

# ***A ray of hope in dark times***

***Life is not won by health, but by mindset***

**51 Secrets: That Will Change the Way You Think**

**Author: Pinkesh Kumar Patoria**



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***A ray of hope in dark times******Life is not won by health, but by mindset*****51 Secrets: That Will Change the Way You Think****Author: Pinkesh Kumar Patoria****Copyright © 2025: Author**

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## About the Author

Pinkesh Kumar Patoria Jain is a motivational writer, entrepreneur, and social worker dedicated to spreading positivity and a better way of living. He was born in Parasia, a beautiful town located in the Satpura region of Chhindwara district, Madhya Pradesh. His late father, Shri Vasant Patoria, and his mother, Smt. Usha Patoria, instilled in him strong moral values and the courage to face life's struggles with strength and grace. His wife, Smt. Neetu Patoria, is the foundation of his life and a strong source of support.

### **Educational Background**

Pinkesh Kumar has a diverse academic background in Engineering, Commerce, and Psychology. He has also completed several specialized training programs, including:

- Lions FDI (Faculty Development Institute)
- Eye Hospital Management from Aravind Eye Hospital, Madurai
- Digital Marketing and Artificial Intelligence
- Past Life Regression Therapy and Hypno Healing
- Various other short-term professional and wellness courses

### **Professional and Social Work**

He is the director of the Lions Eye Hospital & Research Center and actively manages his family business, Sarvottam Book Stores, with great success.

As an active member of Lions Clubs International, he has contributed significantly to social service projects and conducted numerous training sessions while holding important leadership roles.

### **Overcoming Health Challenges**

Pinkesh Kumar's life has been marked by great challenges. He faced two kidney transplants and once survived a critical phase on a ventilator. Despite these life-threatening health issues, he remained mentally strong and spiritually grounded, thanks to his unshakable faith, personal resilience, and the constant support of his family. He draws deep inspiration from Acharya Shri Vidyasagar Ji Maharaj and his father, who were guiding lights throughout his life.

### **A Mission to Inspire**

With a passion for motivational writing and public speaking, Pinkesh Kumar aims to spread positivity, hope, and happiness in society. Through his inspiring articles, speeches, and real-life experiences, he encourages people to live with purpose, peace, and gratitude.

## Preface

**Pinkesh Kumar Patoria** is a unique blend of many talents. He is a successful businessman by profession, an engineer by education, and an active social worker by choice. Along with all these qualities, he is also gifted with the ability to express deep emotions through his writing.

This book, “**A Ray of Hope in Dark Times,**” is written after facing extreme challenges in life and finding a new life through inner strength and willpower. It is the voice of someone who has lived through pain, not a borrowed philosophy. The book contains ten chapters and many thought-provoking subchapters. It's a *motivational true story*

The core message of this book is that **true happiness comes from self-contentment and inner peace**. Changing one's mindset is the key to a better life. Life's problems are not curses—they are hidden opportunities. Through **self-acceptance and self-respect**, we can unlock our inner potential and live a meaningful life.

Human life is built on cooperation. No one can live completely alone. Even one-celled organisms like air, water, and plants are essential to our survival. The Jain principle "Parasparopagraho Jivanam" (all life is bound together by mutual support) holds a deep truth. This book reminds us to **express gratitude from the heart** to every form of life that supports us.

Living in the present moment means not carrying the burdens of the past or the worries of the future. The past is over and cannot be changed. The future is not in

our hands. When we focus on the now, we reduce mental restlessness. Worries about what was or what may be only increase stress and illness. Living in the present helps us stay aware of our faults without the burden of guilt or anxiety. We must remember: **The past is just a memory, the future is a possibility, and the present is our real treasure.** True joy comes not from searching outside, but from refining ourselves within.

Relationships, both family and social, are strengthened through heartfelt communication. Forgiving others for their mistakes builds stronger bonds. Life is full of contradictions and unpredictability. Many people are not physically ill—but mentally and emotionally unwell. Lack of patience and emotional strength is also a disease. Negative emotions like anger, fear, and jealousy are internal poisons that disturb our well-being.

Meditation, as described in Jain philosophy, is a powerful form of emotional healing. Through meditation, one reflects on the past, purifies the present, and prepares wisely for the future. It unlocks deep-rooted emotional blockages and helps one take responsibility for their own healing. Unlike traditional therapy, meditation helps detox the mind by releasing suppressed emotions. As the mind purifies, the body follows. Meditation becomes the medicine. Practices like *kayotsarga* (complete relaxation and detachment) and *samyak dhyana* (right meditation) help even with addiction recovery and are scientifically proven to cause beneficial chemical changes in the body. **Meditation is not just spiritual—it's therapeutic.**

The eighth chapter focuses on **time management**—a resource that cannot be saved or stored. Time is more valuable than money. Those who understand this truth and plan their time well lead meaningful lives. Especially in times of illness, using time wisely becomes even more important. This book gives simple yet effective ways to prioritize tasks and avoid wasting time on what does not matter. Everyone talks about time management today, but very few practice it.

The ninth chapter explains how **health and mental peace** are deeply connected. Illness is caused not only by external factors like germs or the environment, but also by unresolved emotions and past trauma. When a person takes responsibility for their health, it gives them the strength to face it. Emotional awareness helps reduce suffering. Negative thoughts weaken the body. But when we practice acceptance and positive thinking, our healing becomes faster and deeper.

The final chapter speaks about **building good daily habits for a happy life**. A disciplined lifestyle, even if simple, leads to a stable and joyful life. With consistency, anyone can create a healthy routine that supports long-term well-being. This book proves that one doesn't need wealth or luxury to live well. With awareness, discipline, and inner balance, even a common person can lead an extraordinary life.

**Pinkesh Kumar Patoria** has given a practical guide to living joyfully, based on his own real-life experiences. It is not a theoretical book—it is a **living example** of how to turn adversity into strength, sickness into wisdom, and suffering into service. Through his words, he offers not just advice but inspiration for anyone facing difficulties.

This is not fiction—this is a motivational true story of strength, setbacks, and survival.”

I sincerely appreciate this effort. May his work reach many hearts and inspire many souls to heal and transform their lives.

**Prof. (Dr.) Kusum Patoria**

(Maharashtra Hindi Granth Academy Awardee)

Azad Chowk, Sadar, Nagpur

Contact: 9881010798



## Expression Of Experience

### **From Struggle to Satisfaction: A Journey of Inner Peace**

Life is not easy for anyone. But some people turn their struggles into lessons and grow stronger with every challenge. Life itself is a gift, enjoy it, respect it with a beautiful smile.

### **My Journey Through Pain and Healing**

My life has not been an ordinary one. I have undergone two kidney transplants and once survived life on a ventilator. These experiences brought me face-to-face with death and opened my eyes to the true value of life. I realized that real happiness is not found in wealth or status, but in each breath that gives us another chance to live.

These difficult times changed my way of thinking. I learned that true peace of mind comes from being content with what we have and focusing on growing as a person.

### **Why You Should Read This Book**

- Discover how positive thinking can transform your life
- Understand why contentment is the greatest wealth
- Learn how to improve your life through small daily habits
- Find the balance between peace of mind and success

**Message from the Author**

The biggest strength lies within our own minds. If we can keep our minds calm and balanced, no situation can defeat us.

Coming close to death taught me that every moment is a gift. We must live each day with gratitude, purpose, and satisfaction.

This book is not just about my words—it's a reflection of my life's journey.

It is proof that true happiness is not in bank balances or fame, but in those simple moments:

- Laughing with your family
- Helping someone in need
- Enjoying the result of your hard work

**My Inspirations and Support System**

**Many people inspired me not only to live but to live with purpose:**

- My late father, Shri Vasant Patoria Ji, always encouraged me to serve society and stay humble.
- My mother, Smt. Usha Patoria, uncle and aunt, Mr. Sunil and Smt. Babita was an emotional pillar—especially during hospital visits, their tears said it all.
- My wife, Nitu, like Savitri, stood by me through every storm.
- My sisters Preeti and Poonam, brother Sandesh, and children Mehul, Mridul, and Mitali—each of them brought hope during my darkest times.

My uncle and aunt in Nagpur, Shri Rajendra and Dr. Kusum Patoria, are like second parents. They reminded me daily, “Wake up, look outside—life is beautiful.”

My close friend Rajesh Batra from Nagpur and his father, late Shri Narayan Batra Ji, stood by me in every crisis.

I also thank:

- My elder uncle, Shri Prakashchand Patoria Ji
- My father figure, Dr. Shachindra Modi Ji
- My mother-in-law, Smt. Maya Jain

Their love, motivation, and presence sustained me. To my brothers-in-law, sisters-in-law, all relatives, and my in-laws—thank you for your constant prayers, smiles, and emotional support.

*“How to stay mentally strong during hard times—my guide.”*

### **Final Thought**

Life becomes joyful when we are surrounded by love, respect, and support.

This book is not just my story—it is a message: a *motivational true story*

No matter how hard life gets, inner peace, contentment, and the love of family can lead you to true happiness.

**Dedicated to**

**My Beloved Father  
Late Vasant Patoria**

## Thanks

This book encompasses heartfelt emotions, true stories, and inspiring thoughts, all of which are designed to guide readers toward a better life and bring happiness to everyone's journey.

I express my gratitude to those who not only inspired me to write but also provided valuable guidance and support:

**Mr. Rajendra Patoria, Nagpur**

**Dr. Kusum Patoria, Nagpur**

**All my beloved family members**

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## Chapter 1: The Secret to Being Happy – Healing through mindset

## 1. What is Happiness? — Ask Yourself

### **True definition of happiness: Inner peace hidden within**

**B**ack in 2016, I underwent my first kidney transplant at Hinduja Hospital in Mumbai. About six months later, I found myself in the hospital's waiting area, patiently waiting to meet my nephrologist, Dr. Jatin Kothari. As I sat there, a man from Andheri—a accountant—took the seat beside me, accompanied by his wife. She looked at me and asked, "Have you had a kidney transplant?" I said, "Yes."

She replied, "My husband's kidneys are also failing." I told her, "He won't live long."

She was shocked: "No, no, the doctor said that if the disease gets worse, then dialysis or transplant will be needed." I calmly said, "Still, he won't live long." She protested, "You're not a doctor!" I replied, "Sister, a man who is sitting with a hopeless face—how will he survive? Accept the illness. Do what the doctors say. Life is a gift, live it with a smile."

Both of them understood. **Seven days later,**

I received a message: *"We've started living life with a smile."*

State of mind - the mindset and thoughts that determine how you approach your situation.

### **When Real Joy Comes from Within: A Lesson from Recovery**

While I was recovering, I often told myself, “I’ll be happy once life gets back to normal—when my body feels strong again, when I’m back at work, when I can see my friends like before.” But over time, I realized something important: real happiness doesn’t come from waiting for everything around us to change. It comes from finding peace and purpose within, no matter what’s happening outside. It comes from the **state of our mind**. When illness slows us down, it gives us time to look **within**. Sometimes, hope is the medicine, and faith in recovery awakens the healer inside. **Happiness is not something outside—it’s already inside us.**

The moment we begin to feel peace within, that’s when we taste true joy. As the body heals and the mind becomes calm, we feel a new energy rising. Healing from illness is not just a journey of getting better—it’s a chance to understand that happiness *lives*.

### **Happiness is an Inner Feeling, Not External**

Most of us search for happiness in money, luxuries, fame, or comfort.

But these things only give *temporary pleasure*, not lasting peace. Real joy is when we are with our loved ones, when we smile from the heart, and when we feel calm and content inside. That’s the kind of happiness that stays with us.

### **A Peaceful Mind is True Bliss**

True joy depends on our *mind*, not the *outside world*. As long as our mind is calm, negativity cannot touch us. To keep the mind steady, we need meditation, yoga, and self-analysis. When we stop living for others’

expectations and start living for ourselves, only then do we experience true happiness. This mindset is also a powerful tool in fighting illness.

### **Positive Thinking Can Transform Your Life**

Our thoughts shape our lives. If we try to find goodness and opportunity in every situation, we become happier and healthier. Positive thinking tells us that the solution to every problem is already within us. If we start looking at life with a new mindset, too, our whole world can change.

*"True joy comes from inner peace and happiness, not external success."*

#### **Success Mantra:**

"True happiness is not what comes from outside—it is born within you. True and lasting happiness doesn't come from outside—it begins with being content with yourself and finding peace within."

*"Happiness is not something ready-made. It comes from your actions."*

## 2. Peace of Mind: The Secret of Contentment

**A**fter illness, I made a decision – I will not get affected by others’ opinions. I will avoid useless arguments, especially with foolish people. *Anger only increases stress*, so to keep the mind calm, it is better to let go of unwanted thoughts.

### **True peace is felt through inner experience**

Acharya Samantabhadra, who explained *Jain philosophy* in a logical way, once said: *“The experience of truth and soul is real joy.”* He believed that peace gained from a pure soul and deep self-reflection is the only lasting happiness. He wrote that pleasures from outside things are temporary, but the soul’s experience gives eternal happiness.

### **Happiness is not outside—it is within**

We often try to find happiness in money, fame, big cars, luxurious homes, and other comforts. But when we look within ourselves, we realize that happiness is not a thing. It is a feeling created by the mind. If your mind is full of peace and contentment, even a simple life can become joyful.

### **A steady mind is true happiness**

**Jain Acharya Kundakunda Swami** said:

*“The one who knows the soul is truly wise and truly happy. When we get affected by others’ opinions and outside situations, our happiness becomes unstable. But if we learn to keep our inner world peaceful, then*

no situation can disturb us. While making decisions, we should consider all points carefully. This helps us avoid unnecessary stress. True peace comes only when we accept ourselves and feel satisfied with who we are.

### **Positive thinking can change the world**

Our thoughts shape our lives. If we learn to find positivity in every situation, life becomes much easier. Whenever I faced a tough time, I chose to see it as an opportunity. That's how I was able to live a healthy and successful life, and also inspire many others. If we treat every challenge as a chance to grow and enjoy the small joys of life, then happiness will be with us every day.

### **A real-life moment of joy**

Many times, I had to stay in the hospital. I would talk to other patients and listen to their pain. Often, I felt—*my problems are nothing compared to theirs*. I used to give chocolates to patients and their family members. Even sick people have a child-like heart—they smiled, felt happy. Later, they also started giving chocolates to others. They smiled more often, lived happier lives. Seeing others happy made me happy too.

### **Success Mantra:**

"True happiness is not in outside achievements, but in the peace of your own mind. Accept yourself, avoid comparing with others, and stay positive in every situation—this is the key to a joyful life."

