey.

Finally, if you feel safe to share in this group, share what you
discovered. And if you feel you don't want to share – you've
got one more behaviour to isolate from a noble intent – to

Day 02: Axis of Pleasure – Pain



Dhruv October 2, 2021



I know why you do what you do

I mean, it is not rocket science. I may not know how you will do something or in what way you will act but I know why you do what you do. And you also know why everyone does what they do.

It's like an open secret...wide open right in front of us to see and yet we might miss...

In yesterday's post we explored two layers – behaviour and intent and we see how even the nastiest behaviours are just our way of getting something very pure and important to us –

like love, safety, acknowledgment, etc...

So it's like from the seeds of pure intent, emerges various behaviours. Some that promote harmony, others that destroy harmony and are nasty in a way that destroy our own peace, our relationships...you know all of that.

However, there's one more layer underneath and that is today's topic, I call it the mother of all intents and behaviours.

The Mother Of All Principles

As human beings, we are wired, I mean literally wired as in hardware wiring...we are wired at the cellular level (it may not be scientifically correct expression, but it sounds 'cool')...we are wired to 'try and feel good' and 'try to avoid feeling bad'. In other words, we are wired to pursue pleasure and avoid pain.

Anything we do, at any time we do, it is either an attempt to feel good or save us from feeling bad or a combination of both. And this axis of 'Pleasure and Pain' is at the core of our life story...the only thing different between our stories is 'how' we are trying to feel good and avoid feeling bad...apart from those difference, we are all the same at the core – wanting the same thing at every moment of life to be in the we are all trying the same is

Take a look at the 'image 1'...you see a red diamond on the left which represents absolute pain – physical or emotional... it is a point where you collapse...where your system can't handle and crashes...on the opposite end, you see a green diamond, that represents absolute pleasure...where you feel immensely good, as if you feel I am in heaven...it could be physical or emotional pleasure.

At every moment our decisions are based on running away from the red diamond as far away from it as possible and as close to the green diamond as much as possible.

Whatever you do, decide, don't do, don't decide, choose, don't choose...all of it is your way of running away from the red zone to the green zone. Sometimes we can't go the green zone then we try to go to the yellow zone – the neutral zone...if that's not possible then we still stay to go away from the red diamond to yellow or greenish zone.

In other words, our life is all about moving away from pain as far as possible and moving close to pleasure as much as possible. And that applies to all of us, even if it looks like we are living a different life.

What makes you and me different not the mechanism of running away from red diamond towards green zone but the different ways we do it.

What makes us different is the different strategies we use to avoid pain at the least and experience pleasure if we can manage that.

Three Layers Of Personality

And that brings me to three layers of our personality.

What most people see about us is our behaviour. It is visible. But what they don't see is our intent. The same applies to you – you only see others behaviour, but don't see their intent. If you've understood that your intent is always pure, you'd also understand that others intent too is always pure and noble.

However, underneath the intent lies this principle of 'pleasure -pain'

All of our intents – if you observe, they are our ways either to avoid pain or lessen pain or experience pleasure or enhance pleasure.

For example your simple needs like security, need to control situations, need to avoid confrontations...they are all built around your need to avoid pain (in whatever form it comes)... and your intents like to experience love, joy, creativity etc are built around your need to experience pleasure.

Today's core concept.

We are wired to first avoid pain and then if possible, experience pleasure – as much as possible.

But first is to avoid pain of any kind – that includes physical pain, emotional pain, discomfort and all other things that taste unpleasant in our system. And then, and only then if possible, experience pleasure.

In context of the 'image 1' we are wired to go away from the red diamond as far away as possible...from the left end of the axis towards as right as we can manage...that's existential wiring.

It's enough for today if you can see this in yourself. Later we will connect the dots, for now just focus on this insight.

Today's Task

As you go about your day, keep noticing what's happening inside you.

Also, continue what you did yesterday – separate behaviour from intent.

Third step is – see, what is the intent?

Is it to avoid some form of pain / discomfort?

Is it to experience pleasure / feel good?

Is it a combination of the both?

Just tag every behaviour and intent to whether it is running away from the RED zone or running towards the Green zone.

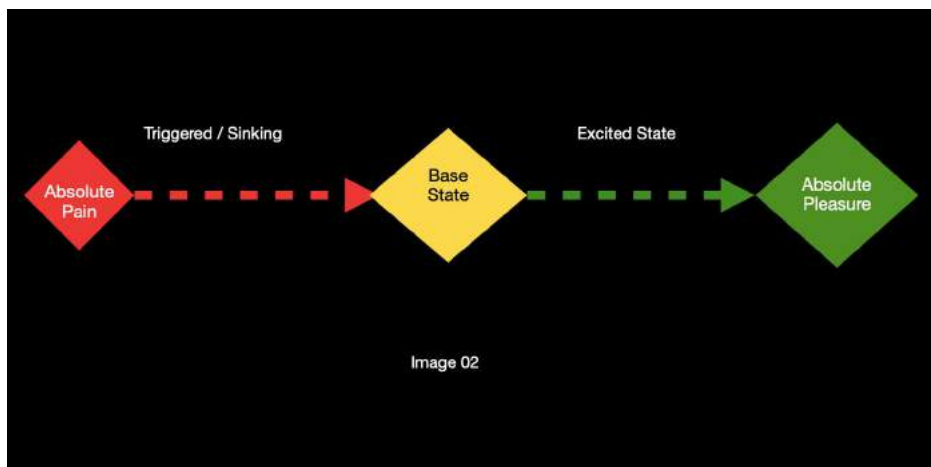
Trust in the process, when we will connect dots in few days, you'll have your 'aha' moment...or maybe you already will have it today.

Try to share your experience...it encourages me to keep going, it lets me know that I am reaching out to real people and if you feel resistance to share, see, if you are trying to avoid some form of pain by not sharing here.

Day 03: The Base State



Dhruv October 2, 2021



This Is Where Home Is

Take a glass of pure water. Add a bit of red colour in it. Water displays a tint of red. Add more red colour, and water turns deep red. Keep adding more of red and you reach a point where the water is completely red and can't go any more redder.

Do it with any other colour, say Green and the result is same...water keeps turning greener depending on how much green we add.

Whether it is red or green, any addition to water takes away the natural colour (or colourlessness) of water. In fact, any addition to water is a kind of 'disturbance' or 'contamination' to the base state of water.

We also have our 'base state' just as water is in it's natural state, uncontaminated by addition of colours.

The Base State

The yellow zone in the image 2 is what I prefer to call our 'bast state'. This is where we are neither experiencing pain, nor are excited. This is where we feel most comfortable with ourself.

This is the state we feel we are at home...we can think straight here. We want to spend time here as much as possible.

This is the place where we feel neither triggered nor excited...neither in the depths of negative emotions nor flying high with excitement. This is what we call being cool-headed. Not cold, but cool.

This is the state where you are neither triggered nor excited.

When you are in your base state, you are neither attached, nor do you feel aversion, you have no issues with self-esteem, you have no issues with your self-confidence, you don't worry for the future (you may plan but not worry), you don't resent what happened in the past.

This is the second best place to live your life.

Everyone of us has experienced this base state – at times or several times during a day.

The sign of base state is Peace and Comfort that you feel with yourself.

Personal Transformation Is All About Returning To Base State

But there are 3 more states in addition to the Base State. In total there are 4 states. And at any moment of our life, we are in one of these 4 states.

1. The Sinking State
2. The Excited State
3. The Base State
4. The State of Presence

Here's a bit about them...

1 – The Sinking State

When we are experiencing pain or discomfort (both emotional and physical), it is experienced as being 'unpleasant'. The taste of that state, the taste of physical pain or emotional pain is unappealing and at times awful...not that they are bad, but they taste bad in our system.

And while we are in that 'sinking state' we are most often like a man sinking in water...whose only wish is how not to sink deeper and come out on the ground as soon as possible. That is to go as far right on the 'Red Zone' to the 'Yellow Zone'...How to end this pain, that is all we want in the triggered state.

The farther left you go on the RED zone, the more unpleasant it is...and chances are that the farther left you go, more unconscious you become.

2 – The Excited State

Some feeling taste pleasant in our system, happiness, joy, success and the likes. We feel excited, in a positive way while in this state. The green zone is excited state.

The farther right you go on the green zone, the more excited you get. Happiness and Joy are in the green zone but very close to the yellow zone...when you go further right, you feel 'enthusiasm' which is a little more excited than what we call happiness. If you go further right on green, you meet 'elation' or 'high' as we call it...it is even more excited state than 'enthusiasm'...and finally you reach 'euphoria' on the extreme right, very pleasant...however, there is a trap.

Our nervous system (again, we have several doctors in our group, you guys take it as a 'cool' expression, it may not be scientifically accurate but linguistically cool nevertheless)... so our nervous system is not designed to be in any extreme state for long time, it would crash, like high-voltage surge can damage an electronic appliance, any high energy state, no matter how pleasant it is, it will blast our system. Some people on spiritual path say that enlightenment is like experiencing continuous orgasm...that is a childish expression...we are not designed to hold that high voltage excitement of nervous system for more than few seconds. Therefore we tend to be in the green zone, but most comfortable is green which is close to the yellow zone.

People are not addicted to alcohol or narcotics, they are addicted to being in the 'euphoria' these substances make them experience. All addictions are cries – I want to feel good, as good as possible (and by that means, I DONT want to feel bad).

3 – The Base State

We already explored it in the beginning of this post.

4 – The State of Presence (our most resourceful state)

Base state is great, but not the ultimate. The best ever state is the state of Presence. This is the state in which we feel most resourceful we could ever get.

This is qualitatively different from all three other states in the sense that, when you are present, you are not becoming an emotion – good or bad, positive or negative. Instead, you are there as the Presence that sees everything that is happening inside you.

The State of Presence is not anywhere on the green-yellow-red axis...it is above them...you could be in deep red and be present, you could be in yellow and present, you could be in green and present...it is independent of how you feel.

You need to be in the state of presence to see the intent behind behaviour. So when you are 'present', you already have compassion for yourself and others, because your focus is on intent...you may not agree but you still feel compassion.

And it is this state of Presence, from where you can heal all your toxic patterns.

Therefore, it is important to recognise our Base State and The State of Presence. Which is what we will accomplish during the second part 'Micro Skills' after 3 days.

Today's Task

Do you have an app in your phone or computer that tell you your 'screen time'? Such apps also tell you on which application you spent most of your time.

Let's activate such an app in our mind.

Today, as you go about your day, I suggest you do two things.

You stay vigilant of what's happening inside you and just tag – at this moment I am in state 1, 2 or 3

Second, you keep a note of how long, how many minutes you were in your base state before you slipped into the sinking state or the excited state.

Basically today's task is about recognising when you are in base state and noticing how long you are there and how does

Day 04: The Instinctual Wiring



Dhruv October 2, 2021



Your Mind Is Obsessed With This One Thing

(If you want to skip this real-life story, you can scroll down to the part 2 'Today's Concept')

Part 1: A Story Leading To Today's Concept

First few years of life, I lived in a relatively small town and studied in a local English Medium school – where you learn all subjects in English (every Indian knows what it is, but it is still

not common in most EU countries).

While still in primary school, we moved to a big town with a population as bigger than any of the Baltic countries. When my father took me to a new school for admission, the Principal of that school interviewed me and told my father that your son is very weak in English, I am afraid he will not be able to fit in here. It was a shock to me because in the small town school I was usually among the first three rankers. Although I really was poor in English);

Somehow my father convinced them that I'll work hard to fit in and I got in that school. On the first day in new school, we had a lesson of English. Teacher read a chapter – a story of some Rip Van Winkle (maybe anyone from India remembers that chapter)...after finishing the story, she began asking questions. Whoever knew the answer, they'd raise their hand and give the answer.

I thought I can do that. I've done that in the past in old school...whenever teacher asked a question, I'd focus on the main word in the question and then quickly find that word in the chapter in book and read out that sentence loud. It had work like that so I raised my hand for the next question.

Teacher: So why did Rip Van Winkle disappear?

My radar caught the word 'disappear'...I rushed through lines...found a sentence containing both Rip Van Winkle and 'disappear' in the same line. Bingo! I thought.

*I (replying to teacher): Mam, here is the answer....(reading the line from book).....And that's how eventually Rip Van Winkle disappeared. *

As soon as I finish the sentence entire class broke into laughter. Even teacher couldn't hold herself and burst into laughter.

Two things happened because of that laughter.

First I was frozen. Couldn't understand why am I being humiliated. Hell, I had done the same in past, it had worked, even rescued me...what went wrong today? Yes, I later understood how poor I was in English comprehension, but not then.

I was simply trying to do what had helped me and saved me few times earlier, but this time it looked like the same strategy is getting me into trouble.

Second, after that day, for all the 4 years I was in the same school, I never dared to answer any question, even if my answer was 100% right. When I wrote my answers, I scored much higher than when I had to speak in front of others.

Anyways, I am sharing this because this leads to today's concept.

Part 2: Today's Concept

Saving Us From Pain Is Our Mind's First Priority

We use more energy to save us from pain than to experience pleasure. How to avoid pain – the mind is constantly looking out for ways to find ways for that – how to avoid pain.

All so called self-destructive or dysfunctional behaviours are 'learned' ways to protect us from painful experiences.

We somehow learned to run as far from the Red zone to the Yellow zone. At one point these patterns worked, and then we got stuck with them. Just like when I was humiliated by the entire class due to my English skills, I learned 'speaking out loud could result in humiliation, so better don't speak'...I was a kid, I didn't knew any other way, whatever worked then, I stuck with it for 4 years.

We hold on to negative patterns because at some point in past they actually helped us – most likely to save us from a painful experience.

These are the patterns we picked up when we were unexperienced, we were not resourceful and therefore it seemed like the only way to handle those situations.

Self-criticism, holding on to guilt, anxiety, fearful reactions, procrastination, avoiding to communicate what needs to be communicated, try to be 'good' to others at cost of self-interest, confrontation when it is the, that voice inside you which doubts and breaks your confidence...and the entire list of self-limiting behaviours are simply our ways to avoid experiencing pain – because we haven't found creative ways.

Most self destructive patterns are part of our own Hyperactive defence system.

I am not hinting that we shouldn't avoid pain. But we can re-wire ourselves to keep the intent 'avoid pain' by finding better and more harmonious ways.

Re-wiring is one micro-skill we will explore in the second part in less than a week.

Today's Task

For few minutes, can you suspend any doubts you have about the idea that...

All the negative patterns inside us, even if they are destructive, they are trying to help us in some way – the only way they know. All the negative patterns have a positive intent. That all of these negative patterns are trying to save us from a painful experience – it mayn't be really painful now, but at one point, it was all about avoiding pain.

So if you can allow yourself to be open to that idea, then, can you spare a few minutes pondering upon what could be the positive intent or following patterns. What are these following patterns trying to save us from? From experiencing what? Or what other positive intent it has?

You can share your ideas on all or at least any 5. Some of you need to answer the last one for sure.

1. Holding on to guilt
2. Procrastination
3. Self criticism
4. The voice that says – you are not good enough
5. Jealousy
6. Not asking for help when you need it
7. Not communicating your needs to others explicitly
8. Being good to others at the cost of your own needs
9. Anger
10. Shyness
11. Fear of failure
12. Expressing your views publicly even when you have some authority on the subject
13. Not doing what you know is right for you
14. Letting people take advantage of you
15. Addictions like tobacco, alcohol or even narcotics
16. Not sharing your ideas and insights in this group, even though you do have an opinion

Well, the intention of today's task is to transform how you see your dysfunctional patterns. Instead of seeing them as enemies, I want you to see that they are trying to help you, in the only way they 'think' is right. They might be wrong about how they do it, but you can't argue about their intention – to help you or to save you from some painful experience.

Your realization of the intent of those patterns could open the door for 'self love'.

Try, analyse, check back with your own experience and please share here, how do you feel about yourself and those patterns when you see their real intentions.

Your discovery might look like the demon in service of Angel!
(Hell, i had to find a way to justify the image I used)

Have a great day!

PS: On a side note, if you've read the story, then it is that experience because of which I usually don't make fun or laugh at someone's language skills (i am saying usually, because I have a shallow-self that sometimes enjoys but rarely). At core, I believe that language is a tool for communication and no one's self-esteem should be associated with their language skills.

Day 05: The World Within



Dhruv October 2, 2021



It's Not A Person. It's A Crowd!

When India became independent in 1947 and the first government was formed, there were 17 different ministries (in the US they call them Departments) – portfolios to handle all the different affairs of the nation. That included for example the Ministry of Transport, Finance, Health, Science, Defence etc. As in any other country, the role of each ministry is to deal with the matters related to their domain.

But with the passing time, technological advancement, and realisation of new challenges, the Government of India began creating some new ministries to handle new emerging

challenges in a better way. So over the time, new ministers like Ministry of Food Processing Industry, Ministry of Chemicals and Fertilisers Industries, Ministry of Electronics and Information Technology and more were added.

What began with 17 ministries in 1947, today it has expanded to 54 independent ministries.

And this has happened with every nation – as years pass and the world changes, to keep up with the emerging situations, they need to create special departments / ministries. New challenges, new entities are formed to handle them.

If this seems logical to you and if it makes sense, then I guess you'd have no problem understanding the Structure of Mind

You Sir, Are A Team

Our mind is no different than a government. Just as a government's role is to ensure proper governance of the nation, to keep it protected from outside and also inside, our mind is our own government. It has the same functions as any nation's government.

(On a side note...From the moment we are born until we cross the formative years, our mind's government is sort of a care-taker government guided (or misguided) by our parents, relatives and teachers)

When we are born, we are powerless, dependent but as we begin to grow, to deal with different challenges our mind begins creating new parts (ministries).

At one point we didn't knew what to do when another kid takes away our toy...maybe we just snatched it back...but mama thought it's rude, so she taught us 'sharing is caring' you should let others play with your toys...a new part was

born that learned – no, it didn't learn that sharing is caring, but it learned that when mama is around I need to share or she gets upset with me...

And some kids won't listen to mom, they'd continue snatching every time they want something...they are the one's who have developed a part that helps them by taking things with force (we all have adults with such behaviours around us, no?)...in india we call them the 'gunda' type.

Well this is an exaggerated example but I know you get the point.

As we continued growing up and meeting new challenges everyday, the Government of Our Mind kept adding new and new ministries. You can call them parts, or sub personalities (I dislike this expression) or individual entities in their own right.

A part was born when we first faced rejection...when someone said NO...we felt pain and maybe we stopped asking next time to not feel the pain of NO...so a new part that learned how to handle the pain from rejection was born and it's role was ensure 'don't ask'

Up until a month ago, whenever my son broke a toy car or something, I'd ask him – who broke this? And he'd say Kris (he) broke this. Recently while jumping, he broke my glasses. I found that later so I asked him – who broke this? But this time with annoyed tone and visible anger...so his response was – Wolfie (our German Shepherd) broke this...

You see – a new part was born right there that learned to lie... for a noble reason – I don't want daddy to scream on me.

What we call behaviours, they come from such 'individual entities' who have specific roles...like the minister of a ministry. Each part of individual entity has it's own main

function, core beliefs based on the experience during which they were formed. (For example the first lie of my son, was to protect him from 'wrath' of father).

A lot of our current behaviours are based on those individual entities formed during those formative years, based on the experiences we had – while we were almost resourceless.

Each of this part can be identified easily as a separate individual entity within us simply by listening to them speak inside us...each of those parts have an almost distinct voice or they sound in a distinct manner.

Key Insights For Today's Concept

- To handle different situations, our mind creates a dedicated entity. You can call it a part inside you or an 'avatar' of yours.
- Each of this part has a specific role – to help us in specific situations. In the way it sees works best.
- Many of these parts have never evolved...they are stuck with the ideas and beliefs from the original experience and they continue using the same strategy even in their adulthood.
- Some of these parts are useful – they help us with staying organised, manage our life efficiently
- Few parts are dysfunctional because the behaviour they exhibit is no longer productive...for example once you were upset because mom screamed on you, at dinner time mom called, come and eat you said I won't...after a while mom comes, hugs you and shows care, you notice guilt on her face...and BAM! You've developed a part that learned when I want people people to feel guilty, I should shut myself in my room and withdraw. I know many of you will recognise this part. I had it (and still to some point have)
- Whether a part is functional or dysfunctional, they are all trying to help in the ONLY way they know. Every part has a noble intention

Today's task

Today, I invite you to do a little more than just observe what is happening inside of you.

- Whenever you can, in any situation, just notice as many different parts of yourself as they surface and become active.
- Notice the switching of different parts as it happens. For example you were in an office meeting – some parts of you were active there who know how to handle office meetings. You come out and a friend calls, and suddenly the way you talk with a friend is different than in the meeting room...what just happened? You switched from 'professional' part to a 'friend' part.
- Finally as you see different parts coming up, can you give them names – just to isolate them from other parts and so that next time the same parts comes up you recognise it.

Please share how many different parts you discovered, what roles they had, what interesting names you gave them?

By the way – what's the name of your part that stops you from engaging in this group with comments or sharing your experiences

Day 06: The Wound And The Saviour



Dhruv October 2, 2021



The Super Hero Complex

It is natural to be affected by what happens. When we experience rejection it is not only normal, but it is natural that we feel (experience) disappointed or sad. When we experience a loss, it is natural to feel grief. When we experience a possibility of loss or harm, it is natural to experience fear.

The Wound

Each of experience of rejection, bully, aggression on us or threat creates a tiny 'wound' in us. If we know how to process those emotions, then the wound heals in some time. If we don't know how to process that emotional energy, that wound stays alive in our system. And that gives birth to a 'wounded part' within us.

If you remember the concept of Day 3, Day 4 and Day 5 – the central idea is that one of the main functions of our mind is to protect us from pain.

Now if we are living with a wound inside us, our mind produces new parts whose main job is to make sure that we are never wounded again in the same way we got wounded that first time. Another role of such new parts is also to ensure that the unhealed wounded part does not come to surface, or that we don't encounter it in ourselves.

The Saviour

Remember my story about English lesson (Day 4)? When the whole class laughed at me, I was humiliated and in that humiliation, I wrote that I was 'frozen'...that was the original wound. These wounded parts have always been living in dormant state in the RED zone. And they can wake up if a similar situation occurs in the present – humiliation, rejection, threat, anything that resembles the original wound would awaken them.

And then to make sure that I don't experience such things again, my mind created a part that would stop me from answering or speaking in class or in general in public. That was the 'saviour' part – the one who wants to save us from pain, it is this kind of parts that makes sure we never go to RED zone and if we are there, then to pull us out to yellow or

green. (modern psychotherapy calls them Protectors, but I like to give a spin to names and definitions and create a new language that fits SOULutions).

I'd call the gang of saviours collectively as – the Super Hero Complex..who thinks they need to save their wounded parts from the world.

2 Types Of Dysfunctional Behaviours

Most of our dysfunctional behaviours are coming from the saviour parts and some extremely dysfunctional behaviours come from the wounded parts.

Some Examples...

Shyness – is a behaviour of saviour part...that stops you from opening so that the wounds won't activate. Wounds could have happened when someone rejected you, or criticised you.

Intense anger too is the saviour part...when it senses that the current situation in some way is touching a wound or reopening it

I am not good enough – that for example is the 'wound' itself. Low self-esteem comes from wound.

Guilt is wound + saviour

Procrastination is saviour's signature work

The main difference between a dysfunctional behaviour that comes from wound and the one that comes from saviour is this...

Vulnerability is the overall feeling of wound...and the emotional states of Helplessness, fear or hurt are the main emotions of wound...if you investigate, all other dysfunctional

behaviours are ways to cover up those three things – helplessness, fear and hurt. Anger, procrastination, pleasing others, taking care of other's needs at the cost of your own, being the 'good' boy or girl also are saviour behaviours to help you cover up your wound.

And during the remaining part of our journey, all the things we will explore will be either to heal the wound or to rewire the saviour.

Today's Task

As you go about your day and be vigilant of what's happening inside you, pay attention to following.

Notice if you feel vulnerable in any way – helpless, frustrated, hurt, fear...that's your wound. See what happens next. Tag it as a wound.

Most probably, a saviour part will appear to cover up the wound – that helps you to avoid those feelings of helplessness or hurt. Tag it as a saviour.

Whenever you do something that feels like you are doing this to avoid a painful outcome, tag it as a saviour. But STOP. And look inside, what is the wound that this saviour is trying to cover up?

If you can, focus on the wound and ask your mind – can you bring up some past memories when this wound was formed. If they come up, just notice and make a mental connection / tag between the wound and the event that created wound

That's a lot of work for today. Count your saviours and count your wounds.

You won't be able to heal wounds if you cover them up, you'll need to show them to yourself.

And of course, by now you know – it is your saviour part that doesn't let you share here...and if so, what wound it is covering up?

Share your experiences or insights. Thats your contribution to keep this group alive.

Remember wounds don't transform by saving us from them but by healing them. Time to call out your superhero complex.

That's about it for today.

Have a great day!

Mark Complete

Day 07: The King



Dhruv October 2, 2021



Let's meet YOU

In an ancient Kingdom, there was one unwritten, unspoken rule. Everyone was expected to be loyal to the 'throne' not to the King. Whoever sits on the throne, he or she could do whatever they want. The entire army, ministry and all other resources of that state were at disposal of the one who sits on the throne.