*"Peace of mind doesn't come from running away from your problems—It comes when you face them and find solutions."*

### 3. The Outer World and Inner Joy – What Is True Victory?

#### Real Happiness Lies in Inner Peace

A true story of healing through inner strength during illness, when the body is in pain and the mind is full of fear, happiness feels like a faraway dream. But these moments teach us the most important truth—*True happiness doesn't come from outside things. It comes from inner peace and acceptance.*

#### The Wise Lesson of a King

Once, a wealthy king was troubled by one question: “*Where does true happiness come from?*” He had everything—luxury, power, comfort—but still felt restless inside. So, he went to a wise saint for an answer. The saint gave him a cup filled with oil and said: “*Walk around your entire kingdom with this. Be careful not to spill even one drop.*” The king did as told, fully focused on the cup. When he returned, the saint asked: “*Did you see the beauty, music, and celebrations in your kingdom?*” The king replied: “*No, I was only focused on not spilling the oil.*” The saint smiled and said: “*Exactly! In that moment, you were truly peaceful—No thoughts of the past, no worries of the future. You were fully present in the now.*”

#### Being Present in the Moment Is Real Victory

When we are healing from sickness, we often believe that we'll be happy *only when* we're fully healthy again. But if we can find balance, focus, and acceptance in the present moment, that moment itself becomes our true



victory. Inner victory is when you can smile during illness and stay calm even in pain.

### **A Still Mind Is True Joy**

The king realized that real happiness doesn't come from outer things, but from the stillness of the mind. When the mind is peaceful, no outside problem can make us unhappy. I also felt the same during my recovery. The more desires we have, the more unrest we feel. The one who can control their thoughts and emotions can experience true happiness.

**Self-reflection and inner contentment** are the true sources of peace.

Even when I brought food from a hotel for my family, I stayed in control and didn't feel tempted or disturbed. *That was the power of a calm mind.*

### **Positive Thinking Changes Life**

The saint's lesson changed the king's thinking. He stopped chasing happiness in outside pleasures and started looking within himself. He began practicing meditation and yoga, and slowly, his mind became peaceful. We should also apply this in our own lives. Make it a habit to see positivity in every situation. Instead of focusing on the outside world, look into your inner world. *Inner peace and Happiness* are not things you can buy—it is a state of mind that you can create.

### **Success Mantra:**

"True happiness is not found in outside things, but in the peace we feel inside our mind. When the mind is calm and satisfied, only then can we enjoy real life."

A ray of hope in dark times

*"Looking for joy in outer things is like drinking seawater to quench your thirst—it will only leave you more thirsty. Real joy comes from self-knowledge and contentment."*

## 4. The Science of Happiness – Healing through Mindset

### *Inner Joy: The Secret of True Happiness*

### *Inner Peace: The Biggest Lesson Learned While Recovering from Illness*

When the body becomes weak and the mind restless during illness, one question keeps repeating — *Will I ever feel true peace again?* Once, Acharya Vidyasagar Ji Maharaj was meditating deep within a dense forest. He had no grand ashram, no comforts or luxuries—only the open sky and the quiet earth beneath him. Yet his mind remained calm, steady, and unshaken, for he had let go of all worldly attachments. During this time, a wealthy businessman approached him and said with a heavy heart. *"Gurudev, I have everything—money, luxury, respect—yet I find no peace within myself. Please tell me how to find real happiness."* Acharya Ji smiled peacefully and replied, *"The day you stop searching for happiness in external things and start looking within, that day you will experience real peace."*

These words touched the businessman deeply. Slowly, he started controlling his desires, simplified his lifestyle, and began self-reflection. Within a short time, he realized that happiness was not in palaces or marketplaces — ***it was in his inner peace.***

When we go through illness, this story teaches us: *True healing begins with the mind before any*

*medicine can work. Inner peace is the greatest cure. Once we find it, every pain becomes easier to bear.*

***Happiness Is Not Outside – It Is an Inner Feeling***

Many of us search for happiness in luxury, comfort, and status. But these things give only temporary pleasure, not lasting happiness. Real happiness comes when we are with our family, friends, and when we smile from the heart.

***True joy is the feeling of contentment and peace within.***

***A Stable Mind Is True Bliss***

***Acharya Vidyasagar Ji*** taught that true happiness depends on the state of our mind, not on outside situations. When the mind is calm, negativity loses its power over us. To truly master our thoughts, we need meditation, yoga, and honest self-reflection. It's only when we let go of others' expectations and start living for ourselves that we discover real, lasting happiness.

***Positive Thinking Can Change Your Life***

Our thoughts decide the direction of our lives. If we choose to see goodness and opportunities in every situation, we can live more happily and with greater satisfaction. ***Acharya Ji*** taught his followers that through meditation and self-acceptance, every problem can be solved from within.

If we start seeing life with a new perspective, ***our entire world can transform.***

***A Personal Note***

Meeting you many times and having conversations has

given me the strength to understand the truth of life. Your routine and life philosophy taught me that *life is meant to be lived happily*, and we must do so.

“My healing not only comes from medicine—it came through my mindset also. True *healing through mindset* is possible.”

***"Success Mantra"***

*"True happiness is not what you get from outside, but what comes from within. Self-contentment and mental peace open the doors to lasting joy."*

*"If you can change yourself, the whole world can change. But if you try to change the world, it will be impossible."*

— Acharya Vidyasagar Ji Maharaj

## 5. The Art of Living Joyfully Every Day – Embrace the Little Moments

### ***Be a Child with Children, Be Mature with Adults***

**G**o for walks with your kids, play with them, let them win while you lose on purpose—there is pure joy in this! With elders, talk about school days, college memories, and childhood stories. Listen to music and enjoy those nostalgic moments. *"Learn to live with happiness. Life is joy, and joy is life."*

### ***Living in Joy Every Day Is an Art***

*"Real happiness comes from the satisfaction we feel through our actions—not just from achievements. "Is happiness really only about material things? Years later, when you work for society and help people in need, you experience true joy. Happiness is not outside—it is within."*

### ***Happiness Is an Inner Experience, Not an Outer One***

Most of us search for happiness in physical comfort and luxury. But all these things are temporary. *Real joy comes when we are with family, when we laugh with children, and when we help others.* The happiness from the outer world fades, but *inner peace stays forever.*

### ***A Calm Mind Is True Bliss***

*As said in the Bhagavad Gita, one who controls the mind achieves true joy. When the mind is calm and*

steady, *external situations cannot disturb us*. When we start finding happiness in small things, we naturally calm our minds. And that *calm mind becomes our source of true happiness*.

### ***Positive Thinking Will Transform Your Life***

The way we think shapes the path our life takes. When we make it a habit to find the good and the hidden opportunities in every situation, we naturally invite more joy and contentment into our lives. Challenges will always be part of the journey, but with the right mindset, they become stepping stones instead of road blocks. But if we keep our perspective positive, sadness cannot even touch us. I always kept a positive mindset—even illness could not control me. *Accepting illness or problems is the first step to overcoming them.*

This gives us mental strength and alters our perspective on the world.

### ***"Success Mantra"***

*"True happiness is not what you receive from the outside, but what arises from within you. Self-contentment and inner peace open the doors to lasting joy."*

*"If you are not happy with yourself, nothing in the world can give you real happiness."*

## **Chapter 2: Change Your Thinking, Change Your World – The Power of Positive Thinking**



## 6. Power of positive thinking – What You Think, You Become!

Life has a way of throwing us into storms we never saw coming. The ups and downs are inevitable, but how we weather them depends entirely on our mindset and attitude. I still remember a time when it felt like my whole world was crumbling around me. Nothing made sense, and hope seemed out of reach. But in the middle of that darkness, it was the simple power of positive thinking — and the unwavering love and support of my family — that helped me find a new path forward. That chapter of my life taught me something I'll never forget: we may not have control over everything that happens to us, but we always have control over how we respond.

And sometimes, that one choice—to believe, to keep going, to choose hope over despair—can change everything..

### ***My Story***

*September 9, 2022*, was a turning point in my life. That night, I had four uremic seizures and was placed on a ventilator at Alexis Hospital, Nagpur. The battle between life and death had begun. My family, and dear friends *Alok Jain, Hemant Jain, Rajesh Batra, Dr. Ankur Batra, and Dr. Manish Jain* gave everything they had for my recovery. That night was a night of life's greatest struggle. After coming off the ventilator, I was like a skeleton. I could not even move a single part of my body.

### ***The Magic of Thinking***

On the eighth day, **Dr. Nishant Deshpande** told my son **Mehul** and my brother-in-law **Ritesh Jain** that even after giving all the antibiotics, the body wasn't responding.

These words reached my ears.

My subconscious mind said, **"I will recover soon."**

Everything begins with the way we think. Our thoughts guide our actions, and our actions carve the path to our destiny. Choose your thoughts wisely—they hold the power to shape the life you dream of.

"This is the *power of positive thinking*—it can change your life when nothing else can."

### ***How Thinking Affects Our Life***

***Everything begins with the way we think.*** Our thoughts have a powerful influence, shaping our mind, our brain, and even our health. When we choose to think positively, life naturally moves in a brighter direction. We begin to attract opportunities, happiness, and peace. But when we allow negativity to settle in, we unknowingly invite stress, struggles, and setbacks into our lives. That's why it's so important to consciously nurture a mindset filled with hope, positivity, and strength.

As Lord Krishna beautifully reminds us, "The mind can be your greatest friend or your worst enemy." The choice, every single day, is ours. Choose wisely. Choose thoughts that lift you higher. Success or Failure? It Depends on

## ***Your Thinking***

*The real difference between success and failure isn't luck or talent — it's the way we think and see the world. When we choose to stay positive, even through challenges, and keep our eyes fixed on our dreams, success isn't just a possibility — it becomes a certainty. Believe in yourself, trust the journey, and never lose sight of where you're headed. Your mindset shapes your destiny.*

### ***"Success Mantra"***

*"Power of thoughts – What you think, you become! Keep your thinking positive and achieve your dreams."*

*"Victory of the mind is essential. The one who controls the mind controls their direction in life."*

## 7. The Power of Positivity – Take Control of Your Mind

### ***Mind Power and Positive Thinking***

**S***ince 2014, my kidneys started to fail. Sometimes I asked myself, "What wrong did I do to deserve this?" But I kept my mind calm and reminded myself – "My soul is healthy. Why should I worry about the body?" That thought made me positive, and I kept my mind under control.*

### ***Great People Who Mastered Their Mind***

When we look into history, we find many inspiring leaders who held the reins of their minds even in tough times. They used the ***power of positivity*** to shape a successful life.

### ***Confidence and Positivity – Examples of Acharya Hemchandra and Lord Mahavira***

*Acharya Hemchandra, a great Jain saint, yogi, and scholar, showed the path of self-power and personal growth. Even with limited resources, he guided King Kumarpal of Gujarat on the path of truth, ethics, and wisdom. His life teaches us: "True power comes from within, not from outside."*

#### ***Lord Mahavira once said:***

*"Victory over self is the greatest victory. "He spent 12 years in deep meditation and strict discipline to understand the power of the soul. His message was: "Man shapes his destiny. "When we truly realize the power of our mind and choose to stay positive, no*

*challenge is too great. Obstacles may come, but with the right mindset, nothing can stand in our way.*

### ***Positive Thinking – The Best Weapon Against Illness***

If we treat our problems as opportunities, they can make us stronger.

"After my first kidney transplant, I came to understand that illness isn't the end of the road — it's the beginning of a new life. When we learn to accept our situation with a smile, something incredible happens: our body fills with a new, powerful energy, ready to help us move forward."

*"Those who believe in inner strength become winners. Your belief in yourself makes you powerful or weak."*

### ***Avoid Negativity – Every Moment of Life Matters***

Negativity doesn't just cloud your mind — it weighs down your body too.

When life feels heavy and challenges seem endless, pause for a moment and gently ask yourself: *"Is this problem really big enough to ruin my whole life?"* Remember:

*Problems are temporary, but our attitude can make them feel permanent. "Surviving chronic illness isn't only about doctors—it's about choosing hope daily."*

### ***"Success Mantra"***

*"Don't fear life's challenges. Real strength lies in facing them with a smile. Positive thinking is the real key to success."*

## 8. Hidden Opportunities in Difficulties – Every Challenge is a Blessing

### ***Opportunities Are Hidden in Challenges***

*This isn't just my story — it's the story of anyone who has ever faced a storm and found the courage to rise above it. Through the power of positive thinking and unshakable self-belief, we have the ability to turn even our darkest moments into stepping stones toward something greater. Life tests us all with challenges, but it's those who choose to see opportunity in the struggle who truly shine. They are the ones who don't just survive — they triumph. The Power of Thinking*

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### ***Turning Crisis into Opportunity***

In 2016, my life took a difficult turn — I was battling a serious health crisis due to kidney disease. But instead of giving in to fear or despair, a powerful question stirred within me: "What legacy will I leave behind?" That single thought shifted everything. I made a promise to myself: every moment I had left would be filled with meaning and purpose. With this new determination, I joined my dear friend, Alok Jain, in a mission close to both our hearts — expanding the Lions Eye Hospital. Years earlier, we had trained together at the renowned Aravind Eye Hospital in Madurai, and ever since, we had carried a dream: to bring the same quality of eye care to our region.

Even though my body was frail, my spirit refused to give up. I pushed myself to attend a crucial meeting,

and there, I proudly became the first donor for a new hospital room, dedicating it in the name of my family. That day, I realized: even in the hardest moments, we have the power to create something beautiful that lives on. I made a strong decision: *"This project must continue, no matter what."*

### ***How Challenges Become Blessings***

When life gets tough, it's up to us how we respond. I kept working toward building the hospital because I believed it was more than just a medical center –*it was a way to uplift society*. And when we work for the good of others, *even fate starts to support us*. As I stayed focused on my mission, my health also began to improve.

The hospital project kept moving forward. This was proof that when your mind is determined, *no challenge can stop you*.

### ***The Power of Positivity – Thought is Real Magic***

Whatever situation we are in, the result we get depends on how we think. In my hardest time, I didn't give up. I chose a positive purpose. That decision improved both my life and my health. So when life gets difficult, don't just call it bad –*ask yourself what opportunity might be hiding in it*. *"Challenges bring new lessons, new directions, and new growth."*

### ***"Success Mantra"***

*"Every problem hides an opportunity. If we can see it, that challenge can make us great."*

*"Difficulties are not permanent. But our attitude can turn them into stepping stones."*

## 9. Self-Reflection and Self-Growth – Understand Yourself, Improve Your Life

### ***The Power of Mind and Positive Thinking***

**O**ur mind is very restless – it can travel thousands of kilometers in just a moment. But this same mind shows us the direction in life. Positive thinking has a magical effect on our lives. When we learn to control our mind, success and happiness follow us naturally. My personal experience also proves this—With the right mindset, we can overcome any difficulty in life.

### ***Freedom of the Soul and Strength of the Mind***

True freedom is not just breaking physical chains but freeing our mind and soul from inner fears. When the mind is fearless and the soul is full of faith, we begin to truly understand ourselves. Inner strength is like light that guides us even in darkness. With education and awareness, if a person connects with their inner truth, they can break all boundaries and reach any goal. Mental strength and the voice of the soul are our true guides.

### ***The Role of Conscious and Subconscious Mind***

Our subconscious mind always supports us based on what we believe. If we think positively, it will help us act in the right direction. But if we get stuck in negative thoughts, our conscious mind becomes confused, and we move away from success. That's why it's important to give the right direction to the mind.



***Miracles Are Possible with Positive Thinking***

I have faced many tough times in life, but every time I chose to see them *positively, they made me stronger*. My life journey is living proof of this. *Whenever I kept a positive attitude, magical things happened in my life*. Even when I was in the hospital, I used to *motivate others and keep myself strong*. *This positive energy not only helped me heal but also inspired others*.

***"Success Mantra"***

*"As long as you hold the reins of your mind, no challenge can defeat you.*

*Keep your thinking positive and treat each day as a new opportunity."*

*"A human is the creator of his future. He becomes what he thinks."*

## 10. See the World with a New Perspective – Every Day is a New Miracle

### ***Miracles Are Possible with Positive Thinking***

**H**undreds of patients visited the OPD at King Edward Medical College, Mumbai, every day. I used to go there with my wife, Neetu. Gradually, I started talking to other patients, and they began to feel a connection with me. Many patients could not accept their illness, but I took it lightly and stayed strong with my positive thinking. *Patients would invite me to sit beside them, show me their files, and ask what the doctor had written.* Their affection and positive energy were inspiring. I often thought, "I am healthier than them. The world is so beautiful. If we look at it with the right perspective, miracles happen. "Today, I feel healthy because of my thinking. When I shared my thoughts with them and motivated them, they began seeing life from a new perspective. *We must believe in turning difficulties into opportunities.*

### ***The Art of Turning Failure into Success***

Dr. A.P.J. Abdul Kalam's journey was shaped by struggles, yet he never allowed negativity to break his spirit. As a child, he grew up in tough financial conditions, but he refused to give in to hardship. With unwavering dedication to education and relentless hard work, he rose to become India's beloved "Missile Man" — and eventually, the President of the nation. His life is a shining reminder that when we face challenges

with courage and carry a positive spirit in our hearts, no obstacle is too big to conquer.

### ***A Positive Perspective Can Make the World Beautiful***

#### ***Our thinking shapes our health***

When I met other patients in the hospital, I always thought, "I am healthier than they are." This thought kept me energized. When we view the world from a fresh perspective, even the smallest moments in life become miracles.

#### ***The Greatest Success Mantra: Stay Positive***

*Avoid Despair: Find Opportunities in Every Situation.* Challenges are a part of life — there's no escaping them. But what truly matters is how we choose to face them. I saw this so clearly during my time in the hospital. Some people fought against their illness with anger and denial, and you could see the weight of sadness and stress pulling them down. But then there were others — brave souls who, even in their worst pain, chose to hold onto hope. They found reasons to smile, they stayed strong, and somehow, they seemed to heal a little faster. That time taught me something powerful: We may not have control over what happens to us, but we always have control over how we respond. And that single choice — to respond with courage, with hope, with positivity — can change everything.

#### ***Success Mantra***

*"Problems will come in life, but every problem hides an opportunity. If we think positively and see every day as a new miracle, life becomes joyful and inspiring."*

## **Chapter-3. Why is Loving Yourself Important?– Be Your Best Friend**

## 11. The Power of Self-Acceptance

Self-acceptance and self-respect are the first steps toward success.

It was this self-acceptance and self-respect that allowed me to keep any fear or hesitation from taking control. This thought stayed in my mind: "We are given life to live. Why not live it with joy?" When you become your true companion, it doesn't matter what others think. Life is your own—live it to the fullest.

### ***Why is Loving Yourself Important?***

Many of us try to live according to society's expectations, forgetting about our own true needs. By following others' advice, we often ignore our desires and needs.

Have you ever thought that if you don't love yourself, who else will? Self-acceptance means loving yourself despite your flaws and strengths. It empowers you and motivates you to become self-reliant.

### ***Society's Advice vs Your Own Decisions***

There are times in life when everyone around you starts offering advice. During my illness, I also received a lot of advice—some helpful, some not so useful. But in the end, the decision was mine. If I had made others' opinions the foundation of my life, I probably wouldn't be in the position I am today. That's why we must make important decisions for ourselves. Advisors may leave after giving their advice, but we are the ones who live with the consequences. So, listen to your inner voice and make decisions based on it.

***Decisions Connected with Self-Respect***

You cannot gain self-respect unless you accept yourself. Whether it's time management, food choices, or other aspects of life, the ability to make decisions for yourself is crucial. When we mold our lives according to others' expectations, we lose our true identity.

***Success Mantra***

*"Recognize yourself, love yourself, and make decisions with self-respect. When you become your best friend, the world will show you respect."*

*"Love yourself first, and then the whole world will want to love you."*

## 12. Five Surefire Ways to Boost Self-Respect

### *The Power of Self-Acceptance*

Self-acceptance and self-respect are the first steps towards success. It was this self-acceptance and self-respect that allowed me to keep any fear or hesitation from taking control. I too desired to find ultimate happiness through self-respect.

There is nothing greater than self-respect. During my illness, my family was by my side, but in my heart, I had the desire to overcome it and live a better life.

### *5 Surefire Ways to Boost Self-Respect*

#### **A. Believe in Yourself**

This life is yours, and you have the power to shape it. Whether it's illness or success, you can win every battle in life.

When you believe in yourself, no challenge in the world can stop you.

#### **B. Keep Your Words in the Right Perspective**

It's good to listen to others, but your words are equally important.

Whenever you speak, express yourself with clarity and strong arguments. This will enhance your self-respect and make people take you seriously.

#### **C. Respect Others to Gain Respect**

When you show respect to others, you automatically earn respect. Be mindful of your words when you speak.

Properly presenting your words not only enhances your self-respect but also earns you the respect of others.

#### **D. Respect Others' Knowledge**

When someone is sharing their knowledge, listen patiently. Understanding others' perspectives will not only increase your knowledge but also strengthen your self-respect.

The art of expressing your views at the right time is an essential part of self-acceptance.

#### **E. Be a Giver, Not a Beggar**

True self-respect develops when you become a giver, not a demander. Always maintain a sense of generosity and cooperation in life. When you extend a helping hand to others, society naturally holds you in higher regard.

#### ***Success Mantra***

*"Be a giver, not a taker, and your respect will double."*



## 13. The Magic of Accepting Yourself – You Are Precious Just the Way You Are

### ***The Pledge of Self-Acceptance***

**I**n 2016, even food and water stopped for me. My kidneys were failing, and I was close to death. During that painful time, I realized: *unless I fully accept myself and my illness, life has no meaning.*

***Self-acceptance gave me the strength to win that battle.***

We should stay away from a life of show-off and accept ourselves as we are. Be proud of what you do. ***You are amazing just the way you are—precious to yourself, your family, and your society.*** This mindset makes you truly excellent.

### ***4 Wonderful Benefits of Accepting Yourself***

#### ***A. Boosts Self-Confidence***

When you fully accept yourself, it builds your confidence from within.

That confidence helps you win every battle in life.

***Life is a celebration—how to enjoy it is your choice.***

#### ***B. Brings Inner Peace***

Accepting yourself gives you mental peace. You let go of negative thoughts and feel deep inner calm.

***True joy comes from self-awareness and self-acceptance.***

#### ***C. Improves Decision-Making***

A ray of hope in dark times

When you accept yourself, you stop worrying about others' opinions.

You make strong decisions with confidence.

***This independence leads you towards success.***

***D. Unlocks Real Joy of Life***

By accepting yourself, you embrace your limits and improve your strengths.

It helps you see life in a new way.

***Every day becomes a new opportunity.***

***Success Mantra***

*"Until you accept yourself, the world won't accept you either. Self-acceptance is the beginning of self-respect and success."*

*"Believing you are strong increases your confidence."*

## 14. A Life Lesson from 2015

**I**n 2015, I was fighting a serious illness. I traveled across India with my wife, visiting hospitals, meeting doctors, and hoping my kidneys could be saved. During this journey, I met many other patients. Seeing their pain made my own struggle feel smaller. That's when I realized: *If I compare myself to others, I'll either feel too lucky or fall into deep sadness. There's no end to comparison. We must walk our own path and keep moving forward in all situations.*

### ***The Trap of Comparison & a New Perspective***

*"Everyone is doing their best according to their own abilities. Don't compare yourself with anyone. The sun and the moon shine in their own time. "When we compare ourselves with others, we either feel small or become arrogant. Both feelings weaken us from within.*

***Successful people prove that self-confidence is the real key to success.***

Stop comparing yourself to others.

*Value your work. Do your best. Break free from the illusion of comparison and live a better life.*

### ***Accept Your Own Identity***

Comparison makes us weak because we forget our uniqueness. Each person's journey is different. Someone might have money, someone might have good health—

***But the most important thing in life is self-acceptance.***

When we accept ourselves, only then can we enjoy life fully.

***Take Inspiration, Not Comparison***

Instead of comparing, try to learn from others. If someone is successful, understand their struggles and take inspiration. ***Never feel less than anyone. Every situation in life teaches something.*** My struggles taught me that real success lies in ***moving forward***, not in competing with others.

***Success Mantra***

*"Every person is unique and valuable in their own way. Don't compare yourself with anyone. Try to become a better version of yourself every day."*

*"Everyone is doing their best according to their own strengths. Don't compare. The sun and the moon shine in their own time."*

## 15. Discover Your Strengths – Your True Treasure

### ***The Power of Self-Discovery***

**I**n 2015, I was battling a serious kidney disease. I visited many hospitals, met several doctors, and had just one question in mind—*Can my kidneys be saved?* During this struggle, I saw people in more pain than me, yet they were smiling and not giving up. That's when I realized the true value of *self-acceptance and self-respect. Only when you recognize your strengths can you discover your real power. Self-discovery is the true treasure that helps you overcome any challenge in life.*

### ***Wisdom from Great Souls: The Inspiration of Self-Realization***

At one point in his life, **Lord Mahavira** gave up the luxury of a royal palace to find inner truth. He observed the world deeply and meditated to discover the reality of life. He taught that a person's greatest wealth is not material things, but ***inner understanding and acceptance.*** When we start recognizing our strengths, ***the light of self-awareness begins to shine inside us.***

### ***Recognize the Treasure Within You***

Every person has unique talents that make them special. But the problem is—we often compare ourselves to others and ignore our own qualities. *The first step to self-respect is self-acceptance.* Look within. Discover your strengths. Accept your true potential. If you're sensitive, you can help others. If

you're a natural leader, you can inspire many. *Knowing your true strength is the key to your growth.*

### ***The Power of Meditation & Inner Realization***

Spending quiet time in meditation is the best way to know yourself. When we step away from the rush of life and sit in silence, we become aware of our real qualities. *Through meditation, we can control our thoughts and discover the hidden treasures within.* Lord Mahavira also attained *self-realization* through deep meditation. He showed us that true happiness is not outside, but *within us*.

### ***Accept Your Precious Existence***

*You are already valuable—just the way you are.* Recognize the power inside you and use it wisely. Challenges will come in life, but if you keep your *self-respect strong*, no obstacle can stop you. *Stop comparing yourself to others and build your path.* *Self-acceptance is the real key to success.* I also felt that life is priceless. We should keep learning every day. This habit of learning boosted my confidence many times over.

### ***Success Mantra***

*"Discover the possibilities within you, accept your qualities, and live with self-respect. The one who knows himself is the true winner."*

*"A person filled with self-confidence and self-respect is the one who brings real change in the world."*

## **Chapter 4: The Magic of Gratitude and Contentment – Cherish Every Moment of Life**

## 16. The Power of Saying “Thank You” – A Life-Changing Habit

### ***The Power of Gratitude***

In 2015, India’s former President and great scientist *Dr. A.P.J. Abdul Kalam* was invited to give a lecture. After the event, he personally thanked everyone on stage—even the person who set the microphone and the one who served water.

Someone asked him, “Sir, why do you say thank you for such small things?” He smiled and said, *“Gratitude is energy. It not only fills others with joy, but also fills us with positivity.”*

### ***The Magic of Gratitude: A Small Habit, Big Impact***

During my frequent hospital visits, I discovered the real power of the word *“Thank you.”* As soon as I got out of the car, the guard opened the gate. A nurse pushed my wheelchair to the dialysis unit. My name was registered at the reception. Many people helped me during this time. I used to thank each one of them, and sometimes, even gave them chocolates. Soon, I noticed something amazing: These people began to feel connected to me. They treated me with more warmth and respect. *They started welcoming*

*me with fresh energy every time—and I too felt recharged from within.*

### ***Gratitude Can Change Your Life***

The lives of great people show us that *gratitude makes a person’s personality shine.* When you thank the people who help you, *you not only inspire them but*



*also increase love and satisfaction in your own heart.* when I thanked *Nidhi*, my wife's youngest sister, for helping me, she said, "*Why do you thank me?*" But deep down, I knew it made her feel respected—and our bond became stronger.

### ***How to Make Gratitude a Daily Habit?***

A. Say Thank You for Every Small Thing, whether someone opens the door for you, gives you water, or helps you with directions—*always say thank you.*

B. Write Down Thanks Daily: Write three things you were glad for each day before bed. Doing this brings calm and joy to your heart. C. Show Thanks to Others: Say thank you often to family, friends, and coworkers. This makes your bonds stronger. D. Make Happy a Habit. When you live with thanks, it keeps you feeling good and content inside.

### **Success Rule:**

"Learn the power of saying thank you. It fills your days with joy, makes stronger ties with others, and brings peace within." "I have faced many trials in life, but I thanked each one—they made me tougher." — Ratan Tata

## 17. How to Feel Content with What You Have? – Let Go of the Feeling of Lack

### ***The Power of Contentment***

**C**ontentment is a treasure that everyone already has. But very few people actually recognize it. When we live with contentment, life becomes simple and peaceful.

This was the core teaching of *Acharya Shri Vidyasagar Ji*, who lived a life of detachment and simplicity. He never had a permanent home, and he lived with minimum needs. He often said: *"Do not collect more than you need. If you have extra, give it to someone worthy."* This is not just a message of charity, but a deep spiritual truth.

### ***Contentment – The Greatest Happiness***

Many people always complain about what they don't have. But have they ever thought—what they do have could be someone else's dream? *Being content* doesn't mean you stop wanting to grow or succeed. It simply means *you feel peace with what you have right now*. In Jain philosophy, the idea of *non-possessiveness* (*Aparigraha*) teaches us that if we limit our needs and stop hoarding, we will live a truly happy life. Wanting too much brings only stress and unhappiness.