However there was a King. But with such rules of loyalty you can imagine what would happen.

ife

In the King's court, there were chairs for his advisors and his military strongmen, who'd sit next to him. Their job was to advise the King. On some days, the King would fall in love with the advise of some advisor and so much so that he'd allow the advisor to come and sit on the throne...and King would step aside...then the advisor would run the country as they want. Some advisors had constructive vision but others had destructive vision. Sometimes an advisor who is sitting on the throne would bring the nation on the brink of a war, at other times, another advisor sitting on the throne would deplete the kingdom of all it's resources...but no one could do until that person was sitting on the throne. This would continue until the King suddenly wakes up and takes back his throne.

On some days, when the King is ill or not in his element, some advisor would come and just pull the king from the throne and instead get seated himself and run the nation as he pleases...and this would continue until the King is back with his strength and claims back his throne by getting himself seated on the throne...

You can imagine that such a scenario would lean to anarchy.

The Story As Your Truth

However, now you can think of this story like this...

The Kingdom is our own mind...the King is who we 'really' are and the advisors and military strongmen are our parts – our saviours and our wounds who want to run from the red zone towards the yellow and green...if you think of the story in this manner, then it all suddenly makes sense, all of it. What is happening with us and why.

Inner Game Of Thrones

There is YOU – the real you, the King and then there are parts. Parts are your advisors, they work for you. But more often than not, they push the King away and take over the throne of your mind and then these parts act through you as if they are the king. You become those parts, there is no longer 'YOU' left.

That's why, after an episode of anger or some other high intensity emotion, when those emotions settle, you feel like – oh my God, it wasn't me...it was as if something took over me. Of course it did. YOU were pushed aside by a saviour or a wounded part and that part acted through you.

Remember the simple rule of the kingdom? Whoever sits on the throne gets to govern the kingdom.

The Real You

Have you experienced this?

You are in a state of deep worry or resentment. Suddenly something comes up, which forces you to come out of your worry and focus on doing it...and while you are engaged into responding to this very important situation, you no longer even remember your worries or resentments or sadness or pain?

Well, who you are is who you are in this moment without past – and therefore who you are needs no healing. Your parts need healing. Wounds are there, for sure, but they are in the past. Who you are is already healed. And you have experienced who you are...when you feel I am in my 'zone' when you are 'Present', when you are in the 'flow' when you are so much focused on the present moment, that you forget you have a family, friends, your problems, all of it. Who you are without your story is YOU. Without giving it any spiritual spin, I'd say you are the Presence, who is already healed,

who is open, who is compassionate...and it this this Presence inside you that has the power to heal your wounds and rewire your saviours.

The one unmissable quality of presence is – observation without judgement or I'd call it compassion. Remember I asked you for first couple of days to focus on the intent...and not behaviour. What happens when you focus on the intent – suddenly a space opens inside you. You no longer judge yourself. You know this part of you has a positive intent...that space inside you is the emergence of presence. You can't see a positive intent from a part, you can only see it from presence. So compassion to yourself and others is only possible from the place of who you really are – The Presence. And that is the King of your inner kingdom – mature, resourceful, compassionate inner leader.

Remember – the sign of Presence is compassion. Do you feel compassion to yourself, to your parts, to other people and their parts. If yes, then you are present, if no, then you have been pushed away and taken over by a part of you.

The Observer Mode Vs The Absorbed Mode

There's a simple principle...you cannot be that, which you possess. For example if you are holding a phone or computer while reading this, then we can say – you have a phone or a computer, but you are the one who owns it, you are not 'it'... same goes of your clothes you are wearing right now – you have them, so you posses them, you are not those clothes... the same goes for even your body...you have the body, you are not the body...when someone's one limb is cut off, they don't say from now I feel I am only 3/4th of what I was before...if we get more closer, we have thoughts, we have emotions, we have parts, but we are not any of them.

We are the one who posses those parts and believes, emotions, thoughts produced by those parts.

And therefore, when you observe your part, you automatically create a distance between who you are and your parts – wounded or saviour.

When the part takes over, you get absorbed as the part. But when you begin to observe, you become the possessor of that part, instead of acting out that part.

The first step of personal healing is to reclaim your throne YOU are the rightful owner of that throne. See your parts as parts instead of letting them act through you. Be there as the one who knows that right now, a part is around me, wanting to take over me. That's the first step.

Today's Task

As you go about your day, switch on the inner CCTV cameras so that nothing that happens inside you goes unnoticed – not a thought, not an emotion, not a behaviour happens without you knowing that it is happening.

With that level of inner observation, try this...

- Make an intention that today, whatever appears on my inner screen, any thought, any emotion, any feeling, I welcome. Today everything that happens inside me is allowed. (This is not applicable on behaviour because behaviour is outer thing, you act it out...I am talking only of what happens inside you)
- Then as different thoughts, emotions, parts come up, just notice that they are here. As if they are guests at your home, you open doors for them to come. You let them be in your inner home for as long as they want to stay, you let them speak inside you, allow them to tell their story. But like a good host, you pay attention to whatever they are trying to say. It is possible that somethings you'll like, other things, you won't agree and would despise. But like a good host, give them space to be inside you, as long as they please.

- Also notice how some of those thoughts or parts want to push you away and take on your throne. Just notice, but be there, give them space to exist but don't give them your throne.
- Look at them. See them, observe them, listen them. Just the act of observing them would separate YOU from those little you parts. See that there is YOU and there are they, those little yous inside you.
- Notice how the act of observing them instead of becoming them itself dilutes the effect of your thoughts and emotions on you.

Share, if you can the experience of doing this. If you do not feel comfortable sharing personal information, then also you can share without revealing such details but just sharing how it feels, does it resonate with you or what challenges you experience while doing this.

This is the last of the concepts. From tomorrow, we go to second part 'The Micro Skills' for Mind Detox.

Have a great day!

Day 08: Inhabit The Playground



Dhruv October 2, 2021



Inhabit The Playground

I am in a very early phase of working with a small group of professional players. So as first step I did a survey of their background, their goals etc. which was obviously as I expected – some of them are already playing at the highest level and some are aspirants to be part of the premium leagues. Someone is a champion, others want to be a champion.



But as a byproduct of that survey, I got to know their routine, what do they do and how do they spend time throughout the day. And that looked like – field training, field training, field training, field training, play, field training, field training, field training.

The actual match time they got was hardly 2 hours or less in a week. But still they spent over 50 hours a week on the field – maybe 1 or 2 hour playing and rest of them training, but all of them on field.

I asked one of them – isn't it too much, that you get only an hour or real game time and yet for that hour you spend about 50 hours in the same field?

His reply was epic. He said...

If you want to be a champion and play your best game when you get the opportunity, you got to spend most of your time on the playground.

And that brings me to today's topic – Stay On The Playground

Your Playground

Just like those professional players, if we too want to excel in the game of inner transformation and being the master of our mind, we too need to spend most of our time in the playground.

As you must have noticed, any inner transformation cannot happen unless you are vigilant and able to observe those patterns inside you, listen to those thoughts as they appear or feel the emotions before they take over you. And that is the most difficult part of the process. Trust me, healing a wound is easy, rewiring a saviour is even more easier. What is most difficult is to be able to see a wound as a wound and see a saviour as a saviour without becoming them.

And that is where our playground steps in and can save the day.

The energy-field of our body is the playground where the entire game of our mind is being played. NO, it is not played in our head, that's just a semantic error, it is played throughout the entire energy-field of our body. And before the 'Mr. or Ms. Skeptic' part of you raise questions, I urge you to wait out until you read the full post.

Try This

1. Sit relaxed but with straight spine. You can choose a meditation posture or you can just be in a chair, that is not so important.
2. Now close your eyes and let your breath settle down. By that I mean take few seconds or couple of minutes until you sense that you are not trying hard to breath – no need for deep breaths, if they happen, that too is okay... but otherwise just let your breath find its natural rhythm.
3. Now you are with closed eyes. You can't see your body.
4. Ask yourself this question – at this moment, I am sitting with closed eyes, I don't see my body, but do I have my body? Can I know right now, while I am sitting with closed eyes and while I don't see my body, can I still sense that I have a body? No, not from memory, but at this moment, do I know I have a body?
5. How do you know you have a body when you don't see it? You know it because you sense it, you experience it as an

energy field. Just because you don't see it, you don't feel panic that your body has disappeared.

6. Now, continue sensing your body for the next few minutes. And as you do that, what you are doing is getting familiar with the energy field of your body. It is this energy field that is the playground. Or you could say that it is like a screen on which your entire past, all of your memories, all of your thoughts, all of your emotions appear and play from time to time.

What you do with closed eyes, later you'll also be able to do with open eyes, or while in communication. This one skill – the ability to experience or feel or sense the body's energy field will be a game changer because all that you want to change is here, all those players are playing on this playground. So spend as much time as possible in the playground.

Today's Task

- Set up 10 or 15 random alarms or reminders on your phone. I mean literally random hours (excluding your sleep time).
- Each time the alarm rings, stop whatever you are doing. Freeze in whatever position you are. Even if your one hand is raised, let it be frozen in air. Be a statue for 30 seconds or a minute. Just as you freeze, close your eyes, that's the only movement allowed.
- As you stand or sit there as a statue, ask the same question you asked earlier – do I have a body at this moment? How do I know I have a body when I don't see it? And instead of answering that question, sense the body with closed eyes. You may sense some part of body more intensely than other parts and that is ok...but you will still sense a general sense of 'something' that lets you know that you have a leg, a hand, a head, abdomen, back, a face...
- After 30 second or a minutes, just let go and be back to your business.

- And I assume you'll also put your common sense while doing it and therefore you won't try it while you are driving, cooking or for that matter during any activity that could result in dangerous outcome. In such case, of course you skip the alarm and take it the next time when it comes.
- Try this 10-15 times today and let me know about your success or inability to sense the body / experience the body / feel the body while you are with closed eyes.

Knowing your playground and spending a lot of time on the playground is the first step towards being master of your mind instead of being played by your mind.

Do share your experience.

Have a great day!

Day 09: Inner Surveillance



Dhruv October 2, 2021



To See Is To Be Free

There are only two places in the world where you can find Lions in their natural habitat. One is in Africa, another is just 400 kms from my home town in India.

I was visiting those Gir forest with few friends, the only other place in the world where you can see Lions moving freely in jungle. A local Ophthalmologist who happened to be more than acquaintance but less than a friend had arranged our stay in the government guest house using his clout.



Me and few friends are going in an open Jeep (that's how we call all off-roaders in India) to explore the forest and meet the Lions. I have a newly bought Nikon D500 camera with me with special zoom lenses.

In the middle of the jungle, our Jeep's engine died. Driver and guide did all they could do to get it running but nothing helped. I thought let me venture around, alone. I thought, I won't go far from the jeep. But I actually ended up couple of kilometres deep in the forest in the hunt for some great clicks with my new camera.

My 6th sense told me that I am being watched...I turned around to see no one. But I still felt someone is watching me...I looked left – no one...I turned right, I still see no one...but while my head was turning back, I saw two tiny flames, just behind knee high dry grass...and when I turned back, I see those flames had a face attached to them...a cold shiver ran through my spine as I realised that I am watching the very being I came here to watch – a Lion but in the circumstances I never imagined. It was a matter of death and death for me... death for sure...either by exhausting my lungs while running or being the meal of that Lion...what would I choose?

I took chances and ran...I am not sure it was 500 meters or more, but I knew this is the only chance I will ever have to run back to the Jeep...I could sense the beast is behind me....I knew I would be out run and was expecting when the Lion would pounce on my back and finish me.

I suddenly feel the warmth on my back, the warmth you can only feel from another life form, another being touching you... I knew these are my last few seconds before I end up dissolving in the Lion's stomach acid. I feel I am shaken... literally like the Lion is not touching me but shaking me...and he even called my name – Dhruv, Dhruv...I heard those words...Dhruv, come on...wake up, your alarm has been ringing, you have a flight to catch, wake up, get ready for your trip.

Oh that wasn't a lion but a tigress, my wife, waking me up from a dream...thank God, I am not going to die today...but my heart still pounding...I still feel the adrenaline rushing through my body...and yet, there's a sense of relief...Good Lord, it was just a dream, not a reality.

The End Of Illusion

That's how it is my friend – the only way to end the suffering that you go through in a dream is to see a dream as a dream. We suffer because while we are in the dream, we feel it is the real thing. But when we wake up, we know it was a dream.

Realising a dream as a dream is the end of dream. Realising an illusion as an illusion is the end of illusion. Realising a part of you as a part of you is the end of its control over you.

Locating: The Skill To Dis-identify

Today's skill is 'locating' parts and 'tagging' parts as parts. And when you do that, you see a part as a part, an emotion as an emotion, a thought as a thought and that itself creates a distance between you and that part or behaviour.