### ***Let Go of Complaining About What's Missing***

When we compare ourselves to others, we only see what we lack. This creates a constant feeling of *emptiness*. This burden steals our joy. Look at history—many great people never focused on collecting wealth.

Even the invaders who looted India's treasures left this world *empty-handed*. This is the ultimate truth of life: *"We came into this world with nothing, and we will leave with nothing."* Accepting this truth brings peace and *true contentment*. I was ill for a long time, but I often told myself, *"At least I can speak and move my hands and legs. That's more than enough."* This self-contentment made my life feel *joyful*, even in sickness. I told myself, *"It's just a small illness. I will recover."*

### ***Choose Contentment, Choose Happiness***

Those who accept contentment *live a truly joyful life*. When we accept our situation and look for the good in it, *we feel peaceful in any condition*. Contentment gives us *mental strength and inner stability*, so we can face problems with courage. Even my ability to fight illness improved because of this contentment. The one who understands the power of contentment learns how to *smile even in tough times*.

### ***Success Mantra***

*"True happiness does not come from outside things, but from the satisfied heart within"*

*"Contentment is the greatest wealth—and the one who finds it is truly rich."*

## 18. Balance Between Contentment and Success – Can Both Coexist?

### ***The Beautiful Union of Contentment and Success***

Once, there was a man who worked very hard, but still felt unhappy when he saw others living a richer life. He often thought, *"If I had more money, land, or better resources, I would be much happier."* One day, he met Acharya Shri Vidyasagar Ji while he was on his spiritual journey. The Acharya noticed his troubled mind and asked, *"Do you want to be happy?"* The man quickly said, *"Yes! But I don't have enough resources."* Acharya Ji smiled and replied, *"True contentment doesn't come from what you have outside—it comes from balance inside your heart."* The man understood this, and began to feel thankful for what he already had. Slowly, his hard work paid off. He became not only financially successful but also mentally peaceful.

### ***A New Life Through Contentment and Determination***

When life is hit by sickness, it's not just the body that gets tired—even the soul begins to feel weak. But during such difficult times, two things hold us up: *contentment and determination*. Even when disease is serious, if your mind refuses to give up, your body starts healing too. Yes, sometimes we cannot control our situations—*pain, treatment, physical limits, and helplessness* all become part of life. But if we move

forward with the thought: "*Whatever I can do, I will do it with full dedication,*" then slowly, everything starts changing.

***Contentment means accepting the present while moving forward with hope.***

This balanced mindset becomes the best medicine for healing. Success is not just about a career or big achievements—*living your life again after falling is a huge success in itself*. The person who smiles after a tough fight, who finds hope even in pain—*that's a truly successful person*. When *contentment and effort* walk hand in hand, life blooms once again. And one day, we can proudly say—

*"I have won!"*

### ***Contentment – The True Wealth of Life***

Many times, in the race to get more, we forget to be content. We think big money, a high position, or a luxury car will bring happiness. But the truth is different. If the mind is not satisfied, ***even the biggest success feels incomplete***. Jain philosophy teaches through the principle of ***Aparigraha (non-hoarding)***,

that collecting unnecessary things leads to sorrow. I personally felt that ***contentment is real happiness***. When I realized I already had so much in life, I became free from stress and could truly enjoy living. This way of thinking helped me heal many times. I accepted, ***"What I have is enough."*** A calm mind is the sign of a ***healthy soul***.

### ***Why Contentment is Essential for Success***

***Contentment does not mean giving up dreams or ambitions.*** It means respecting your efforts and living fully in the present. When you balance contentment with ambition, your ***confidence grows***, and you start facing bigger challenges with ease. History shows us—those who found balance between ***satisfaction and hard work*** became truly great.

***Success Mantra***

*"Contentment is not a weakness—it's inner power. When you're satisfied with the present, your energy flows in the right direction, and success naturally follows."*

## 19. Free Yourself from Negativity – Stop Complaining, Start Solving

### ***When Life Tested Me Hard***

**I**t was May 2014 when I found out that my kidneys were failing. The doctor said they would stop working in two years. Such news can shake anyone—and it shook me deeply. I fell into *depression*, cried alone in my room, and was filled with *negative thoughts*. But one day, I asked myself: *"Will crying help me in any way?"* The answer was clear— *No!* In fact, my sadness was making my family emotionally weak too. That was the moment I decided to change. I calmed my mind and got busy with work. With my team, I created a *roadmap for Lions Eye Hospital in Parasia*. I dreamed big and worked even bigger. Slowly, I realized—*the illness was still there, but life itself is a beautiful gift.*

### ***Healing From Illness: Power of Balance and Willpower***

When we accept our condition and move ahead with the thought: *"I will give my best, no matter what,*" magical things begin to happen in recovery. *Contentment doesn't mean giving up—it means accepting reality and working hard to improve it.* And for that, we need to hold on to our *willpower and courage*. If we balance both mind and body, we don't just recover—we become stronger and more confident than before.

### ***Hard times come to everyone.***

But when we face them with strength and calmness,

success and peace find their way to us. Our mental state shapes our body and our future. A healthy mind gives the power to overcome anything.

### ***Stop Complaining, Start Solving***

Our failures come not to break us, but to teach us. Whenever life feels tough, instead of complaining, focus on solutions. When I stopped crying about my health and focused on serving others, *my mindset turned positive*, and I found new energy. When people asked, "How are you now?" I smiled and said, *"I'm enjoying every moment of life."* This attitude kept me *happy and healthy*.

### ***The Magic of Positive Thinking***

When you think positively and do good for others, *the universe starts supporting you*. This is a powerful truth. Negativity only makes us weak. But *positivity fills us with limitless energy*. So accept life's challenges and turn them into opportunities to grow. I truly felt this. My family, relatives, and friends were praying for me—I could feel their love and strength. But the *biggest energy* came from the *40,000 patients* whose eye surgeries we conducted through our team efforts. *Their silent blessings gave me life again*.

### ***Success Mantra***

*"Obstacles will come, but not to stop you—they come to polish your strengths. The true joy lies in the balance of contentment and success."*

*"Fighting illness needs strength, but half-hearted efforts will not work. When we give our full power and determination, no sickness can defeat us."*



## 20. Make Gratitude a Habit – Live a New Life Every Day

### ***The Power of Gratitude***

Once, a poor helpless man was sitting at the gate of a temple. He was blaming his fate and saying, "*I have nothing in life.*" A wise saint passed by and asked, "*Are your eyes working fine?*" The man replied, "Yes." The saint continued, "*Are your hands and legs healthy?*" The man again said, "Yes." The saint smiled and said, "*Then you are richer than millions! What you have can't be bought even with all the money in the world. Be grateful to God for what you already have.*" These words changed the man's thinking. He started living with *peace and gratitude* and began improving his life.

### ***Make Gratitude a Part of Your Life***

In today's busy world, we often live in complaints. We focus on what's missing and forget what we already have. *Gratitude brings positivity into life*. Start your day by thanking God for another morning. Before eating, thank the farmers who grew the food. Say "thank you" to your family, friends, co-workers, and even the cleaners and helpers around you. This brings more *love and respect* into relationships.

### ***The Link Between Gratitude and Success***

When we feel thankful, our mind stays *calm and balanced*. And a balanced mind can focus better, work harder, and reach success faster. Once, Acharya Shri Vidyasagar Ji was staying in Amarkantak. A troubled man came there thinking of ending his life due to

financial problems. Before taking any action, he decided to see the guru. He saw him but didn't have the courage to speak. So he shared his thoughts with a monk who was part of the Acharya's group. The monk went inside and told Acharya Ji everything. Acharya Ji said, "*This man may have never donated or helped others. Let him donate whatever he has. Everything will get better.*"

The man had only Rs600 left—his return money. But with full faith, he donated even that amount. He felt thankful that at least the guru heard his pain. He wondered, "Now, how will I return home?" Suddenly, a cloth trader arrived and said, "*I'm going back. If anyone wants a lift, let's go.*" The monk said, "*Take him with you.*" On the way, the trader spoke to the man and gave him some cloth bundles to sell. Because of *gratitude and faith*, the man turned his life around—He forgot about suicide and became a *successful businessman*.

### ***Find Gratitude in Small Things***

Every day, life gives us little miracles.

But we miss them while running behind big things. If we start appreciating even the smallest blessings, ***our view of life will completely change.*** Praise your children for their small efforts. Respect your elders at home. Thank those who work for you. This will not only improve your personality, but it will also bring you ***inner peace and lasting success.***

### ***Success Mantra***

*"The person who lives with gratitude and contentment builds a world of positivity around them—success naturally follows."*

## **Chapter 5: Leave the Worries of Past and Future**

## 21. The Present Is the Real Treasure

### ***The Art of Living in the Present***

A man once went to Acharya Shri Vidyasagar Ji and said, *"I am always worried. My mind is stuck in past memories and future fears."* Acharya Shri smiled and asked, *"Are you breathing right now?"* The man replied, "Yes, of course." Acharya Shri then said, *"Then why worry? The past is already gone, and the future hasn't come yet. True life exists only in this present moment."* These words made the man reflect deeply. He realized that *real happiness comes from living in the present.*

### ***Let Go of the Past and Future***

I had to face some serious health problems in life—some truly scary experiences.

I had read somewhere, *"Neither the past nor the future is in your control—only the present is."* So, I stopped thinking about the past and came out of my suffering. Today, I feel healthy and happy. Many people stay trapped in the memories of their past. They either regret or feel sad about what happened before. But the truth is, the past cannot be changed. Similarly, the future is just imagination. We can plan, but we can't control what's coming tomorrow. So why not focus on today? *Today is real. Today is where your power lies.*

### ***Successful People Live in the Present***

History shows us that people who live in the present become truly successful. Look at Dr. A.P.J. Abdul Kalam—If he had stayed stuck in the hardships of his

childhood,  
he might never have become India's great scientist and President. He didn't let his past control him, nor did he fear the future. He lived each day with *full dedication and energy*. That was the secret of his success.

### ***The Present Is the Real Treasure***

The person who lives each moment with awareness is the one who truly enjoys life.

Spending time with your family, doing your work with focus, and enjoying the little moments—***This is the true wealth of life.***

### ***Success Mantra***

*"Forget the past from your subconscious mind and enjoy the present—that's where real life is."*

## 22. The Secret to Living Every Moment Fully

**True life is found only in the present moment.**

One day, a young man approached a wise saint and said,

*"Master, I'm always lost in memories of the past or worrying about the future. I can't seem to find peace."*

The saint smiled and asked,

*"Have you ever noticed how a river flows? It doesn't stop in the past, nor does it rush toward the future. It simply flows in the present. That, my child, is the secret of life."*

### **Let Go of the Past and Stop Worrying About the Future**

Most of us get caught up in the past, reliving old memories, regrets, or even moments of happiness that are now long gone. But ask yourself honestly—can you change the past? No, you cannot. So why stay trapped in it?

Likewise, worrying about an uncertain future only steals your peace of mind. The truth is, the future is not completely in your control either. And yet, many people spend their lives stuck between the weight of yesterday and the anxiety of tomorrow.

The real joy, the lasting peace, lies in this very moment. Those who stay centered in the now—not constantly

rewinding the past or fast-forwarding into the future—are the ones who truly live fulfilling lives.

### **The Present Moment Is Real Life**

The lives of saints and spiritually awakened beings teach us that true living happens only in the present. They don't cling to old memories or fear what's ahead. They live each moment mindfully, rooted in awareness and gratitude.

Their example shows us that happiness and contentment are not found in "what was" or "what might be"—but in "what is." When we learn to live fully in the moment, we unlock a simple but powerful truth: this moment is enough.

### **Peace Comes From Living in the Now**

In my own life, I chose to let go of the burdens of the past. I allowed old memories to fade from my subconscious and stopped carrying their emotional weight. The moment I started living fully in the now, I experienced real joy and clarity.

Whether it's sorrow or happiness from the past, it no longer controls me. When we learn to be present, we become calm and centered. And when your present becomes peaceful and joyful, your entire energy shifts—positivity spreads not just in your life but to everyone around you.

People who remain trapped in past trauma or are constantly anxious about the future miss the real magic of life. They live, but they do not truly experience life. The secret is to show up fully for each moment—with energy, with purpose, with gratitude.

**Success Mantra**

*“True life is when you live every moment completely. Let go of the past. Stop fearing the future. The secret of peace and happiness lies in fully embracing the present.”*



## 23. The Art of Meditation – Live with Awareness, Fill Life with Joy

**Every moment lived with a calm mind becomes eternal.**

**U**nder the shade of a Bodhi tree in Bodh Gaya, a young man sat deep in meditation. His eyes were closed, but his inner vision was wide open. Days and nights passed, but he remained still. When he finally opened his eyes, he had become *Gautam Buddha*—awakened, wise, and full of compassion. His life teaches us one truth: *the art of living in the present moment is real life*. No regrets about the past, no worries about the future—just a deep experience of *this moment* is called meditation.

### ***Meditation – The Key to Awareness***

*Meditation is not something mysterious or difficult.* It's simply about being aware of your breath. When the wild horse of the mind runs uncontrollably with thoughts, *meditation becomes its reins*. Negative thoughts like anger, jealousy, and worry slowly make our body and mind sick. When we practice simple meditation techniques—like deep breathing, chanting mantras, or just sitting in silence—we naturally start feeling mental peace. *This awareness leads us to self-realization.*

### ***Meditation as Strength in Life's Struggles***

*My own life is proof of this truth.* During two kidney transplants and one life-threatening battle on a ventilator, when my body wanted to give up, it was only

*meditation* that kept my mind calm. As per doctors' advice, I stayed connected to deep meditation, walking, breathing exercises, devotional songs, and mantra chanting. At that time, *consciously taking each breath, writing words with love, and getting lost in music became my meditation*. This new way of living brought back not just physical strength, but also became a source of mental joy.