The reason we are suffering from dysfunctional behaviours is that we become identified with them, as if we become them... they rise inside us and they become us, they take our throne, they push us aside and they act for us.

But when we dis-identify with them, when we see a part clearly as a part, it can no longer take us over. Remember, seeing an illusion as illusion is the end of illusion and the same goes for a dysfunctional behaviour coming from a part.

Any how do you do that?

Find out in the next section 'today's task'.

Today' Task

Today, I am going to ask you to do a dedicated practice for about 10 minutes or more if you like.

- Sit relaxed with straight spine and allow yourself to get comfortable in that position.
- Close your eyes and focus on the sensation of body while your eyes are closed. Try know that you have body – entire body, all parts, starting from the toes until the head, while your eyes are closed.
- Make an intention that for the next few minutes, everything that surface inside you is 'allowed' not only allowed but welcome.
- Now as a thought or emotion comes to the surface, first acknowledge that it is here...second, how do you know that this thought or emotion is here? You must sense somehow that it is here...where do you sense it in your body?
- Check – where is the sensation of this particular thought or emotion or idea or voice in your body's energy field. Very much like the GPS narrows down to a one point in space, locate that thought's location in your system – left, right, front, back, top, bottom, near belly, near chest, outside body, inside body...where?
- Just locate any thought that comes in the same manner. Keep locating. For today's practice we don't want to do anything more than locating the thought or pattern or behaviour or part...just check – where do I sense this thought or pattern or part.
- Keep doing with all parts or thoughts that come for the next 10 minutes or more...you could use your timer on phone to let you know that you've already passed 10 or 15 minutes. Repeat the process if you have time in other part of the day.
- Just the locating of a part or pattern in your system separates it from you. And that is what all meditations are about, even if they all use different approaches, they all intend to help create that distance between YOU and what you have inside you.

Don't think too much of what this practice will give you for now. Just try it...later, when we consolidate our concepts and skills, you'll see all the dots connecting.

As for sharing your experiences -I'd love to know where in your system you sense the presence of anxiety, worry, sadness, fear, jealousy, anger etc...you can describe it by saying – right, left, inside , outside, up, down, front, back etc...

A part of me that usually appears on my 'right side' loves and rejoices when I read your experiences and comments...help it by adding your experiences and insights in the comments.

PS: I know it's not the best image i got here...but i am trying to show that just as we locate places on earth by it's coordinates, we can also do the same with parts and thoughts and emotions inside our body's energy-field.

Mark Complete

Day 10: Rewiring



Dhruv October 2, 2021



Rewiring In Action: A Real Life Story

In 2002, I worked for a media-entertainment company as a writer / director for documentaries. Our company had one of the first black Scorpio cars (a newly launched model that was cool then, not anymore) that we'd use to go for shooting trips. Our driver left job and we had to hire a new driver in hush-hush because we were going on a two weeks shooting schedule.

I was leading the team and there are perks of that in the sense that you get to sit in the front next to the driver and not in the back where three guys sit. I was the last to be

picked up by the new driver – let's call him J T...my first meeting with him. As we left the city and entered highway, I asked the driver about his background...he said he was a bouncer in a night club in Pune (there are no night clubs in my home town)...and I could see his physique was that of a bouncer...

During the next 50 kms on highway, the driver started opening up...no, not to me but to other drivers...he was like in a competition or a race, he wanted to over take any car that was on the road and if someone didn't give him pass to over take, our driver would mentions the other car's driver's mother and sisters – if you know what I mean which I know that you know. Occasionally he'd go very close to next car and scream on the driver that I am going to 'fish' you.

This continued for a couple of hours until we stopped on a highway cafe. By the time I was annoyed...not about that he is using bad words but that he's doing this on his first day of his job...I was afraid was else was in the store. So during our break over chai, I decided to talk to him. I asked him – why are you acting like this, like an angry man on all other drivers?

He was reluctant at first but when he opened he said, I used to be a bouncer and in my old profession, the only way you survive is by showing the world that you are a tough guy. I am here on my first day and I want to impress you by showing how a tough guy I am that I will help you and protect you at any cost and anyone who comes in the way, I will show them their place. Because of my family circumstances, I can't afford to lose this job, I had to change state to be here with my family. I just want to make sure that you guys like me and keep me.

I smiled at him and said – J T, I understand your concern, but know one thing, I or for that matter any one in our team does not need you to save us in the way you are doing. Can you just do good with driving the car? Can you only manage to

keep us safe with your driving? If you only do this, we all would appreciate your help and that's enough of a reason to have you in our team as the driver of this car.

He got the message, he chose to change his ways for the rest of the duration. Probably because he understood that his behaviour isn't helping his cause but is in fact against his intention. As far as I know, he's still with the same company after 19 years and he's also on my FB friend list.

The Insight

There's a reason I call our parts are 'individual entities'. That's because they are actually entities, like beings or creatures within us who have their own beliefs, own experiences and unique outlook to the world. They are like individual persons living within us.

And as I've said earlier, they are trying to help us in whatever way they know. You can argue and disagree about their ways but you can't argue about their intent – they want to help you. Just like our driver J T, who thought that by showing his tough-guy character he's helping his cause of cementing his job in our company. What he didn't know was that he's in fact spoiling his chances to work with us by his annoying behaviour, even though he had a noble intent.

Years later after the incident with J T, the driver, I attended a workshop by the British teacher Ian Wolstenholme...that was my first encounter when I clearly I became aware of the parts or individual entities within me, I also learned that it is possible to engage with them and negotiate with them, just as I did with J T, the driver. Just as you can negotiate with others, you can also negotiate with the individual entities within you.

What touched me most from Ian Wolstenholme's workshop was what he said – that we should treat our parts like we'd treat our children. That got me thinking – that like our

children, who might not be matured and hence display dysfunctional behaviours, but still we love them, why not do the same with our dysfunctional parts and try to negotiate with them? Why not ask them to change the behaviour while keeping the intent?

And from that seed-thought, comes today's skill – Rewiring

Rewiring

Rewiring simple means we bypass the dysfunctional behaviours but keep the intent. Our saviour parts want to help us but in a dysfunctional, sometime obsessive, or even addictive ways...what if we could keep the intent – to help us but rewire the behaviour itself?

Rewiring starts with establishing a cordial relationship with your parts that produce dysfunctional behaviours. Therefore, you cannot hate a part and change it. If you dislike, like, feel bad, resist or get irritated by a part, then you must know that another part of you has taken over the throne and is relating to your original part. Who YOU are is always open. Therefore before you begin to rewire, you must connect with that pattern of guilt, anger, procrastination obsession or whatever it is from your centre – from your base state.

Today's Task

- Once again, I am going to ask you to have 15 dedicated minutes for this process. Start by choosing a relaxed position, let your breath settle and close your eyes.
- Choose a pattern that you want to rewire. For example I once had a pattern that would push me to hurry up, create anxiety and worry whenever I knew I could be even a minute late at some place for a meeting or anything. So choose one such pattern. Start with a simpler one for now.
- Get into the state where you experience your body without looking at it...that is to say, feel or sense the

energy field of the body. And once you are centred, ask for the pattern to come to surface. If it doesn't come, remember the last time you experience that pattern, invoke a memory of you suffering from that pattern.

- Next, notice, where in your body you experience that pattern – left, right, top, bottom in, out, where? As you sense it, you can sense yourself and that pattern separately.
- If you feel any emotion to that pattern like you hate it or dislike it, that means you are taken over by another pattern or part that hates the first pattern. In that case, ask the part that hates other pattern to relax for next 20 minutes. In most cases it will relax. There could be one that one part that has some attitude to the original part / pattern. Relax all. And then you start feeling open to the original pattern.
- Now imagine that your body-mind, the energy field of your body is a big room, and you sense this pattern in some corner of that room...sitting like an individual entity, a person. Strike conversation with that part. What it wants to do in your system? How does what it is doing is helping you?
- You don't answer, let the answer come from that corner of the room of your body-mind. Wait for the answer, listen to it. See how it is trying to help you. And when you know, show genuine appreciation for the intent that you are grateful it is trying to help you..
- Next, ask it as if you are asking a close person, or your own child, who wants to do something good but doesn't have better ways to do it...ask it...I get your intent, and let's keep it, but your behaviour is no longer harmonious. Are you willing to take up a new behaviour to get what you want?
- Next, if you have an idea from your entered self, suggest a new behaviour. Assure your part that you love it, that you want it to live...if it needs assurance of some kind, tell it YOU, the one who is the rightful owner of this throne will ensure that this part's need is fulfilled. And ask it to relax. And wait...wait for the part to respond.

- Build a cordial relationship with part and then lead it to change...That's the fundamental practice for rewiring.

Try it, and let me know how it goes. You may need to see the results for the next time a situation triggers that part, but you will see the change.

Mark Complete

Day 11: Healing – the sure way



Dhruv October 2, 2021



I have two dogs. A 7 year old, small breed white Maltese Bichon – Rocky and a 2 year old big black German Shepherd – Wolfie. When we brought the German Shepherd home, our Maltese Bichon was already 5 years old, he was the only King of home. Then comes this 3 months old Wolfie, who is still triple the size of a 5 year old Rocky...and on his first day, Wolfie declared a war for territory.

Our small dog has never faced this situation, he was the only King and now his was intimidated by this bigger dog. In few months, Rocky, who had been a quite and lovely dog for 5 years, he began to bark all day. So much so that my clients would hear, even if I'd use a directional microphone. And I'd get annoyed. I'd pause the consultation, go out and take that dog and put him in the yard.

But this continued for a long time and I was fed up of Rocky and his transformed behaviour. I'd do all tricks to stop his barking. It would work for a while, but then his barking resumed.

Until, I started addressing the real cause. Rocky's barking was his dysfunctional behaviour – a saviour part. But the real cause was his feeling of 'being intimidated' 'helplessness' which was caused by the presence of the big dog around him – those were Rocky's wounded parts.

It took a while to make them friends, but once they became friends, rocky's barking stopped. When he stopped feeling intimidated, his reactive dysfunctional behaviour of barking stopped automatically.

Real healing does not happen without healing the wounded parts.

The Symbiotic Relationship of Saviour – Wounded

Well, if you look at the second image in this post, you'll see that the emotions like shame, guilt, sadness, frustration, helplessness...they are on extreme left or in deep Red zone.

While anger and blame are close to yellow, toward the right end of the red zone.

Now think of it like this...

Our wounded parts live in the extreme red zone. While the saviour parts also live in red zone but closer to the yellow zone – they are 'reactive' saviour parts like anger or blame. But the some saviour parts are 'preventive' saviour parts that live in the green zone – they are addictions, distractions we use etc. they ensure that we are busy and don't feel pain.

Can you understand one simple thing that the saviour parts of you simply exist because of the wounded parts?

If you wouldn't feel helpless, you won't need to feel anger, if you didn't feel shame or guilt, you won't need to blame, if you don't feel emptiness, you wouldn't need distractions like TV or addictions like alcohol. All of dysfunctional saviours exist because there are deeply wounded parts on the deep red zone.

You can rewire the saviour parts easily with the process I shared yesterday. But as long as there are wounded parts still feeling those emotions of shame, guilt, helplessness, you will produce new saviour parts...maybe not as dysfunctional as anger or blame, but still new will come up.

You can't use logic to heal wounded parts. And for that, it might be helpful to understand the anatomy of a wounded part.

Anatomy Of A Wounded Part

Most wounded parts were created when we had no resources to deal with a situation or when we were not strong enough to analyse a situation. For example you are a kid and an authority like a teacher or parent tells you that you are a worthless kid.

We have no way of knowing if we are worthless or not at that moment. So two things happen at the same time. First, we are hurt, as this is an obvious assault on our self-esteem. We feel humiliated, that energy of shame is there but we don't know what to do with it...(because by then mom and dad have taught that crying is bad, don't cry) we neither express that energy nor it is process in our system. It gets lodged in the system and that's the birth of a wounded part. But even worse is the second thing – that voice of teacher or parent then becomes the voice of the wounded part, and that part takes on the belief – I am not good enough.

So a wounded part has essentially two things – trapped emotional energy + beliefs it took from that experience which created the original wound.

Simple communication would not work there because communication can only appeal to logic, not to emotions. Try explaining logic to your 4 year old kid...logic won't stop crying or other form of emotional expression.

The Only Way Is Through

Now, we have talked this several times that we are wired to run away from deep red to less red to yellow to green....as far away from red.

It is this very instinct which is deeply coded in us has kept the wounds alive and created saviours. Most of our dysfunctional patterns exist because of our instinct to run away from red.

It might look counter intuitive but the only way to heal the wounded parts is to learn to be in the red zone, to bear the discomfort of that emotional pain. To allow the experience of emotional pain of shame, guilt, helplessness. Only allowing that emotion and consciously experiencing it can heal it. Anything else is an escape. Sorry, there's no short cut to real healing.