### ***A New Vision from Mahavir Swami's Teaching***

*"Mind is everything; what you think, you become.*

*"This teaching by Lord Mahavir Swami became the core of my life. Then I started focusing on the quality of my thoughts, slowly, negativity disappeared. Anger reduced, impatience vanished, and tolerance grew. Meditation is not about sitting for hours; it's the art of being present in every moment. While eating, walking, talking—if your mind is present, that's real meditation. And when the mind is calm, success knocks on your door automatically.*

*"This spiritual self-help book offers ancient wisdom for modern healing."*

### ***Success Mantra***

*"When we are fully present in the current moment, life becomes a gift."*

*Meditation is not about closing your eyes, it's about opening your awareness to live life fully.*

*"One who conquers the mind, conquers the world."*

*"He who controls the mind is the true winner."*

## 24. Enjoy Every Moment – A Timeless Secret to Happiness

### ***LEARN TO LIVE IN THE PRESENT – EMBRACE THE NOW***

*Each moment that we have in life is an amazing opportunity, a gift, provided us, to truly live and really love. Our breaths are limited, and it's in our hands to use them wisely. If we want to stay happy, we must let go of unnecessary worries. We should find joy in small things because true happiness lives within us, not outside. Outer show-offs are temporary, but inner peace is long-lasting. We should find happiness in our family, children, and neighborhood, and try to keep them happy too. Nowadays, wasting too much time on social media has become common, and this takes us away from real happiness.*

*We must recognize our real joy and support our family, sit together, laugh, and share moments. Instead of focusing on others' lives, it's important to focus on our actions, because every moment is made to be lived.*

### ***Happiness During Illness – Finding Strength to Recover***

When we are fighting illness, the hardest thing is staying mentally strong. All of it matters. If we can live every moment, we understand the true strength of life. Sickness provides an opportunity for despair, and we begin to imagine the worst. But the point is to see the value of now. For example, if someone is going through treatment and focuses fully on it every day, their

mindset stays positive, and even the body starts healing faster. Each day becomes a new beginning, and we try to make it better.

During my illness, when I focused only on the present moment, my thoughts, body, and soul worked in that same direction. This thought made me strong while I got better. When we work hard and care, no problem can beat us..

### ***Real Happiness Lies in the Present***

Real joy comes from you, not things outside. joy is with our loved ones, kids, and things around us. We must live each moment fully and enjoy small joys. We should stay aware of our thoughts and actions, remove negative thinking, and adopt a positive mindset. When we live in the present, we become free from unnecessary worries and enjoy life more.

Be kind and compassionate to others—helping others brings inner peace too.

### ***Focus and Success – The Way to Recovery***

When I was battling illness, my biggest challenge was staying mentally strong and focused. Our inner mind often fills with negative thoughts, affecting our health. But if we give full attention and energy to any task, it moves toward success. Ill people must think in the right direction and stay fully focused. I followed every instruction of my doctor, took medicines properly, and also remained committed to mental and physical healing. Thinking bad thoughts slows our healing. When I aimed all my energy at getting well, I healed fast and felt strong in my mind. Focus means putting love and good thoughts into what we do. This path showed me that focus gives strength to beat each

problem. By looking at each step of healing and keeping bad thoughts away, we heal quicker. ***Every moment is an opportunity—if we use it well, nothing can defeat us.***

### ***Positive Change – The Essence of Life***

To bring positive change in life, we must value every moment. We must stop worrying unnecessarily and learn to live in the present. Value small joys and build good relationships with people around us. By reducing social media use, we can use our valuable time for creative and helpful activities. Let's make our life meaningful and bring positive change. These practices brought a major transformation in my life. ***Happiness is not found by chasing it, but by shaping yourself from within—that's the true essence of life.***

### ***Success Mantra***

*"Live every moment, stay happy in the present, and bring positive change."*

*"Our happiness begins the moment we accept the present."*

## 25. Simple Ways to Focus the Mind and Increase Awareness

***Everyone faces difficulties and challenges in life.***

I have been through the same. When I was diagnosed with kidney disease, my mind became restless. I kept thinking, “What will happen next?” During this time, a friend of mine, *Yogendra Ji from Brahma Kumaris Ashram in Seoni*, visited me and suggested meditation. He said, “Meditation will make you calm.” This easy tip turned my life around. Meditation not only soothed my thoughts but also sharpened my senses to my own body.

***Understand the Restlessness of the Mind Our mind is always wandering.***

It keeps running in many directions. When I used to think about my illness, countless thoughts would come to me. But meditation taught me that it is important to guide the mind in the right direction. “*The power of the mind is limitless.*” If we recognize the strength of our subconscious mind and direct it positively, it can transform our entire life.

***The Importance of Meditation***

***Meditation is a powerful way to control the mind.***

When I began to meditate often, I felt calm and found a new spark in life. Meditation lifts the mood and boosts health. It helps keep the mind and body in sync, aiding in healing.

***Spread Positivity***

As I learn to quiet my mind, I see happy thoughts come in. It is key to switch bad thoughts with good ones. As we head to happy thinking, our mind is more at ease and joyful. It is like a loop—good thoughts lead to good things.

***Success Mantras***

*"The key to success is to keep your mind calm and adopt positivity."*

*"Your mind creates your life."*

## **Chapter 6: Joy and Balance in Relationships – Play the Right Tune of Bonding**



## 26. The Importance of Relationships – Learn to Build, Not Break

***R****elationships play a big role in human life.*

They not only connect us but also give our lives meaning. I truly realized the value of relationships when I faced one of the hardest battles of my life. I got married in 1997, and my father told me,

***"Now that you're married, your in-laws are also your family and your responsibility."***

These words deeply inspired me to value relationships, give them respect, and ignore small issues.

### ***Understand the Value of Relationships***

During my illness, when I was on a ventilator, the support of my family and friends became my strength. At Alexis Hospital, my wife's brother Nitin and my son Mehul cared for me. It hit me that bonds aren't just blood; they are made from love and honor. When Nitin left, I turned my head to let him pass. After he left, a nurse asked,

***"Where is your elder son?"***

I smiled and said in a broken voice,

***"He is my son's uncle."***

That moment showed me that real relationships are those that keep us united.

***Ways to Strengthen Relationships***

To keep relationships strong, we must give time. ***Spending quality time with loved ones builds deep bonds.***

Trust and respect are the foundation of every relationship. We must respect each other's feelings and thoughts. Clear and open communication also helps improve relationships.

***Power of Patience and Understanding***

It is easy not to see the same way. Saying sorry and letting go helps fix things. This makes us more kind and easygoing. Patience is key in being with others since not everyone is the same. When we get together, our ties grow strong.

***Success Mantras***

*"Real bonds are giving; they grow strong with care and honor."*

*"Never forget the value of relationships; they are delicate threads that once broken, are hard to join again." – Unknown*

## 27. The Art of Communication – Good Words, Great Bonds

***Relationships are the soul of human life.***  
**R**They give us meaning, direction, and emotional strength.

When I was battling kidney disease, I truly felt that strong relationships give life energy. One day, while I was on the ventilator, the support of my family and friends helped me survive. ***That's when I realized that the art of communication not only strengthens bonds but brings people closer.***

### ***Why Communication Matters***

Relationships Bonds are the root of our feelings—joy, hurt, and help. Good talk links hearts, builds faith, and grows insight.

***The Power of Words During Healing***  
 When we're sick, talking can help us heal. Good words to oneself like: "I will heal." "This will end." can lift us and help us get better faster. Bad thoughts can slow healing, but strong, hopeful words give us strength. ***Muni Shri Praman Sagar Ji's 'Bhavna Yog' (emotion-based meditation) was a magical healing practice for me.***

### ***Inspire and Heal Through Words***

When we talk with family and friends, choosing positive words brings peace. Their support reminds us—we're not alone.

***Together, we can face any situation.*** This art of communication goes beyond illness. It strengthens us emotionally and mentally, too.

***Thinking good thoughts gives us the strength to beat any challenge.***

### ***The Value of Meaningful Communication***

Talking is more than words. It shows what we feel; it is a lovely skill. Pick the right words, speak at the right time, and keep your voice calm.

***"Words have immense power—use them wisely."***

One wrong word can damage a lifetime bond. That's why we must understand and develop the art of speaking.

### ***The Impact of Words***

The words we use shape our relationships.

***Positive and motivating words build sweetness in bonds.*** When we listen deeply and understand others, we form strong emotional connections. These connections support us during tough times.

### ***Keep the Communication Flowing***

To maintain healthy relationships, we must keep the conversation alive.

*Open and honest talk removes misunderstandings and builds trust.*

### ***Success Mantras***

***"True relationships are built through communication—choose your words wisely and mean them."***

## 28. Protect Relationships from Negativity – Ignore Small Mistakes

*Relationships are very important in life.*

**R**They not only connect us but also support us in difficult times. I've seen in my life that ***ignoring small mistakes can protect us from negativity.*** When we practice forgiveness, we feel less stress and more peace.

### ***The Power of Forgiveness***

Acharya Shri Vidyasagar Ji has always inspired me. I've never seen him get angry. His forgiving nature is something I deeply admire.

In 2008, when he visited my city, we had some difficulty arranging his stay. When we requested him to move to a different place, he simply smiled and said, ***"As your town wishes, I will follow."***

His kind response taught me how ***ignoring small things can help build stronger relationships.***

### ***The Art of Letting Go***

Letting go of little missteps helps us stay happy and free.. When we forgive our friends or family for small things, it makes the bond stronger. This also builds tolerance and reduces stress. ***Negativity grows only when we focus on small issues.*** Instead, we should always look at the positive side.

### ***The Power of Positive Thinking***

Positive thinking brings great change in life. When we choose positivity in our relationships, it keeps us happy and also spreads happiness around us. If we carry no

negativity in our minds, our bonds become even stronger.

We should always keep our thoughts positive and show respect towards others.

*Let's all take a step forward to protect our relationships and move toward a more positive life.*

***Success Mantra***

*"Ignore small mistakes; choose forgiveness and strengthen your relationships."*

*"Forgiveness is the greatest virtue; it brings us closer to each other." – Acharya Vidyasagar Ji*

## 29. Forgiveness and Acceptance – Open Your Heart, Let Go of Pain

*Forgiveness and acceptance can make life calm. These values help us and grow our ties with others. Holding anger or hate harms us more than others. It brings worry and hurts our bodies too. Acharya Shri Vidyasagar Ji Maharaj said, "When we ask for forgiveness, it helps us, not just them." Forgiving clears our thoughts and gives us power to go forward in life.*

### ***Power of Acceptance***

Every person has flaws. When we accept others with their weaknesses, we build better relationships and a more understanding society.

Tolerance and acceptance help us live in peace and understand different perspectives.

### ***Value of Forgiveness***

When I was with Acharya Vidyasagar Ji, I learned the true meaning of forgiveness. He always stayed calm and peaceful. He once told me,

***"Forgiveness should come from the heart, not just the mouth."***

I remember going to the hospital for a blood test. My veins were weak, and it took five tries to collect the sample. The staff was worried I might get angry. But I simply said,

***"It's not your fault, my veins are weak."***

This small act of understanding brought relief and created a positive bond between us.

***The Strength of Acceptance***

*When we accept others and ourselves without judging, we make strong bonds that last. Acharya Vidyasagar Ji showed how to live calmly by forgiving and accepting each day.*

***Freedom from Negativity***

Letting go of little errors makes us feel bright and glad. I started practicing forgiveness by apologizing to those I may have hurt knowingly or unknowingly. This act helped me get rid of negative thoughts.

*So, open your heart, let go of pain, and choose peace in relationships. This is the path to a joyful life.*

***Success Mantra***

*"A heart with pardon and welcome brings deep calm and harmony."*

*"Forgiveness is the best gift; it pulls hearts near."*



## 30. Set Boundaries, Earn Respect – The Mantra for Balance

***L****ife is a journey where we face different relationships and situations.*

Keeping things balanced in our ties and moments is key for joy and calm. Knowing and honoring limits makes ties strong and aids us in living a fair and kind life. When we know what we can handle and honor it, we change how we act and speak so it is nice to others too. This balance is the base of honor and winning in life.

### ***The Importance of Relationships***

Relationships are a significant part of our lives. They give us reason, make us feel like we secure, and bring us peace. Yet, we often don't care for them right, which can lead to lost bonds.

In my own life, I experienced this when I had kidney issues and was on a ventilator. During that time, I received a lesson that completely transformed my life.

### ***The Importance of Boundaries***

As we live our lives, we must understand our boundaries. Our know-how, skills, talk, and actions must match the lines we draw for ourselves. These lines help us earn respect and keep things balanced in our relationships with others and in life.

### ***Respecting Boundaries***

When we honor our limits, we also honor the limits of others. This builds strong relationships and helps keep life steady.

***Success Mantra***

*" When we respect our limits, we make our bonds strong and keep life in balance."*

## **Chapter 7: Spirituality for Mental Peace – Begin Your Inner Journey**

## 31. The Power of Meditation and Yoga – Connecting the Mind and Soul

***There came a time in my life when I had to fight for my life against illness.***

During this challenging time, I learned a lesson that completely changed my life. I realized that both meditation and yoga are essential for life.

Meditation energizes the mind, while yoga strengthens the body. My doctor always guided me to walk for forty-five minutes, practice pranayama (breathing exercises), and meditate. This keeps the body healthy and refreshed.

### ***Meditation: A Means to Awaken the Power of the Mind***

Our mind is always filled with countless thoughts, ranging from past memories to worries about the future, which keeps it restless. Meditation is a practice that stabilizes the mind in the present moment, calming it and making it balanced. Meditation is also a tool for self-reflection and developing inner energy. When we meditate, we gain new ideas and solutions. It not only reduces mental stress but also brings spiritual peace.

### ***Yoga: The Secret to Harmony Between Body and Mind***

Yoga is not just a way to make the body flexible and healthy, but it also establishes balance between the body and mind. When we practice yoga, energy flows properly through our body, enhancing our immunity.

Dr. Kalam started his day with pranayama and light yoga exercises. He believed, *"When the body is healthy, the mind becomes more active, and thoughts become more positive."*

He also encouraged the youth to practice yoga and meditation daily.

### ***The Importance of Meditation***

Meditation purifies the mind and helps us bring positive changes in life. When we meditate, we calm our minds and maintain balance in our lives. Our scriptures have taught us that meditation is essential for life.

### ***The Importance of Yoga***

Yoga keeps the body healthy and helps us bring positive changes in life. When we do yoga, we strengthen our bodies and maintain balance in life. My doctor taught me that yoga is essential in life.

### ***Success Mantra***

*"Both meditation and yoga are essential for life. Meditation energizes the mind, and yoga strengthens the body. When we practice both, we maintain balance and bring positive life changes."*

## 32. Faith and Surrender – There Is No Greater Support Than Trust

***"In moments of crisis, unwavering faith in God is our greatest strength."***

### ***Surrender Between Life and Death***

**S**Everyone's life is filled with difficulties and struggles. We should consider faith and surrender as the key to our success. "If your goal is pure and your intention is noble, the entire universe is ready to help you."

In my life, there was a moment when I came close to death. After coming off the ventilator, one morning, I suddenly started having difficulty breathing. It felt like my life was about to end. I calmed myself and prayed to God: "Lord, if I am given another life, let it be in the same city." I had surrendered myself.

My son Mehul held my hand and repeatedly said, "Dad, don't close your eyes, the doctors are coming." This was the test of my faith and surrender.

### ***Faith: A Beacon in Times of Crisis***

Every person faces crises, but those who hold steadfast faith are the ones who overcome life's toughest challenges.