My mantra

Be comfortable with the discomfort.

It is my personal mantra, it is a mantra I have shared with thousand of people over years and it never fails, as long as you follow it. No one has ever died of feeling or experiencing their emotions. Wanting to run away from them has created both physical and mental dysfunctions.

We are wired to run away from red. Can we learn to be in the red and bear until emotional energy is processed? Your response to this question will determine if you will ever be able to heal yourself or not.

Today's Task

- As you go about your day and pay attention to what's happening inside you, do this...
- Every time a dysfunctional pattern / part comes up, notice it and tag it as a saviour part. That's because 90% of the times it will be a saviour part.
- Tag that part – is it reactive saviour (irritation, anger, aggression, blame...does it want to react in some way to the situation) or is it a 'preventive' saviour part (light up that cigarette, scroll endlessly on social media, watch that funny video even with you have something important unfinished)
- Now take a moment inside and see...what is it that this saviour part is trying to hide – it is trying to hide one of the wounds – it could be guilt, shame, helplessness, sadness, frustration, emptiness...whatever it is, just identify.
- Finally the toughest part. Once you know the wound, can you allow it to be there, can you experience how it feels in your system? Of course, it will feel terrible, hence all the running away was. But running away from it has caused more problems for you plus the wound are still alive. Can you give it a chance to be there? If you sense it as

sadness, be sad, allow sadness, don't jump to social media, if you sense the wound as shame, allow the experience and contraction, but don't jump to blame, if it is helplessness, allow the experience of helplessness. I assure you, you won't die. Yes you will feel uncomfortable for a while, but that will dissolve a chunk of that trapped energy and initiate healing.

Sorry, the only way is through.

Have a great day!

Mark Complete

Day 12: Transforming Procrastination



Dhruv October 2, 2021



Haiku: *Procrastination is emotional Ibuprofen*

Actually the above statement is all we need to understand and go beyond procrastination.

But then if I don't write a few pages of content, I can't sleep.
So here comes the remaining part of post.

I Wish It Worked

I haven't come across any better structured explanation on managing our time and life than the one give by Stephen Covey in his book '7 Habits of the Highly Effective People' and he's laid out an elaborate system in his other book 'First Things First'.

The concept is simple and in theory it should work for everyone.

Based on your values, based on what is most important to you, divide all things you do in 4 quadrants.

Q1: Important and Urgent

Q2: Important but not urgent

Q3: Urgent but not important

Q4: Not important and not urgent

And he says that we lose most of our time in Q4, generate a lot of stress in Q3 and Q1, when all the while we should be focusing on Q2 – things that are important but not yet urgent. Makes sense right?

If you are a 100% rational person, you would read this concept once and your life would have changed because it makes so much sense, to do things that are truly important while they are still not urgent. Because if we live like that, than first, we don't generate stress, second, we are always working on important things so life becomes productive.

Only one of his book sold over 25 million copies, add to that count other books...that many people have read this concept directly plus a lot many have heard it from others...and yet, while everyone seems to understand and agree with the concept, it is not reflected in our lifestyle. Why? Our world or at least those who read it should have been free of procrastination by now, and yet it is not so. Why?

Because it has nothing to do with intellectual understanding of the concept but management of emotions that still keeps us procrastinating, in spite of knowing all about it.

Why do we procrastinate?

Before we ask 'why do we procrastinate?' I'd like to ask 'what do we procrastinate?' If we have answer to the second question, we will also have the answer to the first question.

Seriously, think about it – What are the things you procrastinate?

A) Do you procrastinate the things that bring you pleasure, fun and excitement (eg. watching a stimulating movie, spending time in the company of a person whom you like or love)?

Or do you procrastinate things that have no instant pleasure, maybe they might lead to a future moment of pleasure but not at least while you do them – eg completing that tedious report, discussing an unpleasant but important topic with your boss / spouse / family members, or making that very important decision that feels overwhelming?

If you look at the things you procrastinate, I am sure, you can also see why you do that. Most people will say they procrastinate things mentioned in option B. And if so, don't you see what is the difference between option A and B?

Procrastination is rooted in our instinct to avoid discomfort in the moment. And further, it lives on our addiction to 'instant gratification' – which simply means to feel good now instead even if by going through temporary discomfort we could have multiple times bigger 'good' in future.

When you have a tough decision to make, a tough action to do that requires you to go through disappointing others, a process that is not stimulating, a task that is literally boring, a

situation that requires you to go through fear, helplessness, shame, guilt (even if they are not real), dropping that addiction to alcohol or tobacco...anything that could give you an experience ranging from mild discomfort to intense pain in the moment...you are wired to avoid that, or by pushing it for another moment in future. And by pushing it for another moment in future, you immediately feel the relief 'for now' and that's how you've managed to jump from the red zone to the yellow zone or often to the green zone.

A False Equation

It is true that we are wired to avoid pain and pursue pleasure and it is natural. But there's a perceptual error at play here, I call it 'the false equation'.

To our defence system, to our saviours, all pain or discomfort is equal. So they think I must avoid any form of pain or discomfort. But that is an error.

Not all pains are equal. Some things might be uncomfortable in the moment, for example an injection needle piercing your body also is not pleasant, yet when you are ill, you wouldn't mind being injected with a life saving medicine.

Procrastination is a behaviour produced by a gang of saviours thinking they are helping you by avoiding some discomfort in the moment, and instead by pushing it for future or by replacing with something more interesting, stimulating or pleasant.

And as long as you focus on the 'pain or discomfort in the moment' your mind will keep procrastinating.

All of your procrastinations are only about things that are really important to you but are not pleasant in the moment. So if you shift your focus to 'why' this thing is important then you will not have much difficulty to go through the tedious / boring / uncomfortable action step in the moment.

The key to beat procrastination is this...

Not all discomfort is bad. You don't have to save yourself from the discomfort in the moment. Focus on the outcome, remind yourself WHY you need to do this, and be willing to bear the discomfort.

Because, as long as we are alive, we will feel pain of one kind or another kind. There's pain in doing what is important but unpleasant or difficult and then there's pain in avoid it also. There is no escape from pain.

If we are anyways going to be in the Red zone, then why not choose to be in the red for the right reasons?

Today's Task

- As you go about your day, keep your inner Sherlock active, noticing everything that happens.
- Catch every moment when you have the slightest desire to push something important for another time. It could be making that important call, dropping an addiction, making an important decision...whatever it is, catch that desire.
- Know that this behaviour, this desire to push it in future is coming from a saviour or multiple saviours. And see what is the intent of this saviour. See, what are these saviours trying to avoid so that you don't feel discomfort.
- Label that emotion, feeling or experience which your saviours are trying to avoid by procrastinating – for example boring, uninteresting, overwhelming, confusing, fearful, frustrating, irritating or something else...what is being avoided.
- Finally, make a conscious decision to be in the red – I am going to allow the discomfort of this – confusion, frustration, irritation, fear, sadness, boredom...I will not run from it...and then be with it while doing what you need to do.
- You will only be able to go beyond procrastination by passing on the lure of instant gratification and facing the

uncomfortable feelings emerging from whatever needs to be done.

Pain is inevitable. Then why not choose the right one?

Day 13: Diffusing Inner Blocks



Dhruv October 2, 2021



What is one thing that you know, if you do, it will have a big positive impact on your life but you are not acting on it for a while already?

Don't read further. Go back to above question, close your eyes and let the answer come.

No, no, no...don't read this line or any further. Stop, really, go back to that first line, get an answer from inside and only then come back here.

Now, if you got an answer from inside, then you know what is it that you could do would impact your life positively and yet you are not doing it.

Why?

There is a simple reason... if you already know what is right for you, you know it is doable and yet you don't do it, there's only one reason – inner resistance.

Something within you stops you from doing it. Something within you blocks you to take steps towards it. You may call it fear of consequences, absence of courage or any other fancy word but they are all forms of 'inner resistance'.

Before we explore how to diffuse this inner resistance, it'd be helpful to understand a bit about what is it, what is it made of.

The Block

Most people, when they try and look inside to see what is stopping them, they feel overwhelmed – too much to handle even to see what is stopping them. It is unclear what it is, but just can be summed up as 'NO' from inside. And believe me, it is not a thought that stops you.

The difference between a fibre and a rope is the difference between a negative thought and a block or inner resistance.

No thought, no matter how negative it is, can never have such power over us to stop us from doing what really matters to us and yet we are stopped. And that is because it is not a thought that stops us but a cluster – a cluster of multiple thoughts and emotions all coming from different parts (individual entities). A single thought, a single part, a single emotion is like a single fibre. And we would clearly see it for what it is.

A block on the other hand is piece of thick fabric or like a thick rope made up of interwoven parts generating different voices – thoughts and emotions. The voice of a block is not a clear voice of a part but instead the voice of a block is a cacophony, a chaotic mixture of many voices, coming from multiple parts, all mixed into one, in addition the emotional charge associated with each part.

Basically each block has two elements – voices of protectors and behind them emotions of wounds. Sometimes there are multiple parts involved that do not like each other or even hate each other.

Diffusing Inner Resistance

My consultations are usually individual, only one person, maybe a couple sometimes. But there's one exception. There's a family of parents and two teenage daughters, they come to my consultation almost every year and when I visit their town and they all come together.

The first time they came was interesting. The dad asked me a question – where should we go for vacation this year (oh, you'd be surprised at the kind of questions I come across. Seriously it was that question – i'm sure even in this group there would be few who've asked me such question, no?)...so about vacation it was... but before I answer it, the mom jumped in to modify dad's question, so I was trying to broaden my answer but before I could do that, both the girls jumped in...

And then all four of them started talking at the same time, often arguing with each other, trying to stop each other from speaking, if one says this, other three say – no no, but consider that also...each had something to say and each one was speaking at the same time...

It was extremely chaotic in that room. I couldn't make sense of anything and I switched from the 'active listener' mode to 'what the hell, I don't care what you want' mode...after a suffering for a while I said with authoritative voice

Stop. All of you stop. I understand that all of you have your own needs and all of you want them to be considered...but when you all speak at once, I don't hear anyone of you. Can you please speak by turns?

Of course they were shocked...but it worked. They all spoke, in turns. They all got to speak about their needs. While one was speaking someone would try and interrupt 'but, if we do as she wants...' I'd stop that one and tell them that you can again speak when your turn comes but for now, she can say whatever she wants. They took multiple rounds of speaking until they were all able to express their needs and fears of their needs being left out.

But once they all finished, I could sense the lightness descending on that room and replacing the heaviness and chaos from earlier.

Now, imagine, that instead of me sitting in that consultation room, it is you – the YOU, fully present...and those 4 people, with their needs, their fears, their preferences and their objections to each other's preferences are the voices of different parts inside you.

And in that case, the 'block' is what you feel when all of those parts jump at the same time, trying to be heard, and you feel the chaos, you feel overwhelmed and then all you feel is NO, I don't even want to look inside, there is chaos.

The only way you will be able to diffuse inner resistance is by allowing it. And by that I mean to hear all the voices inside, let them speak about what they want, what they fear, what they are concerned about, what objections they have about other voices (each voice represents a different part). And also by experiencing any emotions coming from those parts.

One by one.

Trust me, just listening to them will clear a lot of space inside. Then asking what they want, and finding a way to get their intent, will further calm them.

Together all these voices form the cacophony that we call 'block'.

Step By Step Process To Diffuse Blocks / Today's Task

Diffusing a block that stops you from doing what you want is a little different than listening to a part. It is like listening to a cluster of parts. But here's a simple process you can follow.

- Set aside 20-30 minutes for the process. Sometimes it might take even longer.
- Think about something that you know is right for you to do but are not doing. Imagine yourself doing it. See yourself taking the steps. For example if you feel your salary at work should be raised but you are avoiding talking to boss, then imagine you going to the boss, talking to him about that. This is example, but imagine yourself doing that exact steps you think you need to take but are not taking.
- This is not an exercise of imagination. I am asking you to imagine because the moment you imagine – all the resistance will come to surface. The best way to pull out resistance on surface is to imagine you doing what you are avoiding. Anything that is stopping you has to come up simply by imagining you doing it.
- Now that you have pulled out the resistance, bring attention to your body...how and where do you sense this resistance, how do you experience it in your body – where in or around body?
- Focus your attention to the place where you experience that resistance in your body. That's the block – the thick thread, but it is comprised of individual fibres of parts.