My son, Mehul, kept saying, "Don't close your eyes," as he was worried about an inevitable loss. I had surrendered myself to God, awaiting an unknown event with a calm mind.

In my own experience, when my body started to fail, a voice from my subconscious said, "You have done good

deeds, and you must continue to do so. Not harm anyone."

This self-acceptance calmed my breathing, and the recovery process began.

***Surrender: When We Entrust Our Lives to God***

The greatest power in life lies in surrender. When we let go of fear and doubt and surrender ourselves to God's will, an invisible force takes care of us. "Do not fear failures, for they plant the seeds of success."

Similarly, when I felt death approaching, the power of surrender transformed my life. A new energy surged within me, and I completely entrusted myself to God's hands.

***The Secret to Struggle and Success***

The biggest difference between struggle and success is mindset. A person who moves forward with faith and surrender conquers even the most difficult circumstances.

In my experience, as soon as I let go of negative thoughts and moved forward with full faith, my body began to recover rapidly.

***Success Mantra***

*"Faith and surrender are life's greatest treasures. When you leave behind doubts and fear, and move towards your goal, the entire universe prepares to assist you."*

*"A person who calms their mind and remains dedicated to God reaches the heights of life."*

### **33. Prayer and Energy – The Secret to Mental Peace**

#### ***The Amazing Power of Prayer***

**P**rayers have incredible power and energy. When prayers are made selflessly and with a true heart for someone else, the energy sent through those prayers creates miracles in their lives.

***"True prayer, made with a sincere heart, is the energy that makes the impossible possible."***

#### ***The Power of Prayer and Self-Energy***

True prayers do not just bring peace of mind; they also hold the power to help a person overcome difficult situations. The energy generated by prayer has brought positive changes into the lives of millions of people.

In 2022, when I was on a ventilator after four seizures and doctors had lost hope, I could feel an invisible energy surrounding me.

Prayers were being offered for me in temples, mosques, gurdwaras, and churches.

My colleagues, who had helped me establish Lions Eye Hospital, were also praying for me. Along with their prayers, there were also the blessings of over 40,000 patients whose free surgeries we had provided. Prayers from my family, friends, and well-wishers gave my life a new direction.

#### ***Prayer: Awakening the Power of the Soul***

When we pray with full devotion, prayer becomes more than just words; it becomes an energetic force that



impacts our lives. When we surrender ourselves by letting go of ego and selfish desires, the energy paves the way for us.

In my own life, I clearly saw that when the whole community prays with sincerity for someone, the energy brings miraculous changes. I experienced this while on the ventilator and afterward.

### ***Positive Energy: The Invisible Strength in Life***

The energy we send out to others comes back to us. This is a spiritual law.

Energy created through service and prayer provides us with immense inner strength. When people meditate deeply, their energy makes the entire environment positive.

At Lions Eye Hospital, conducting thousands of free surgeries with my colleagues was my meditation, and the positive energy created during that time became life-giving for me in my difficult moments. This proves that when we serve selflessly and work for the welfare of others, those acts become shields for us.

### ***Faith and Surrender: The Greatest Power in Life***

When we are surrounded by difficulties, prayer is the medium that gives us strength. Surrender and faith lead a person toward spiritual advancement. When I embraced the power of prayer and surrendered, the energy returned to me, filling my body with new life.

***"Success Mantra"***

*"True prayer is not just a game of words; it is the flow of energy. When we pray with complete surrender and faith, it is bound to be fruitful."*

*"When you pray for the well-being of others, the universe's forces align for your welfare. Selfless love and service are true prayers."*

## 34. The Union of Spirituality and Science – Miracles Happen Together

### ***The Union of Spirituality and Science: The True Power of Miracles***

"When spirituality and science come together, miracles happen."

There are moments in life when the line between science and spirituality becomes blurred. Both can work together to create miracles, and this is a truth that our ancient sages understood centuries ago.

When I was on the ventilator counting my last breaths, with the doctors giving up, the remarkable union of spirituality and science wrote a new chapter in my life. My experiences of two kidney transplants and returning from the edge of death were not just the success of medical science but the result of the unique blend of spirituality and science. When my body was rejecting the medications, the peace of mind, positive thinking, and energy from prayers combined to create the miracle that science was working on.

### ***The Incredible Union of Spirituality and Science: The Power of Balance in Healing***

When a person battles a severe illness, medicine alone is not enough. Along with treating the body, peace for the mind and soul is equally important. This is the place where the union of science and spirituality becomes a path to hope and healing.

Science understands our body—its structure, functions, and causes of diseases. It has provided us with medical treatments, developed surgical procedures, and brought life-saving technologies. On the other hand, spirituality gives us the power to look within, teaching patience, faith, and mental balance. When both come together, illness becomes not just a physical challenge, but an opportunity for self-growth and internal transformation.

In the process of recovery, spiritual practices like yoga, meditation, and pranayama give our body energy and our mind peace. It is scientifically proven that positive thinking, deep breathing exercises, and meditation increase the body's immunity. When we strengthen our minds alongside medicine, the speed of recovery can be significantly faster.

Therefore, when a person is ill, it's not enough to rely solely on medication. Awakening our inner power, maintaining self-confidence, and keeping our mind calm and balanced every day is just as essential. This is the time when a person treats their body with the help of science and their mind and soul with spirituality.

Recovery from illness is not just about treatment; it's a holistic journey—where science handles the body and spirituality holds the soul. This balance leads life toward completeness.

### ***Spirituality and Science: Complementary Forces***

Many people see spirituality and science as two separate paths, but in reality, they are complementary. Science gives us facts and evidence, while spirituality gives us inner strength and belief.

***"The power of the mind and scientific thinking together gives life a new direction."***

***My Experience: The Miracle of Spirituality and Science***

After my fourth seizure, when I was on the ventilator and doctors had told my family that hope was nearly lost, my body wasn't responding to the medications. *"When medicine can do no more, we turn to prayer."* My family prayed, my friends, relatives, and well-wishers began chanting mantras, and I filled my mind with good thoughts. This calm mind and the force from prayers brought my body back to life. Slowly, my body started responding to the medications, and the miracle no one expected happened.

It was the union of spirituality and science that gave me a new life.

***Modern Medicine and Meditation: A New Revolution***

Today, meditation centers are being established in hospitals worldwide. Many scientific studies have shown that meditation and prayer enhance the body's immunity. In countries like the USA, Japan, and India, many hospitals are now including meditation therapy as part of their treatment process. This proves that the true treatment lies in the integration of science and spirituality. At Lions Eye Hospital, we have seen many patients recover with the help of meditation and positive thinking. When we approach any task with a spiritual perspective, its impact can be miraculous.

***Faith, Energy, and a New Outlook on Life***

When a person is in difficulty, it's not just medicine, but faith and prayer that save them. I experienced that when the entire community prays sincerely for someone, that energy can give them new life.

Science calls it the "placebo effect," but spirituality sees it as "divine grace." The truth is that both are right.

***"Success Mantra"***

*"Truth, faith, and science—when all three come together, miracles happen."*

*"Science and spirituality are two sides of the same coin; both are incomplete without the other."*

## 35. How to Find Peace for the Soul?—Look Within, The Answer Is There

**T**he soul is naturally peaceful, but our conscious mind often leads it astray. Meanwhile, our subconscious mind tries to maintain its peace.

Our peace is disturbed by unnecessary thoughts and daydreams. Therefore, we must turn to spirituality, where we learn to calm our thoughts through meditation.

In truth, peace is not something we need to find outside, "peace is within us; seeking it outside has no meaning." Through inner strength and meditation, we can discover the peace within.

Similarly, my own life has been filled with struggles. While battling between life and death, I realized that peace doesn't come from external circumstances, but from our inner balance. Meditation and positive thinking revived my inner strength and gave me new life.

### **Spirituality: The Root of Peace**

The soul's inherent nature is to remain peaceful, but our conscious mind often disturbs it. Unnecessary thinking, daydreaming, and negative thoughts make us restless. Our sages and saints made meditation a part of life. They shared this practice for the welfare of humanity, and now the whole world eagerly adopts it.

In my life too, when medicines were not affecting my body, meditation, prayer, and positive energy worked

wonders. This shows that when spirituality and science come together, the impossible becomes possible.

### **Meditation: Controlling Thoughts and the Path to Peace**

The human mind generates forty to sixty thousand thoughts daily. If we leave them uncontrolled, they can make us restless and distressed. Meditation is the tool that gives us the power to control these thoughts. Meditation not only brings peace to the soul but also strengthens a person's self-confidence and decision-making ability.

When we meditate, clarity and balance emerge in our thoughts. My own experience proves that when I moved toward meditation and positive thinking, my health improved rapidly.

### **Selfless Service: The Source of Soulful Satisfaction**

When we help someone selflessly, it not only brings a positive change in their life but also gives us mental peace and satisfaction.

Our scriptures have conveyed this message that service is true duty. Service to humanity is the service of God, and serving the poor, helpless, and needy is considered paramount.

In my work at Lions Eye Hospital, I also realized that the joy and satisfaction gained from selfless service is truly incredible. It is one of the best ways to purify and calm the soul.

Talking to patients and bringing a smile to their faces boosted my morale.



**Success Mantra**

"Peace is not found outside, but within. Achieve soul balance through meditation, positive thoughts, and selfless service."

"Meditation brings peace to the mind, where fear has no place."

## **Chapter 8: Effective Use of Time – Every Moment is Precious**

## 36. Setting Priorities – Do What's Important First

### **Time is the Most Valuable Asset: Every Moment is Precious**

**T**ime is life's valuable asset. When it's gone, it won't return. So, we must use our time well and make each moment matter.

#### **Set Priorities: Do What Matters Most**

In life, we need to set what comes first. Do what must be done first. Write down your key tasks each day in a diary or on your phone, so you don't miss anything.

This way, your tasks are sorted and done on time. We have much to do each day, and a clear plan helps us finish tasks when needed.

#### **The Strength of Managing Time**

Time management matters. Spend time wisely; success will follow. Stick to your goals, and sort tasks by order. Make good use of time, and you will find success in life.

#### **The Importance of Time Management**

Time is the most valuable resource, which we cannot save, but we can use it in the right direction. It's essential to set priorities in life. When we do the necessary tasks first, life flows smoothly. We can make the best use of time.

Great scientists and thinkers credit their success to time management. When we stop wasting time on unnecessary tasks and focus on what's important, positive changes begin to happen in life.

**My Experience: The Effective Use of Time and Positive Changes**

I have now made it a habit to prioritize my tasks.

To live a good life, I wake up before 7 am. After my morning routine, I write down some thoughts, take a 40-minute walk, take my medications on time, and eat breakfast and meals at the correct time. Although I'm not fully successful in keeping meal times consistent, my loving wife, Neetu, often reminds me with a caring scolding. But I'm improving. I set alarms for every important task on my phone, and now I've set alarms 15 minutes earlier for better time management.

**Discipline and Time Management: A New Lesson in Recovering from Illness**

When we struggle with an illness, it's not just about medicines and doctor's advice. Our discipline, mindset, and approach to time also play a huge role in the recovery process. During illness, time feels slower, but this is also an opportunity for self-reflection and to see life from a new perspective.

Everyone has the same 24 hours in a day, whether healthy or ill. The difference lies in how we use that time.

While recovering from illness, we must realize that every moment can improve our mental and physical health. If we bring a little discipline into our daily routine—taking medicines on time, eating on time, resting, doing light exercise or meditation—the recovery process can speed up.

When life changes, health comes first. What matters most is a strong body and calm mind. Illness teaches us

how to use time well. To heal, we focus and see each day as a chance to grow. By thinking good thoughts, we fight sickness and live with more joy and light ahead.

Being sick is like a lesson. We learn what means to be steady, wait, and make best use of time. We step back stronger with new views from inside. Time management is not only necessary for increasing efficiency but also for living a balanced life.

### **Success Mantra**

"The person who uses their time wisely leads their life in the right direction."

– Acharya Shri Vidyasagar Ji

## 37. Smart Time Management Techniques – Achieve More in Less Time

### Smart Ways to Manage Time: Do More in Less Time

Using time well is a skill that helps us do more in short spans.

Our Prime Minister, Shri Narendra Modi, is a prime example of this. He works for eighteen hours every day serving the nation. His discipline, dedication to work, and time management skills teach us that by organizing our daily routines correctly, we can accomplish more in less time.

#### Managing time: Both skill and science

Time management is more than listing tasks; it's about making a plan and doing it well. It's a skill that helps us reach our goals.

#### Ten ways to make better use of your time

##### A. Rank Tasks

Make a list of things to do each day and put them in order of importance. Do the most important ones first to save time and energy. Picking tasks that help the most is the smart choice.

##### B. Use Time Blocks

Set specific times for tasks and finish them then. This keeps you focused and cuts delays. When you

give each task a time slot, distractions are less likely.

### **C. Follow the 80/20 Rule**

The Pareto principle says 80% of results come from 20% of tasks. Find tasks that impact your life and work most. Working on the right tasks makes success easier.

### **D. Learn to Say 'No'**

Don't try to do it all yourself. Saying 'no' to extra tasks and passing on jobs saves time. Find better ways to manage your workload.. By avoiding unimportant things, you have more time for the right tasks.

### **E. Make Good Use of Digital Tools**

Use time management apps and reminders to organize your day.

This not only keeps you on track but also eliminates forgetfulness. Proper use of smart technology can make you more productive.

### **F Do one thing at a time**

Do not do many tasks at once. It can hurt work quality and take longer. Doing one task at a time helps you get more productivity. Tasks done with full attention produce better results in less time.

### **G. Identify Time-Wasting Habits**

Spending too much time on social media, unnecessary phone calls, and watching TV wastes your time.

Identify and limit the elements that waste your time. Small changes can make your day more productive.

### **H. Give Importance to Relaxation and Meditation**

Continuous work throughout the day reduces energy and decreases efficiency.

Meditation, yoga, and taking short breaks help both your mind and body recharge. Rest keeps your brain more creative and active.

### **I. Plan Your Morning**

Get up early and make good use of the morning to be more efficient all day.

The first hour matters most—don't waste it. People who succeed start their day with good habits and a positive mindset.

### **J. Check Your Tasks**

Look at your tasks at day's end to check if you reached your goals.

This shows how well you managed time. Checking yourself is the first move to get better.

### **Experience: Managing Time and Making positive Changes**

I've used time tricks in life. By choosing what's important, breaking tasks, and blocking time, I get more done in less time. This brings positive changes to my days.

### **The Secret to Good Change: Time Use and Being Quick**



To make life better, we should use smart ways to plan our time.

When we use our time well, we not only fight sickness but also make life better.

### **Success Mantra**

" The right use of time is our best tool. Don't waste it; use each moment for your growth."

"Time is your coin, and you choose how to spend it. Be sure no one spends it for you."

– Carl Sandburg

## 38. Freedom from Procrastination – Develop the Habit of ‘Doing Now’

Procrastination affects life, especially for sick individuals. Not taking medicines or eating on time creates problems in fighting illness. "This world belongs only to those who develop the habit of 'doing now.'" Procrastination leads only to failure and worsens illness. So, don't delay what you can do today until tomorrow.

### **Procrastination: The Greatest Enemy of Success**

The habit of procrastination distances a person from their goals. We think, "I'll rest now and start tomorrow," but tomorrow never comes. Procrastination wastes time and increases stress. A person who doesn't complete their tasks on time falls behind in the race for success.

### **The Importance of Time Management and Priorities**

Instead of procrastinating, tasks should be completed based on priority. If you want to move forward in life, let go of the tendency to delay and develop the habit of 'doing now.'

### **10 Effective Ways to Avoid Procrastination**

1. Make Daily Plans: Write down tasks you need to do today. Start with the most important. This helps you work fast and know what to do.
2. Break Big Goals into Small Tasks: Cut big jobs into tiny parts.

This makes them easy to handle and finish on time.

3. Set Deadlines: Decide when each task should be done. Stick to this.

4. Avoid Phone and Social Media: Don't use your phone much or browse social sites. This keeps your mind on work.

5. Use Alarms and Reminders: Set alerts for tasks. This helps you do them when needed.

6. Adopt the 'Now' Rule: If a job takes less than two minutes, do it now. This stops it from piling up later.

7. Build Self-Control: Push yourself to finish each task on time. Give yourself a treat when you do.

8. Avoid Negative Thinking: Don't say, "It's too hard." Instead, say, "I can do this."

9. Keep Rest and Fun Balanced: Do take breaks and enjoy fun times along with work. This keeps you fresh to keep going.

10. Take Care of Your Health: Good food and exercise keep your mind and body strong, stopping the urge to delay things.

### **Experience: Time Handling and Life Simple**

I learned how keeping track of time each day has made life simpler and easier.

### **Success Mantra**

"Do the task that is important to you now. Procrastination is simply the other name for losing opportunities."

"Work done on time gives time back."

– Muni Shri Suprabha Sagar Ji

## 39. Maintaining Balance in Life— Set a Time for Everything

Every successful person has a unique trait in their daily routine—effective time management. We should use our time with strict discipline and balance. Every moment of life is precious and should not be wasted. By dividing our tasks according to time and working with discipline, we can make the best use of our time for a balanced life.

### **The Need for a Balanced Life**

In today's fast world, we often get caught in many tasks and end up feeling stressed. By setting up a balanced daily plan, we can finish tasks well and keep both mind and body healthy. Doing things on time boosts our output and lays the path for a balanced life.

### **Time Management and Priorities**

It's crucial to set what matters most in life. Knowing which task to do first and which can wait helps make life more organized.

- Plan each day and jot it down.
- Write tasks by importance.
- Get the most vital and pressing tasks done first.
- Divide tasks into small parts to make them less daunting.
- Skip needless actions and spend time on useful tasks.

### **Work Balance and Discipline**

Discipline and work balance are the main pillars of

success. To use our time wisely, we must develop certain habits:

- Get into the habit of waking up and sleeping on time: It keeps your body and mind energized.

Stick to a daily plan: Set aside time for each task and keep to it.

- Balance work with breaks: Don't work too hard, make time to rest.
- Avoid bad stuff: Keep away from laziness and do things right away.
- Use tech smartly: Use phones and the net only for needful things, keep from wasting time online.

### **Balanced Life: Why Time Matters**

Time is a key part of life. How we use it shapes all that we do. Spend it wisely, and we will live a full life. Waste it, and life feels empty. Knowing how to balance time is key to a happy life. Work is important, but isn't all life is about. Making time for friends and family helps us feel close to others. Time for self-care and rest keeps us well. Hobbies make life fun and give meaning. Remember, there are only 24 hours each day.

Set clear goals on what needs your time. Make a plan, stick to it, and be flexible. Let go of what you can't control and move with change. When we do this, life becomes balanced and full. In the end, time is a gift. Use it well, value it, and life will flourish. Find the right balance, and life will feel full of joy.

### **Success Mantra**

*"Own your time, or it owns you. A life with balance and discipline leads to real success.."*

## 40. Enjoy the Present Moment— Invest Time Wisely

**T**ime is our most valuable asset. It never stops for anyone, and those who waste it end up with regret. “Don’t dwell on the past, don’t get lost in future dreams, just focus on the present.” This quote motivates us to live in the present and enjoy every moment.

### **The Art of Living in the Present**

People often wish they chose better or feel fear about tomorrow. But those who find success focus on today and live each moment with all they have. Dr. A.P.J. Abdul Kalam said life gives us a new chance every time.

If we focus our energy in a positive direction and perform our tasks with full dedication, we will receive both success and satisfaction.

### **Find Joy in Every Moment**

The real joy of life comes to those who adopt a positive attitude in every situation. When I was in the hospital, doctors would ask me, “How are you?” and my answer was always the same—“I’m good, enjoying every moment of life.” This is the essence of life.

Develop the habit of finding satisfaction and happiness within yourself and staying joyful in every situation, and no difficulty can defeat you.

### **The Power of Positive Energy and Cooperation**

Positive energy and a cooperative attitude give us mental peace and joy. When we help others, contribute

to society, and spend quality time with family and friends, life becomes even more meaningful.

Playing with children, spending time with family members, and enjoying small everyday pleasures—this is the true essence of life.

### **Success Mantra**

*"Success comes to those who shape the present and make the best use of time. Living every moment is the true joy of life."*

*"He who lives in the present enjoys life to the fullest and is free from illness."*

## **Chapter 9: Health and Mental Peace – A Healthy Body, A Happy Mind**



## 41. Connection Between Body and Mind – Stay Healthy, Stay Happy

**Body and mind are deeply connected.**  
**B** During my illness, I realized that the way the mind thinks, the body reacts in the same way. When I practiced subconscious mind techniques, it sent positive signals, and my body responded similarly. This is a truth that both mind and body are interconnected.

### **The Unbreakable Connection Between Mind and Body**

Our mind and body are deeply linked. Whatever we think and feel has an impact on our body. If our mind remains happy and positive, our body will stay energetic and healthy. There's a saying – “A clean mind makes the body healthy.” If we want a healthy body, we must also keep our mental thoughts healthy and positive. Illnesses in the body are natural, but the power to overcome them lies in our thoughts.

### **The Importance of Positive Thinking in Recovery**

I believe that when life forces us to face difficulties, our mind gives us strength. During my second kidney transplant and when I was on the ventilator, my subconscious mind continuously sent positive messages: “I will be healthy, I will get better.” This belief gave my body the strength to fight. This experience taught me that if the mind is strong, the body becomes ready to heal itself.

**Adopting a Healthy Lifestyle is Essential**

It's not just about mental strength; we must also take responsibility for our bodies. By eating healthy, exercising regularly, practicing yoga, pranayama, and meditation, we can strengthen our bodies. Great thinkers also believed in the importance of meditation for health. If we adopt a balanced lifestyle and keep our minds pure and positive, we can remain healthy both physically and mentally.

**Success Mantra**

*"A healthy body is the foundation of a happy life. If we keep our minds positive and adopt the right lifestyle, we can overcome every challenge in life."*

*"Victory is always achieved through self-control and patience." – Lord Mahavir*

## 42. Proper Diet and Routine – You Are What You Eat

### **Diet is Medicine, Moderation is Life: The Importance of Healthy Food**

**D**After recovering from the ventilator and struggling with death, I experienced the greatest truth of life. After two kidney transplants, when doctors imposed strict dietary restrictions, I realized we truly become what we eat. I remember when the dietitian restricted salt, spice, and sugar intake, I wondered if I could manage without flavorful food. But that was the moment when I changed my perspective on food, and it transformed my life.

### **Acharya Vidyasagar's Disciplined Life**

Acharya Vidyasagar's life is a remarkable example of discipline and self-restraint. He taught that diet is a science. "As you eat, so your mind will be." For over forty years, he has not only avoided salt and sugar but also refrains from consuming green vegetables. He only eats once a day, and his belief is that food is meant to sustain life energy, not just to fill the stomach. He says, "Purity of food leads to purity of mind, and from a pure mind arise pure thoughts." This simple truth hides a deep life secret.

### **The Effect of Diet on the Mind: You Think What You Eat**

In our scriptures, food is categorized into three types: Sattvic (pure), Rajasic (active), and Tamasic (impure). Sattvic food keeps the mind calm and stable, while

Tamasic food promotes laziness, anger, and sleepiness. From my own experience, when I included fruits, whole grains, and lentils in my diet, not only did my physical health improve, but my thoughts became more positive.

When I was in the hospital, Acharya Vidyasagar's disciplined lifestyle inspired me greatly. I thought, if he could follow such strict rules for forty years, couldn't I practice some discipline for my health? This thought gave me the strength to change my diet completely.

### **Eat to Live, Don't Live to Eat**

In our society, food is often seen as just a means of taste and satisfaction. But in reality, the primary purpose of food is to nourish the body and energize it. When I understood this, my perspective shifted – now I eat not to live but to fuel my life.

**Regarding Non-Vegetarian Food**, we must understand that the human body is suited for a vegetarian diet. Non-vegetarian food is not only based on the cruel killing of animals but also puts extra strain on our digestive system. It takes longer to digest and often leaves toxins in the body, which can later cause various diseases.

### **Balanced Routine: The Foundation of Life**

For a healthy life, a balanced diet is not enough; a balanced daily routine is equally important. Our scriptures emphasize the importance of "daily routine" and "seasonal routine." Waking up before sunrise, regular exercise, yoga, pranayama, eating at the right time, and sufficient rest are all pillars of a healthy life.

In my life, when I organized my daily routine—waking up early, doing yoga and pranayama, and eating

balanced meals at the right time—my health improved significantly. Our body is like a clock, and to keep it running smoothly, we must perform the right actions at the right time.

### **Success Mantra**

*"Eat to live, not live to eat."*

*"The body is a temple, and the soul resides within it. Those who take care of the body honor the soul. A healthy diet and lifestyle are true worship." – Unknown*

## **43. Exercise and Mental Freshness – A Healthy Body, A Healthy Mind**

### **A Light That Guides Life**

India has given birth to great souls whose light continues to guide us today. Dr. A.P.J. Abdul Kalam, who rose from humble beginnings to become the 'Missile Man' and the President of India, always included yoga and meditation in his life. He believed that "a healthy body and a calm mind are the foundation of lasting success." Whenever he felt tired, he would turn to meditation and prayer for mental stability and renewed energy.

### **Yoga: An Unmatched Gift of Indian Culture**

India's sage tradition not only gifted us with physical health practices but also mental and spiritual wellness. The Yoga Sutras of Maharishi Patanjali not only balance the body's restlessness but also calm the mind. Techniques like yoga, pranayama, and meditation have a profound impact on both physical and mental well-being. This is why the world now celebrates "International Yoga Day," which is not only an acknowledgment of our traditions but proof that "a healthy body and a happy mind" are achievable and accessible.

### **Struggles in Life, and Then Awakening**

I have always been an active person—playing badminton, cricket, walking in the mornings, hiking, and engaging in yoga and prayer with my friend, Dr. K.C. Batra. This routine not only kept my body fresh but also filled my mind with new energy. However, a

turning point in life came when I faced severe health challenges. Two kidney transplants and time spent on a ventilator were major tests of my life.

### **A New Dawn: From Self-Talk to Inner Strength**

During those difficult times, even when doctors advised against excessive yoga, I did not give up. I took up morning walks, light pranayama, chanting mantras, writing, and listening to music. This self-talk gave me new awareness. My mind is now calm, and my body feels strong again. This was a new start for me. Like Dr. Kalam, I beat tiredness with time to think and practice. Now, each day feels fresh with a fit body and sharp mind. I wrote about this in my book to help others feel inspired.

### **Success Mantra**

"Real happiness isn't in what we achieve outside but in being well and at peace inside."

## 44. Simple Ways to Live a Stress-Free Life

### **The Power of Mental Peace in Overcoming Illness**

**W**hen we face illness, our mind, along with our body, becomes tired. The recovery process can be long, and it naturally brings worry, uncertainty, and stress. But this is the time when we need mental peace the most. Stress not only destabilizes the mind but also impacts the body's healing ability.

### **The Simplest Way to Stay Stress-Free – Live in the Present Moment**

During illness, it's essential to understand that we can only do what is within our control—take medicine, rest, eat well, and maintain a positive mindset. Worrying about things beyond our control—like medical reports, other people's opinions, or future uncertainties—only adds mental burden.

At such times, prayer, meditation, deep breathing, and self-reflection are extremely helpful. When we connect with ourselves, look within, stress starts to decrease, and we begin to feel a peaceful energy.

The secret to a stress-free life is this: do your duties sincerely and leave the rest to time and destiny. When we embrace mental peace during recovery, not only does the body heal faster, but the mind also becomes stronger and more stable.



So, next time your mind is troubled, remember – “Do what you can, and let go of the rest.” This is the first and most effective key to a stress-free life.

### **Why Do We Worry?**

Most of us worry about things that are out of our control. We dream of things that can't be. When they don't come true, we feel sad. We also waste time now by fearing what might happen later. We should know that worrying doesn't help. It's better to find answers and fix problems.

### **Ways to Stay Calm**

1. Meditation and Yoga: Spend 10-15 minutes each day in quiet thought. This helps calm the mind and brings peace inside.
2. Time with Family and Friends: Talk openly with those you care for. It helps cut down on stress.
3. Positive Thinking: Try to find the good in all things. It helps keep life steady.
4. Writing and Reading: Use a journal to write about how you feel. This eases stress.
5. Kind Acts: Help those in need. This brings peace and joy to the heart.

### **My Personal Experience**

During illness, my mind was often full of fear.. However, I kept my mind positive. I played with children, wrote motivational articles, and meditated. This not only reduced my stress but also gave me a fresh perspective on life.

**Success Mantra**

"Only those who learn to live fully in the present can live a stress-free life. Unnecessary worry is like getting caught in the trap of the past and future; breaking free from this is true success."

"More power lies in solutions than in worry. Those who learn to live in the present are free from all stress."

— Unknown

## 45. Deep Sleep and Its Link to Mental Calm

### **The First Step Toward Mental Calm**

**T**o have a strong mind, you must balance both body and mind. Work stress and bad habits lead to poor sleep. Breathing, quiet times, and a balanced life can help. Life boosts spirit and helps you bloom within.

### **Deep sleep: The way to peace of mind**

Deep sleep is good for both body and mind. Sleeping on time helps calm the mind. Resting well fills us with energy, making thoughts clear. Studies show that missing deep sleep can worsen stress, worry, and sadness.