- Now make a conscious decision to hear out all the different voices – one by one...if you are hearing one objection and suddenly another one starts, ask it like you'll ask a person – can you please wait your turn? You have full freedom to express yourself but at the moment I am listening to this...when your turn comes, you may speak freely. But do it with dignity and respect for those voices (not in the irritated manner I said to the family of clients).
- Hear out all the voices. Ask questions like – what do you want to say, what is your concern, what are you afraid of, what do you need, what is your intent...and then assure each one that you will find a way. And find a way (For example, I had a block for some kind of work project...and one part involved felt that I am not ready, prepared to take this on and if I do, will spoil my image...so I assured it and I will do the necessary preparation and I will ensure that the image is not spoiled, and it did calm down).
- If while a part is expressing itself some emotion comes up, allow it to be in your system, experience it, it will diffuse. Then again listen until the part is calmed or feels assured.
- Do this with each part involved in the block.
- Repeat after a day if needed and more.

Mark Complete

Day 14: Transforming Low Self-esteem



Dhruv October 2, 2021



How do you see yourself? I mean not philosophically but like when you need to comb your hairs, shave your beard or put on makeup, how do you do that? You can't do that just any other way because you don't see your face, you need to use a mirror.

And when you look into a mirror, you know aha, this is how I am, this is how I look. Now whether you like what you see in that mirror is a different story, but the mirror simply shows you how you are at that moment.

But then not all mirrors are the same. Have you seen those convex and concave mirrors in any science exhibition or in an amusement park?

When you stand in front of those mirrors, you see an obnoxious image of yourself which is sometimes so ridiculous that you may even laugh at it. Because you know that's not how you look, as you have been using a normal mirror all your life, you can see an obnoxious image of yourself for what it is.

Our Mirrors

When we were born, we had no idea or opinion about ourselves. We just 'were', as we were. Then people around, who 'seemed' to care for us, they started telling us – when we do something that they think is good, they'd tell us – hey, you are good and when we'd do something that they don't approve of, they'd say = bad boy or bad girl...

It is through the mirrors of people around us – parents, teachers, friends, relatives, elder siblings that we began to form opinion of us.

Each one of them was a mirror to us...not that they were 'true reflection' mirrors but we thought they are elder ones, they know better, so what they say must be true...and by looking at our reflection into the mirror or their words and opinions about us, we formed the idea of 'this is how I am'.

Unfortunately most of these mirrors themselves grew up with 'I am not good' and low self-esteem themselves...so how could they be a normal mirror? They were themselves distorted mirrors. Most of our life we have used distorted mirrors to see how we appear or how we are. Any wonder that we have distorted ideas about our own self?

And it's not just childhood, even after growing, any time you look up to someone and if that someone is a distorted mirror, they'll mess you up.

And each time some distorted mirror shows you that you are not good enough, you are wounded or an old wound gets deeper and nastier.

'I am not good enough' is a planted idea – planted by the world, by people around you, by people you look up to. Maybe the world doesn't always tell explicitly that you are 'bad' but we get the message when someone rejects us, when someone ridicules us, when someone makes fun of us, when someone disapproves of how we are or what we do.

Can you see that they are opinions and not reality of you?

Frozen In Time 'Little Me'

'I am not good enough' is not literal, it is instead an icon that represents many other expressions. For example...

- I don't deserve
- I am not worthy
- I am bad
- Others are better than me

And many more similar expressions

And all of these ideas are not of who YOU are, they are coming from the wounded parts of you that are frozen in time. Who YOU are has no issues with self esteem. Only your wounded parts have the problem.

Today's Task

- As you go about your day, pay attention to what's happening inside you and listen to the inner talk that is happening inside you, listen to the thoughts.
- Pay attention to any feeling / thought that points to 'i am not good enough'. and take a moment to go inside. trace it backward, what was the mirror – a person or a situation that planted this idea in your mind. see if you can identify.

- Just the process of noticing and identifying that this idea came from a mirror will diffuse the energy from that thought.
- You can also do the 'inner listening' of the wounded part and then do some 'inner talking' as described in yesterday's post.

How many distorted mirrors did you discover today? Keep the count.

Have a great day!

Mark Complete

Day 15: Self Worth Correction



Dhruv October 2, 2021



Ask a question, close your eyes and wait for the answer. The question is – Who Am I?

Whatever your answer is to this question, that will decide how you feel about yourself.

What's Your Worth?

Most of you might have one, two or more paintings hanging on your walls, if not you have seen them on other's walls.

Somewhere in an art studio, a painter starts from the scratch, he begins with a blank canvas and they spends hours making those paintings, giving them final touch. Most paintings have strokes of multiple colors. When they are

done, some paintings turn out excellent, others turn out mediocre, some end up as a complete mess. And based on how people feel about those paintings, the worth of that painting is decided. Fair enough.

But if you think about it, what is a painting? I'd say it is a play of lines and colors on a canvas. Different pairings may have different form drawn on them in different colors, but the one thing behind is more or less the same – the canvas.

World decides the worth of painting based on what is 'on the' canvas. And while what is 'on the' canvas might be different for all the paintings, the canvas itself is the same and hence on itself, all canvases have the same worth.

You my friend, are the canvas.

A False Equation

We have been taught to equate 'who I am' with 'what I have' or 'what I possess' or 'what I can do and accomplish' and that is the original sin.

And it is not your problem. It is the problem of the unconscious ways of the world. Because the world measures you not by who you are but your utility value to the world. If you are useful to the agenda of world, your worth increases, if you don't help the world push its agendas, your value in the world's eyes is nothing.

See, if anyone of these statements is true for you...

- You constantly compare yourself with others and feel bad when you compare with some while feel good about yourself when you compare with some others.
- You feel you are not worthy because you have not yet accomplished something that almost everyone around you has

- You feel you are worthy because you have accomplished things that others haven't

If any of the above statement or their variations seem true for you, then my friend, you too are operating from a false equation.

If you say, I am worthy because...or I am not worthy because...then you are equating your self worth with anything that comes after 'because' – it could be your profession, your status, your knowledge, your looks, your wealth, your abilities or anything else. And that is an error of perception.

You are the canvas, we are all the canvas. The world around us is the painter that made those colourful strokes on us. Maybe the world will decide our value for itself, but to us, we must not forget that we are the canvas.

And no, this does not mean that we are worthless. On the contrary, since all canvases are the same, we all have the same worth – that is the idea.

The idea of self-worth is rooted in our unconscious pattern to treat different people based on what they possess, their status or their achievements. If you treat others based on their achievements differently, then no wonder you will also treat yourself the same way and feel bad about yourself – unless you are the top most achiever in some way or in some field.

Don't treat people based on 'what they have' treat people based on who they are. Then you will be free from idea of 'self worth' and also self-esteem.

So if you want to treat yourself good, start by treating everyone the same based on their 'canvas' and not on the strokes of colors on them.

You are the canvas, the strokes of color are your abilities and talents and your achievement and your possessions... don't take the canvas for what is painted on the canvas. it will fade sooner or later

*We are all
different, we
can do
different
things, with
different level
of skills, we
possess
different
things...and
yet, we all
have the same
worth.*

Today's Task

- As you go about your day, meet people and circumstances, let some of your attention also notice what's happening inside you in the sense that how meeting different people, being in different situations makes you feel, what inner experiences are happening inside you.
- Today, pay special attention to any conversation, any situation where you compare yourself with others. Each time that happens, catch yourself in the act.
- Then if possible immediately or whenever you get time, reflect – what is the mental equation in my mind that makes me feel this way? I am less worthy than this person or just I am not worthy because....what is that 'because'... that is your false equation.
- Catch as many false equations as you can that are as if coded into the Constitution of Your Mind and hence you don't even question them.
- Next, investigate – who created this 'Constitution of Mind' – all those beliefs and ideas and false equations, where did they come from. Were you born with them or did you pick them up while growing up from the world around you? That in itself is enough to deflate the power of those unconscious false equations on you.
- Finally, if needed – do the listening and talking to the wounded parts that are holding these equations.

Have a wonderful day!

PS: Hmm, about the image I used today...well, I don't have any licensed image that represents today's theme...but i've learned that an image of a woman who's 'just a little sad' catches attention of both men and women equally. Or maybe not everyone has a fetish for sad women? Taking my chances.

Day 16: Learning To Ask For Help



Dhruv October 2, 2021



In theory, life is simple. When you are in need of something that other person can give you or help you sort out, you would simply go and ask that person for help.

Of course just as you have freedom to ask, that person has freedom to accept your request or not, and if they say no, you'd be a sport and accept their choice.

Unfortunately, for many of us those simple ways are far away from the actual way we live our lives.

Here's Why You Don't Ask For Help

I think there are two main reasons why we don't ask for help, especially when we know that the other person has power or possibility or resource to give us what we need.

First reason is obviously the unwillingness to experience what we feel when our request for help is denied. You could call it 'fear of rejection'. But if you look at it closely, you'll discover that is not not fear of being rejected. But the fear to 'experience what we experience in the body-mind' when we are rejected. Rejection of our request triggers all the past wounds and that is so unpleasant sensation in our body mind that we just don't want to have it in our system. And therefore, our superhero saviours ensure that the best way to save you from feeling those emotions when someone rejects you or does not grant your wish, is to just not ask for it anymore. When there's no asking, how can there be any rejection?

Second reason is – fear of appearing needy or weak. A lot of times we want people in our life to see us as a strong, successful and well to do person. And it is obvious that when you ask for help, you have to drop the 'I am in control of my life' mask. And that makes you vulnerable. And who wants to be vulnerable?

False Equations

Each of these two reasons are rooted in false equations.

Fear of rejection is rooted in few false equations.

- If I ask someone, they must accept or comply.
- If someone rejects my request, it means I am bad or they are bad.

My question is, why does it have to be like that? You do what is in your power – to ask. Let them do what is in their power, to accept or deny.

And then fear of appearing weak also is rooted in false equation.

- To need something and to let people know that I very much need help is to be weak.
- To be needy and vulnerable means I lost the (illusory) position in other's minds.

Yes, of course, some people will indeed think that you are weak when you ask, they will even ridicule you. But so what? What they feel stays in their minds. Your life is not happening in their minds. Your life is happening out there in the world.

Can you allow yourself to feel whatever uncomfortable feelings come up when your request is denied? Can you drop the mask of the 'strong guy' or the 'strong girl'? Can you handle the discomfort of rejection?

If you can do that, asking for help when you need it will come naturally to you.

Today's Task

Today, I ask you to try and be vulnerable on purpose.

- Think about a problem / issue you know you can't solve on yourself but you know someone else might be able to help you. Take time to work out, who in your circle can actually help you.
- Imagine going to that person and asking for help. Imagine them rejecting it. When you imagine that rejection, what emotions, feelings, experiences, sensations come to surface. Those are the exact things you don't want to feel and therefore your saviours are protecting you by not

seeking help. If needed, do the inner communication with your wounds and saviours.

- Make a decision to seek help. Ask. Take the risk to ask. Maybe it will be denied. But if that happens, be very very aware of how you feel inside. Choose to feel the discomfort of rejection.
- If you can allow that experience of rejection, believe me, nothing can stop you from getting what you want. Because if one source denies you, you can try another and another. Until you get the help you need.

Remember, there is nothing wrong with being in need. To need help is not to be weak. And even if it is to be weak, to be weak is not to be bad. Seek, ask, inquire.

That's about it for today.

Have a wonderful day

Mark Complete

Day 17: Meet The Most Important Persona In Your Life



Dhruv October 2, 2021



"In case of fall in cabin pressure or emergency, oxygen masks will drop automatically. Put on your own mask, before you help others."

Remember that air-hostess doing the safety drill before every flight takes off?

Well, what she's saying is not only true about flight safety but even more so about your life.

Put on your oxygen mask first, only then if needed help others, because by the time you reach your oxygen mask after doing the noble act of helping out others, you might drop unconscious with asphyxia.

The root cause of 90% of unhappiness

Take a moment to think about all the things you are unhappy about in your life.

I bet, 90% of them will point to one thing – unfulfilled needs.

I feel there are two kinds of unhappiness. The first kind of unhappiness is very much like the physical pain. We have a tendency to call physical pain bad, but that stomach ache, that headache or that sharp pain in the back are simply giving a message – something is wrong, something requires attention, something needs repairing.

So this first kind of unhappiness is also like a messenger which is telling us, hey, something is wrong, some important need of yours is unaddressed, do something. And like physical pain, it is not bad, it is just our system's warning mechanism.

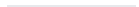
The second type of unhappiness is a different story and will be addressed on another day.

This Is What Makes You Unique

Our uniqueness lies not in the fact that we all look different or that we all know different things or have different talents. That is just outer appearance.

Our true uniqueness lies in the unique combination of our needs.

life



What do I call a need? Every need is essentially an 'inner experience' something that you experience in your body-mind. No, it is not an emotion, it is actually an experience.

To love, to be loved, to care, to be cared, to feel secure, to feel creative, to see meaning in our life, to feel connected... such simple things are our true needs...these are all inner experiences and these are the things that we eventually want.

Our life story is nothing but an elaborate plan to fulfil these needs. And what makes our life story different is what different ways we employ to get these same things.