That's why, for mental calm, focus on sleep quality.

### **Balanced Daily Routine: The Basis of Deep Sleep**

What we do each day impacts our sleep.

Rising early, regular yoga, breathing exercises, and quiet time keep the mind still, aiding deep sleep.

Eating right at mealtime and light food ups sleep quality.

Avoid too much daytime sleep as it can mess up night sleep.

### **Spirituality and Mental Calm**

I have felt that quiet time and personal reflection bring mental calm. It's thought that till the mind is still, growth and output are stuck.

When we try quiet time and keep good thoughts, sleep naturally becomes deep and calm.

**"Success Mantra"**

"Deep sleep and balanced living are the base of mental calm. A calm mind handles life's hurdles simply."

"One who learns peaceful, balanced sleep also finds solutions to life's troubles easily."

## **Chapter 10: Daily Habits for a Happy Life – Make Every Day Amazing**

## 46. A Good Start in the Morning – The Secret to Energy All Day

### **An Inspirational Start: The First Step to Recovering from Illness**

Every day brings a new opportunity, especially when we are recovering from an illness. Illness challenges not only the body but also our inner strength. The way we begin our day plays a key role in setting the tone for the rest of it.

During the recovery process, waking up with a little positivity, hope, and confidence can shape the mood for the entire day. A small resolution in the morning—*“Today, I will be a little better than yesterday”*—can fill us with hope and energy.

When we focus on our health and cooperate with our body and mind, we recover not only physically but mentally as well. Over time, these small efforts bring about big changes in life.

Every day after an illness is a new chapter, a fresh start. Living it with inspiration, holding onto hope, and taking pride in every small effort—this is true healing. This kind of inspiring start can make us healthy, strong, and excited for life again.

### **A Good Start in the Morning – The First Step to Success**

Every morning brings a new opportunity. Each evening writes the story of the next morning. The sun sets and

disappears into the darkness, but the next day it rises with full energy.

Similarly, we should start every day with fresh energy.

By thanking God when we wake up, practicing meditation and yoga, and reading something positive, we prepare ourselves mentally and physically for the entire day.

Instead of wasting time on social media, if we share inspiring thoughts, we can bring positive changes to our lives and the lives of others.

### **Healthy Habits – The Key to a Happy Life**

If we adopt regular exercise, meditation, and positive thinking in our lives, our days will become better. A light morning walk, humming a tune, and speaking inspiring words to ourselves refresh our mind and body. Remember, a good morning is the foundation of a great day.

### **A Positive Routine – A Step Toward Success**

Our morning routine affects our entire day. If we wake up early, stay focused on our goals, and set the right priorities, our productivity increases. By incorporating discipline, hard work, and self-confidence into our lives, we can achieve every dream we have.

### **Spiritual Strength**

I always thank God in the morning for another day. I believe every moment of life is priceless. After recovering from illness, I understood the value of every breath.

It is also true that morning prayers and meditation give us inner strength for the entire day. I pray that God shows me the path to become a better person.

**Success Mantra**

*"Every morning gives us a new opportunity. If we begin the day with positive thinking, discipline, and self-confidence, no goal will be impossible."*

*"Believe in your strength, believe in yourself, believe in your destiny... and remember that after every challenge, a new morning arrives. No matter how dark it is, the sun always rises."*



## 47. Small Joys Throughout the Day – The Little Things that Make You Happy

### Finding Joy Within

**L**ord Mahavir Swami once said, “*Why search for happiness outside? It is within you.*” Once, a person came to me and said, “*I want to be happy in life, but I can’t find happiness.*” I smiled and said, “*Don’t search for happiness outside. It is within you. Find joy in the small things. That is true happiness.*” This applies to all our lives. We often look for happiness outside, but it resides in our family, relationships, and thoughts.

### Small Joys – The True Joy of Life

Even when I was in the hospital, I didn’t stop looking for joy. I would talk with the cleaning staff, the assistant doctors, and the food servers with a smile. They would respond with joy. I shared my feelings with other patients, listened to them, and in return, their smiles became my greatest treasure.

They began taking care of me, bringing fruits or offering tea. This relationship was not just about talking, but about true happiness. This is the essence of life—collecting small joys.

### The Secret to Happiness – Learn from the Simplicity of Children

I have a special connection with children. Their innocent smiles and enjoyment of play teach us that happiness doesn’t depend on external things. Children

find joy in the smallest things—like watching a colorful butterfly, getting wet in the rain, or playing in the dirt. We too should look for such small joys in life.

### **10 Small Things that Make You Happy**

1. **Morning Freshness:** Waking up and appreciating the beauty of nature and feeling its freshness.
2. **Smiling:** Smiling at others and bringing a smile to their face.
3. **Spending Time with Family:** Spending quality time with family and connecting with them.
4. **Music:** Listening to music and expressing yourself through it.
5. **Reading Books:** Reading books and gaining new knowledge.
6. **Connecting with Nature:** Connecting with nature and appreciating its beauty.
7. **Helping Others:** Helping others and making a positive difference in their lives.
8. **Taking Care of Health:** Paying attention to health and keeping yourself fit.
9. **Learning New Things:** Learning new things and growing as a person.
10. **Expressing Gratitude:** Expressing gratitude and promoting positivity in life.

### **Success Mantra**

*"To achieve happiness and success in life, you must develop yourself, set goals, and work hard."*

## 48. The Continuous Process of Self-Improvement – Get Better Every Day

### **T**he Continuous Process of Self-Improvement: Motivation for Recovery

Recovering from illness is not just a physical journey but also one of mental and spiritual growth. When we are unwell, life seems to pause for a moment, but that is when we get the chance for self-reflection, acceptance, and improvement. Each day we begin to feel a little better is not just about the body; it's about uplifting the mind too. If we make a decision that “Today, I will be better than yesterday,” gradually this determination will show in our routine, thoughts, and energy.

Illness teaches us the true value of life. Realizing that every day is an opportunity to take care of our body, calm our mind, and reshape our life makes the healing process meaningful.

Self-improvement is an ongoing journey, and during recovery, this journey deepens even more. Every small step, every positive thought, and every effort we put into our day lays the foundation for a healthy and empowered future.

### **Change is the Law of Life**

The challenges we face in life do not come to stop us, but to make us stronger. When I was in the hospital, I learned something from every person—whether it was a doctor, a cleaning staff member, or another patient. I would read inspirational articles, focus on self-

improvement, and strive to become a better person every day. If we remain self-centered, we won't be able to give direction to our lives.

**Here are ten principles in Jain belief that help make yourself better:**

Lord Mahavir Swami said, "Winning over oneself is the best win." His life shows us that through control, letting go, and walking the path of truth, we find a good life. Jain ten principles push us to get better and lift the human spirit. **Forgiveness:** By forgiving others, we bring peace to our minds.

- **- Be humble:** It helps keep our ego in check.
- **- Be direct:** Being honest and simple makes life nice.
- **- Be clean:** It's important to have a pure body and mind.
- **- Speak truth:** It boosts our confidence when we follow truth.
- **- Have control:** Keeping our wants in check leads to success. Austerity: Enduring difficulties lead to progress.
- **Renunciation:** Freedom from greed brings true happiness.
- **Non-Possessiveness:** Instead of being attached to material things, we should embrace self-contentment.
- **Celibacy:** Discipline increases both mental and physical strength.

**Continuous Improvement – Get Better Every Day**

Every day, we can make ourselves better by moving forward with positive thoughts and focusing on self-improvement.

Promise to grow stronger in mind, body, and soul. Change comes slowly, but if we make it a habit, our lives can truly rise high.

### **Success Mantra**

" Find new things each day and grow a bit more than before. This is how to get better and win."

"If you want to shine like the sun, first learn to burn like the sun."

– Dr. A.P.J. Abdul Kalam

## 49. Taking Time for Yourself – Love Yourself First

**T**he most important thing to achieve happiness and contentment in life is to take time for yourself. When we understand ourselves and love ourselves, every moment of life becomes enjoyable. In my life, I have faced many challenges, and these experiences have taught me how important it is to take time for oneself. During isolation, I spent time reflecting deeply and made positive changes in my life.

Lord Mahavir Swami said, "He who understands himself attains true peace and joy." His life is a message of self-improvement and self-discipline. Through non-violence, restraint, and meditation, he gained self-knowledge.

In today's busy life, we do so much for others but often forget to take time for ourselves. Unless we make time for ourselves, we cannot fully enjoy and appreciate life.

### **The Importance of Taking Time for Yourself**

Taking time for yourself not only provides self-knowledge but also helps make life balanced and happy. When we understand ourselves and love ourselves, we can achieve our goals more effectively. Using time wisely makes our life successful and inspires us to pursue our dreams. Taking time for yourself increases your energy and enthusiasm, making you more productive in your actions.

### **My Experience and Learning**

From my experience, I have learned that when we take time for ourselves, we can organize and balance our lives. I started waking up early, taking walks, taking medicine on time, and eating simple food. I also make sure to spend time with my family and try to keep them happy.

My family wants me to stay alive, which is why I make continuous efforts to organize my routine. That's why I prioritize spending time with my family and always bring something for them to make them happy.

### **Benefits of Taking Time for Yourself**

- **Self-Knowledge:** Taking time for yourself helps you understand yourself better.
- **Positivity:** It provides positive thinking and energy.
- **Productivity:** Taking time for yourself helps you become more productive in your work.
- **Health:** It makes you physically and mentally healthier.
- **Improved Relationships:** It helps build better relationships with family and friends.
- **Goal Achievement:** It provides inspiration to achieve your goals.
- **Stress-Free Life:** Taking time for yourself leads to a stress-free life.
- **Self-Satisfaction:** It provides self-contentment.
- **Decision-Making Ability:** It improves your ability to make decisions.

- **Enjoyment of Life:** It allows you to enjoy life to the fullest.

### **Success Mantra**

"The secret of success lies in taking time for yourself. When you understand and love yourself, you can make your life balanced and happy. These habits will inspire you to achieve your goals and lead you to success."  
"If you cannot love yourself, you will lose the ability to love others. Therefore, know yourself first and love yourself."



## 50. Ending the Day with Contentment – Sleep Peacefully at Night

### A Life Full of Contentment – The True Key to Happiness

Lord Mahavir Swami said, "Contentment is the greatest wealth." This thought helps us understand that real happiness is not in material things but in mental peace. Lord Mahavir renounced a royal life to live a life of peace and simplicity, teaching the values of non-violence, renunciation, and contentment. He believed that the end of desires is the beginning of true happiness. When we practice contentment, we feel a new energy and peace in our lives.

### Contentment – The True Sign of Success

We often get caught in the race to achieve what others have, but this only increases dissatisfaction. Contentment does not mean giving up on goals, but it means enjoying what we have and continuing to work hard. Prime Minister Narendra Modi is a perfect example. He came from a modest background, but his contentment and hard work helped him rise to great heights. Whatever he achieves, he shares with society and works with a sense of service. This is the power of contentment.

### Contentment Brings Mental Peace

After battling illness, I realized that true happiness lies in contentment. I used to desire more, but illness gave me an opportunity to reflect. I changed my habits and

embraced contentment. Now, I find happiness in small moments. This contentment gives me restful sleep and energized days.

### **The Importance of Contentment**

Contentment provides true peace of mind. When we control our desires and stay content with what we have, our minds are full, and we no longer feel sorrow. A content person is always happy because they are satisfied with their current situation. As Saint Kabir Das said, "Cows, elephants, gold, and jewels, when contentment comes, all wealth is like dust." This shows that contentment is the greatest wealth that gives us true happiness.

### **Make Life Better by Embracing Contentment**

Contentment doesn't just come by thinking about it; it has to be practiced. To adopt contentment, we need to make some changes in our daily routine:

- **Live Simply, Think Greatly:** Limit our needs and elevate our thoughts.
- **Enjoy What You Have:** Appreciate what life has given and avoid unnecessary desires.
- **Connect with Family and Society:** Spend time with family and society to experience contentment.
- **Meditate and Reflect:** Dedicate time to purifying your thoughts through meditation.

### **Success Mantra**

"A content person is always happy. A person who controls their desires can find true happiness." "If you

want a happy life, connect it with a goal, not with people or material things." – Albert Einstein

## 51. The Key to Positive Change: Start a New Beginning Each Day

### The Power of Self-Growth

Once, Swami Vivekananda was getting ready for his Chicago talk. Time was short, yet he kept tweaking his speech each day. A follower asked, "Swamiji, why redo your speech often?" He grinned and said, "I aim to be better than yesterday; that's how to grow." This small idea from Swami Vivekananda is full of wisdom. By changing ourselves daily, we can transform our lives. But how can one change? Adopt a few key ideas.

#### 1. Positive Thinking: You Are What You Think

The mind shapes our life. Positive thoughts lead us to success. Lord Krishna said: "The mind is a friend, and the mind is an enemy." Trust yourself and focus on positive energy; even the hardest times become chances. See the bright side and push yourself through each challenge.

#### 2. Contentment and Peace: The Secret to Joy

Contentment gives true joy. Wants are endless, but if we feel that what we have is enough, peace follows. As Saint Kabir said: "When contentment arrives, all wealth is dust." Choose calm and peace over chasing things. Seek quiet inside instead.

#### 3. Managing Time Well: Every Second Matters

Time is precious; we can't save or get it back. Smart people use it wisely. Prioritize, plan well, and fight laziness. Dr. APJ Abdul Kalam said: "Dreams are not

from sleep, dreams keep you awake." Set goals, work hard, and use time carefully.

#### **4. Self-Growth: Begin Again Daily**

Each day lets us learn and grow. Growth is ongoing and leads to success. Small growths lead to big wins.

#### **Learn Mahavir's Lesson on Inner Strength**

##### **Power Lies in Self-Control**

Lord Mahavir's life shows that self-control and calm are keys to real success. He gave up royal comfort for truth, focusing on self-awareness. When cruel herders hurt him, his peace shifted them. His inner calm drew them to follow him. Lighting the self-control lamp inside stops outside troubles.

##### **Self-Control: Your First Step to Winning**

Lord Mahavir's main lesson was, "Know yourself, rule your mind." We look for joy outside, but true joy is in self-control. Controlling anger, greed, and loves leads to real wins.

##### **Patience and Steady Effort: Keys to Big Wins**

Lord Mahavir faced big trials but overcame them. Life brings problems, but stay moving with patience and aim; success will come. Be it in work or life, great things need patience and effort.

##### **Giving Up and Serving: Real Wealth**

Lord Mahavir proved that giving up is true wealth. Adding others into your success adds meaning. True leadership and growth happen when knowledge and resources help others too. Keep growing, learn new skills, and move forward in life.

**Success Mantra**

"Learn daily, grow beyond yesterday. That's the secret to self-growth and true wins." "As your mind is, so is your life."