And what makes us unique is the unique combination of our needs – for example someone's need to feel secure could be significantly higher than their need to experience 'thrill' and it is obvious that this person will take a different route than someone whose need to experience 'thrill' is higher than 'stability' or 'security'.

All questions drop when it comes to needs. You can't ask – why do I have this need. You have it. Period.

And I'd say 90% of our unhappiness is this Type 1 unhappiness that stems from 'having a need' and not being able to fulfil or address it. Do something to deal with your unique combination of needs and most of the unhappiness is gone.

And it is obvious why you don't fulfil them or deal with them, because...

- Either you don't have clarity of your needs
- Or trying to fulfil one need comes in the way of trying to fulfil another need that is perhaps a bigger need. (eg: you feel stuck in your joyless job, you have an idea to start your own business but the joyless job pays you handsomely and makes you feel secure. In this case, unhappiness is about 'joyless' job but if you let go of that,

then you lose another important need – security of monthly salary)

And therefore, to remove 90% of unhappiness from your life there are two important steps you can take.

1. Get clarity of your needs including which one matters more to you.
2. Find 'creative' ways to get all needs fulfilled or as many as creatively possible.

I don't see another way. If you see, I am ever open to learn and accommodate anything that works, so do share if you have other insights.

Today's Task

- As you go about your life today, with some attention in your inner world of how the outer situations affect you inside, pay special attention to any form of unhappiness. It could be in different shades – disappointment, frustration, unhappiness, resentment, anger...
- Think of that emotion of unhappiness as one end of a rope...now trace that rope backward until you reach the other end of the rope – which will lead you to a need of yours that is unaddressed.
- Now see – what stops you from dealing with that need? What is your inner block? Is it another need that you will need to compromise to fulfil the first one? Or is it just some inner fear? If needed do the practice of Day 13 'diffusing inner blocks'.
- Finally, ask this question to yourself – how can I fulfil my this need, in the most harmonious way so that it does not disturb the balance of other needs.
- As for finding your true needs – it is a continuous process that runs all through your life. Because even needs and their priorities can change. Only you can know what you truly need and for that you have to spend time with

yourself, observing yourself, no one else can help you there.

- Remember – you first. Your needs first. Every unfulfilled needs pushes you from your base state into red zone. Only a happy person can spread happiness. Unhappy people trying to make others happy is just a diversion for them to forget their unhappiness.

Have a great day!

Mark Complete

Day 18: Attention: The Currency Of Life



Dhruv October 2, 2021



What is one thing that is yours and only yours and it is the ONLY thing that is truly yours?

A clue – it is the only thing that you were born with. It was yours, is and will be yours forever. And you can never have less of it and yet you lose it.

And no – I am not referring to 'time'. Time is a like a radioactive material that constantly decays...the timer that starts at your birth and finishes at your death, so you always lose time second by second. So I am not talking about time.

Attention – that's the answer to the question.

I'd say attention is our ability to use our senses and awareness in tandem to direct it onto something. You only become aware of something in the outer world by putting your attention on it. You only become aware of something in the inner world by putting your attention on your thoughts, emotions and behaviours.

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In fact to be aware of something, the only way is to direct attention on to it.

Time is not precious at all, a well used time is nothing but well used attention for a duration of time. It all boils down to attention.

Why You Feel Empty When People Or Situations You Are Attached To Die / End

To me, when you give your attention to someone or something, you are giving the most precious thing you have – the only thing that is yours truly and the same for another person, when they give you attention, they are sharing a chunk of their LIFE.

And perhaps that's why the true measure of Love is neither words nor objects nor actions but attention.

If I may invoke esoteric and metaphysics for a change, whenever we give our attention to someone or something, we are sending part of our energy outside of us to them. Let's say you love a person, so you give your attention to them.

And as long as they are alive, it is as if your deposit of energy stays with them. But when they die, they take all the deposits of all the people who have given them attention (energy).

And perhaps that's why when someone we love dies or when a situation we are attached to ends, we feel empty. Because our energy in form of attention that was given to them is gone with them.

You may give attention to anything looking at them, listening to them or even by thinking about them. That's why we feel shocked and even empty when we hear about death of person whom we hate. Because to hate them also we have given our energy to them – by thinking about them.

To me it makes sense because if you notice, when you hear about 1000 people dying in a cyclone you may not even blink but any object or person that you have loved / hated (read here – given your attention) is gone, you end up being empty.

And therefore I call attention as the currency of life. It does not matter if you are a lavish spender with money, or even waste it on shallow pursuits. But it does matter how you spend your attention.

The Grand Heist

Unfortunately, the world that we live in is constantly trying to steal away from us our most precious possession. Everything is screaming for our attention. Every cat video on social media, all those influencers, hell, even this post is trying to get your attention.

And working with people and in my personal experience I have noticed that one of the greatest and perhaps new challenge starting from our generation is 'Attention Deficit Disorder'.

What was 20 years ago a 'disorder' has become the norm for a lot of us. If you don't believe me, google 'Attention Deficit Disorder' and look for the symptoms.

I would like to redefine attention deficit disorder as attention mismanagement.

If you start seeing 'attention' which basically means to direct your senses or awareness onto something as 'the currency of life', you might start doing things differently.

Next time whenever you do something, whatever it is, ask this question.

- Is this thing worthy to trade with a chunk of my life?
- Is this cat video worthy to trade with a chunk of my life?
- Is this distraction worthy to trade with a chunk of my life?
- Is this person, article, news item, blog post, video-blog, worthy to trade with a chunk of my life

The Emotional Cause of Attention Mismanagement

You guys might say, I have only one cause for all problems. But that's how at least I feel. Because even attention mismanagement has its roots in our emotional world.

Our aversion to the red zone and our shallow wiring to jump from the red zone – the easy way instead of by resolving the real causes is at the root of our attention jumping from one thing to another.

The day we stop running away from uncomfortable feelings from our life and instead do something to resolve them, we will again be able to focus our attention on things that really matter.

Today's Task

- Today, as you go about your day, imagine your attention is like a laser beam that gets focused on different things time at time.
- And as the day progresses, keep tagging wherever your attention goes into two categories. Meaningful, meaningless.
- Having fun, pleasure or entertainment can also be meaningful but it can be also dysfunctional if it is an escape. Having fun and pleasure is a true need but only you know when it is a meaningful need and when it is just a meaningless escape so that you don't feel the heat of the red zone.
- And if you discover that your attention is hanging in the meaningless zone for long, ask – what am I avoiding. Once you know, ask – what can I do, what one step in can take right now to resolve this. If there is nothing you can do now, then work out when and what you can do and schedule that action for a future date and time.
- If this task does not make you feel uncomfortable about your attention management, then either I have failed to communicate or you are an exception . Your discomfort doing this task is the measure of success for today's task.

Have a great day!

Mark Complete

Day 19: Remove The Guilt of Acting In Self Interest



Dhruv October 2, 2021



Let's be Selfish! Seriously

First of all, I would like to burst the guilt around the word selfish.

What would you call something that is with a tint of green – greenish, right?

What would you call something that is with a tint of blue – blueish, right?

What would you call something that is with a tint of 'self' – selfish. No?

If it is selfish to act in self interest, then we are all selfish, in fact every moment of our life we have been selfish in that context of acting in self interest.

Show me one thing that you do which is not in self-interest.

We call people who run after money, success or fame as selfish but instead we call people who seek God, do philanthropy or service to other people, we call them selfless.

There is no selfless action. Everything you do is always in yours and only yours service.

ife

- You are spiritual and you want to find God? No, you want to find God because you think that finding God will make 'you' happy. Let's declare today that you can find the God but once you know him, you will rot in a life of misery. Who then would find God?
- You are serving the society, feeding the hungry, healing the wounded, giving shelter to the homeless...why? What happens when you do that? Don't you feel 'good' when you do that? You do that which makes you feel good – yes, it is noble to serve others, but don't be in illusion that you're doing it for them, you are doing it for yourself.
- When you help someone – you have have various rationals about it – like it is 'right' it is 'good' it is 'noble'... so why do you do something that is right or good or noble? You do that because when you do sometime that you think is noble, you feel good. You are the end-beneficiary of your philanthropy.
- You'd take a bullet for someone when you see they are in trouble. You'd probably sacrifice your life for another person. Why would you do that? You would not do that unless you felt 'this is the most apt' thing to do here, go give away my life to save others...that 'doing the most apt' thing is your reward right then and there.

Sorry, I don't mean to undermine anyone's sacrifice, service, help, or philanthropy or any other act, I just want to draw attention to one thing. And that is, there is no act in the world by any human being where that human being himself or herself is not the ultimate beneficiary of that action.

And the benefit is not some material reward – it is that inner experience of feeling good, feeling pleasure, being right, doing the right thing (and there by feeling good), feeling worthy (and thereby feeling good), feeling useful (and thereby feeling good)...we are always the ultimate beneficiary of all our actions no matter how selfless they appear on surface.

The Guilt Conspiracy

While the truth is that every moment of our life we act in self-interest, even if it is not evident on surface, the society has created a taboo around this simple fact of life.

Whenever you act in self interest, and in the process other people lose their taken for granted benefits, they feel you are being selfish. While the fact is, all the while they had been acting in self interest often at the cost of your interest.

World wants us to feel guilty about acting in self interest but why don't we see that the very phenomenon of making us feel guilty is the world's own act of self-interest?

And it is this planted guilt that has forced us to put on masks – of a good boy, a good girl, and trying to preserve those mask, the real you is suffocations under that mask.

Coming out of the closet

Start observing first in yourself and then in others that even the noblest act is in self interest.

Drop the masks and don't hide from the world that you are acting in self interest. Yes people will judge you but know that they envy you for being yourself, something they would love to do but can't because they don't have the courage to drop their masks.

Today's Task

As you go about your day today, pay attention to not only what you do but also why you do what you do.

Every time you have to make a decision, even as small as shall I take stairs or elevator, shall I eat this or that, shall I take this route or that to crucial business decisions, pay attention, why did you choose that particular thing instead of other options – you'll see what I mean by acting in self interest.

While you go through your day, notice, who do you talk to, who do you avoid, who do you help and you will see that 'you' are the ultimate beneficiary.

This observation itself will give you courage to come out of the closet and live openly as a person who acts in self-interest without hiding it. And you will also know that just like you, everyone is doing the same, some with masks, some without.

Time To Justify The Tennis Picture

- Remember, life is like a game of tennis you are playing with your 'best friend'. While playing the game, if you make a mistake, your friend on the other end does not think that awww, my dear friend made a mistake, let me pass this shot. No, they will capitalise on your loose shot and hit back hard to score a point. Even if the guy on the other end is your best friend. There is nothing wrong in acting with self-interest.
- You are all wise men and women, I hope you will not get caught up in expressions or choice of words and instead

search for the meaning I am trying to convey. And please don't confuse acting in self-interest with 'getting what I want at the cost of others' or by enforcing it on others.

PS: I never hide the fact that whatever I do is always about me. I am always the final beneficiary of that action, even if it appears about you and I have no shame hiding it. Even this group, these posts, I am the ultimate beneficiary. Why hide when that's the nature of world – to act in self-interest.

PPS: I know, I know, one can argue about the word 'selfish' and it's different connotations. But try creating a title with 'self-interest' instead of 'selfish' you'll know why i used i

Mark Complete

Day 20: What Matters Most



Dhruv October 2, 2021



You Want To Live Fully? Then You Must Die. Well, Almost.

My parents had bought a new apartment just 150 meters from the old one. I was in search of an office space, so they said I can use this old apartment as my office until I find a new one.

Next day I go out and buy some heavy desk, few chairs and put it in a makeshift manner in the living room of that old apartment. That evening my father came just to check on me

and my new 'office'. He came straight from his work to the old apartment and since the furniture was yet to be set up, apart from the desk, he came and sat on my desk.

Now my father had an aura that demanded respect, and I had never spoken to him in a raised voice but on that day I blasted, I said to him, how could you sit on my work desk – it is a place I intend to work on, it is pious to me, it is as holy to me as that temple you made in the new apartment. He looked at me, smiled and said, relax man, everything is fine.

In about 23 hours of me doing this drama, he passed away.

I was unable to forgive myself for having behaved in such a manner. Every day a part of me would bash me, why did you do that, would you have done that if you knew that he wouldn't be here with you on same hour of the next day? What, your concept of 'holy desk' was important to a father's feelings? Do they even stand together in comparison by any standard?

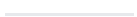
That guilt stayed in me, fermented, stank in my system so much so that I began to hate myself. And this continued until I got my lesson from that guilt.

And that lesson was – you should know what matters most.

What Matters Most VS Planted Goals

Sooner or later, we'll need to figure out what really matters more and focus on those things. If we don't do that, we will live either a meaningless life or a life burdened with resentment – if only I knew what was important, I'd have done things different way.

A lot of us live with our priorities set up by the society, culture and expectations of those around us. I call them 'planted goals' – these are not the things we wanted but are planted as a want to fit-in in the world.



- We pursue them, but since they are not the things we 'truly' wanted, we feel empty even if we get them. And since we focused on the wrong things, we miss to focus on what really matters to us and then in addition to that emptiness, there's added layer of resentment and guilt of not focusing on what matters most.
- And these planted goals run through all layers of our life...
- We choose clothes and shoes not based on comfort but what label they display.
- We spend hours earning money but forget the ones with whom we could spend them.
- We listen to complete strangers for hours on YouTube videos but are zoned out when the wife or husband is enthusiastically trying to describe an event from today, or the child comes showing something s/he discovered about this world, just today.
- We call entertainers, actors as heroes just because they are popular, read gossip columns about how many times that actress changed her baby's diapers but miss the eureka moment of our own kid or to celebrate little achievements of our loved ones.

And with such priorities we expect to find happiness, joy or meaning in life?

Good luck and wait until eternity, only to find out that even then it is not possible.

Discovering What Matters Most

In India there is an expression – Smashaan Vairagya. Smashaan means cremation ground and Vairagya means detachment (pulling out of attachment).

A lot of people experience this – when someone very close dies, for a few days they feel like – why all these other people are running so hard in life...all this running around is not

meaningful.....this temporary feeling of detachment caused by loss of something or someone important is called Smashaan Vairagya.

But then most people get back to being the way they were before in few days or weeks, forgetting that beautiful realisation they had when they experienced a loss too close to them.

A loss or a set back is very unpleasant but it is also a great opportunity to see – what matters most.

Imagine yourself flying in a plane and suddenly the pilot declares that our engines have failed, plane has caught fire and we're going to crash...

I am sure you'll not regret that Damn! I missed the latest iPhone 13 Pro Max Ultra, I planned to get it next week, now I will not have it...No, but you might regret that in the rush of boarding that plane, you didn't call your loved ones and missed an opportunity to hear them one last time, or you might regret that the last time you talked to your friend, mom, dad, son, daughter, wife, husband, you were not paying attention to what they had to say and instead ended up arguing and attacking them.

The things that you will regret if you know you are going to die in next five minutes are the most important things. Rest of them are just accessories.

Take time with yourself, at least 5 minutes every day to be with yourself and check inside, what truly matters to you, and do something to address that – regularly.

There are many exercises to discover what really matters in your life. It is beyond the scope of this post to share them, there are too many ways. You can do your search, do whatever it takes but map out your most important things and live for them.

Life will turn meaningful, happy and also productive in its true sense.

Today's Task

- In a way, invoking death in conversations is equivalent to punching below the belt in boxing. But today, I will break that rule and invoke death.
- As you go about your day, today I ask to focus in the outer world. Look at the building you see. You might be able to see many that were not there before 10 years, many won't be after 10 years. Look at the trees, they were not here, they won't be, look at the furniture, it was once a tree in some forest, today it is here as a dead work-desk. Let yourself soak the concept of impermanence.
- Then take it to the next level, by extending it to the people you see, meet and talk with. Whenever you interact with, maybe a friend, a family member, a client, a colleague, do your interaction with one thought in mind – what if I knew that this guy won't exist tomorrow? And then observe how you interact with them.
- You see, it happened to me, I did not know what would happen in 23 hours (the full story is even more shocking but this isn't the place or time), whenever someone around you will go it will always be like that...and do you know it won't happen in next 24 hours or before you meet them next time?
- Finally extend the same concept of impermanence to yourself and walk around the town, meet people with that in mind.

You will never know what is important by thinking about it, it is only impermanence, mortality, death, end, loss or its possibility that could help you drop the illusion of planted goals.

Try to die, or shall I say, die at least in the mind, to start living.

PS: Believe it or not, but I have started doing such groups and writing these kinds of posts because I don't want to die without putting them out in the world. Self-interest it is, all the way.

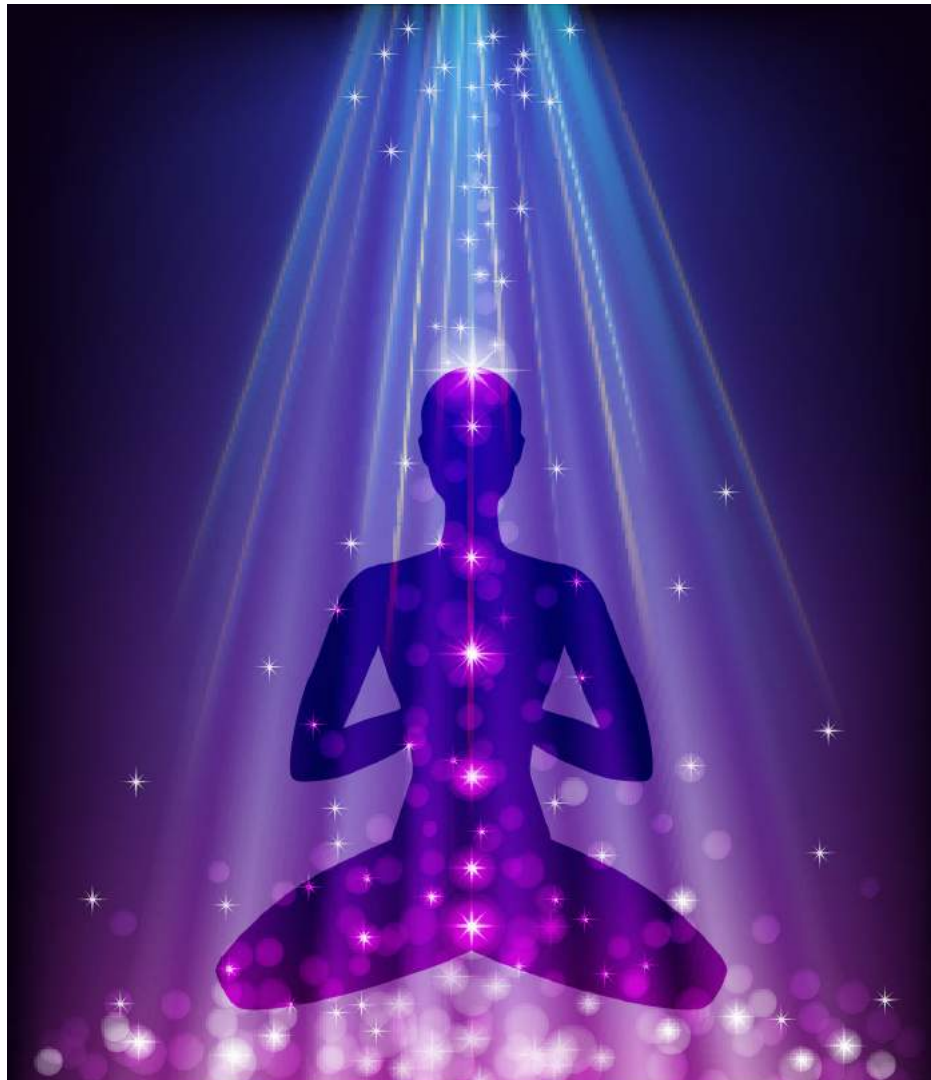
Mark Complete

Day 21: The State Of Presence – Your True Saviour



Dhruv

October 2, 2021



If You Don't Lose 'This', You Will Never Lose Your Peace

I think I am an authority.

No, not an authority on any subject or knowledge or skill. But since I have done it a gazillion times, I am an authority on failures, on messing up, on making bad decisions, in suffering pain and on spreading pain to those around me.

From being a well-informed but ill-mannered cocky young man, who was an undisputed expert on 'how to invite unhappiness', I reached a point where I felt – I just wish I don't exist.

If I had't discovered that one thing, I'd either be in a loony bin or in a loony bin anyways); And I want to share that one thing without which I would have been crushed under the heaviness of my toxic mind. Let me start by asking you three questions.

What is one thing worth not losing for anything?

What is one thing that if you have, you can find everything else that you want?

What is one thing that could turn your meaningless existence into a vibrant life experience?

To me, the answer to all of the above questions is the same – Presence.

Presence – What it is?

To know what is presence, we must know the two modes of being.

The Absorbed Mode



Remember that time when you were with someone who was talking to you, they thought you are listening but even know you could hear their voice, you listened to nothing because you were completely absorbed in what you were thinking.

Well, that is the absorbed mode when we lose the real-time experience of 'I am' or 'I exist' here in this moment. And that happens because we are completely absorbed in the processes of mind – thinking, emotions, analysis, anticipation or something else. When YOU are not present, it is because you are absorbed in mind. All of your attention is eaten up by the mental processes.

The Observer Mode

But if you have read all posts in this group, you'd find a repeated message – YOU are not what is happening in your mind. You are not your parts, you are not your thoughts, you are not your emotions. YOU are and YOU have all of them.

There is something inside you that can know that this parts exists, this thought exists, this emotion is experienced...that one thing that knows it all, that notices it all, that can observe all other things inside you, is YOU.

And presence means, YOU are there, present as the observer or knower of all that is happening – outside and inside you.

Present VS Not Present

Has it happened to you, that you enter return home from office, you open door, you are talking with someone on phone while entering home, you remove your shoes, put keys or your car – all of it while you are still on the call and then go about your evening as usual.

Next morning you get ready to go to office, you dress up, put on your shoes and reach out to grab the car key from its usual place – just to find that it is not there.

Then you remember yesterday you were on a call and you just can't remember where you put the keys.

Has it happened? Why? Why don't you remember where you put the keys?

That's because when you were putting keys somewhere, you were on a call and 100% of your attention was absorbed in listening, talking, analysis the conversation. You were practically absent in the place where you were physically. Your body was there in your corridor but your attention was not there at all. That is being absent. That is being NOT present. That is when you lost your presence.

To be present means to have your attention in what is going on around you and inside you as if nothing goes unnoticed.

Presence, Your True Saviour

Presence has two elements to it – first is that instead of you becoming your thoughts and emotions, you become the listener of your thoughts and experiencer of your emotions and therefore you don't act them out reactively. Second element of presence is 'aliveness'. When you are present, you feel 'aliveness' an experience we are all looking for all the time.

Ever surfed netflix to keep on changing movies because nothing feels interesting? Ever scrolled social media endlessly until you find something 'interesting'? Ever felt that I wish time stops and this moment continues for eternity when you are talking to a beloved?

Well, all of those are either search for the inner experience and no, I don't mean metaphoric but literal direct experience of 'aliveness'. Your search stops when you feel alive. You are not looking for a movie, you are looking for a movie that

makes you feel alive, you are not looking for a beloved, you are looking for the aliveness you feel when you are in presence of or talk to a beloved.

Presence is the only mode which gives you both – first it lifts you above mind and parts and thoughts and makes you their owner and second, it makes you feel alive.

Nothing in this world is worthy to sacrifice presence.

In fact, all the unhappiness creeps in you only when you are not present. Even when unhappiness comes but if you are present, it has a different quality, you don't become an unhappy person, you become a person who has unhappiness and these two things are poles apart.

The moment you lose presence, is the moment you abandon your rightful throne and then whatever parts, thoughts, behaviours, patterns are around, they take up the throne and they start living through you.

If you want to get back your life, stay present, be there as the one who knows what is happening inside and outside, every moment.

How To Be Present

Make a decision to be in the observer mode as much as possible. And no, this is not a meditation you do, this is a way of life, as constant as the breath you constantly take.

Be the constant observer of your body-mind. Notice when new thoughts, parts, emotions come, or the switch.

If you realise any moment that you were absent for few minutes, that a wonderful thing – you became present, only then you could have realised.

Live through your senses as much as possible. Be aware of all sensory experiences. Your senses are always where your body is, so if you are plugged into senses, you are plugged into where you are and you automatically become present.

Today's Task

- As you go about your day, today make a decision to be present at the observer of everything that happens inside you.
- Instead of enforcing presence, just count the times you catch yourself being absorbed in mind totally.
- Catch yourself when you are waiting for something to happen. Catch yourself when you are meaninglessly analysing stuff, reliving some pleasant moments from past, resenting something from past that you don't intend to act on right now.
- Instead of resisting what is there, ask yourself, is there anything I can do to change this? Right now? Then do it. If not, make a decision to change when it would be possible some other time.
- Notice the colors, smells, textures...live through your senses. As if you are turning a dimmer switch on Full, turn on all of your senses. Just by turning on your senses, you will invite both aliveness and observer.

That's about it for today and for that matter, for this group. Nothing more to share.

Thank You and Good Luck!

PS: All the things I shared during these 21 days were a part of an elaborate plot to share today's post. This, what I share in this post is the only thing that matters, rest of it is just play to make things interesting.

Your search for God or love or power or fame is nothing but your hunt to experience 'aliveness' that is an inevitable side effect of presence. Go for the main thing, why beat around

the bush

That's It!

Good Luck