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Presents

# Art of Beginning the Day



by

Dr. P.R. Subas Chandran, Ph.D.,

This is a Lifestyle book covering most aspects of mundane life, illustrated briefly. An inevitable part of your life; in case, not interested in you or others, please don't buy...doesn't matter.

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# TUNING FORKS TO TAKE A CALL:

**T**RUST Saviour  
RUTHFUL Service  
RIAL Stake

Art of Beginning the Day  
A swear of Silver lining hope  
of a golden sunshine life  
Is the Art of Beginning the Day...



This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

Dedicated to

the aspirants wishing to flag off fresh challenges.







## FROM THE AUTHOR

### Art of Beginning the Day (AOBTD)

அகர முதல எழுத்தெல்லாம் ஆதி  
பகவன் முதற்றே உலகு.

'A' initiates all speech sounds so does Divinity, all universe.  
"The Art of Life initiates breaking up the mother night moon  
of sentimental ignorance into waking dawn dad of sensibility."

**Life is an Art; perceive it.**

**Life imitates Art imitates Life imitates Art....**

The art series appeals to the Art of Living as well as enlivens others live. Man being a social animal seldom does he emerge hands in the society and head in the forest. Hence, the anthology undoubtedly advocates surmounting the deformities than subduing. The sequel is intended not for those resting on laurels to get augmented but the forlorn to seek heart again inspiring other wrecked brethren to life: "As one lamp lights another nor grows less so nobleness enkindleth nobleness."

The span thread of life allows only one lease of life. So as to laugh and make merry the single opportunity given the collection ignites stimulus. Art intertwined life is artistic for, artistic living comes from the way of doing things. Each episode is supplanted with anecdotal illustrations tinged with humour.

## FROM THE AUTHOR

Thirukkural is a curtain raiser that could make a difference since well begun is half done. The other half is a lovely morning alarm musing: "Hi honey please get up"... followed by a broad smile on your face before the mirror... a romantic play with your lovely one and so on... If the day is preluded with such lifestyle, the rest of the day will be...?... needless to say.

When the opening session is a joyous beginning then the whole day will be, loaded with full of bubbling energy, tremendous procreativity.

You may think that the day begins and ends on its own, why should we begin the day? The question is bound to arise, and you are right. Are we in rhythm with the beginning and ending and if you are not going to be with the mother earth as a partner then you will be quarantined? You are here for a purpose but when the very purpose is questioned you are flooded with questions-why me and many more whys that are least answered. Mentioned as already, you be the testimony to yourself seeking the way out. A few simple techniques suggested, if followed, can mould yourself to be in the main stream and start writing your success story. The cost of the book is just a cup of tea sold in a makeshift stall but the content is worth its salt. Explore to enjoy the new possibilities of life.

**All the best**

(Dr. P.R. Subas Chandran)

# ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

Accolades to **Shri. K. Veera Raghava Rao, I.A.S.**, District Collector & District Magistrate, Ramanathapuram District for the valuable foreword penned.

Of course, **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members: **Mr. S. Manikanda Raja** & Designing Team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

## Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



## FOREWORD

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The title "Art of beginning the day" is the need of every human being. If everyone thinks in terms of a purpose in life, then he shall think about beginning the day in a better way. What separates man from animals is the habit. If manners make a man, there must be a process that refines human beings to betterment. It is nothing but certain habits like getting up early, doing exercises, practising yoga and having healthy breakfast to make the day energetic. It's a nice idea to begin the day with tips from the Law of Nature or from the sages who set good examples for us to follow. Yes, there is a need to motivate people to follow disciplined ways to begin as well as make the day enjoyable. **Dr. Subas Chandran** is known to me very personally, and his attempt to bring the values of life in a capsule form - handy with a valuable content, is worth reading for all ages and is well appreciated. Wishing the hope readers to reap benefit out of this handbook.

( K. Veera Raghava Rao )



# About the Author

**A humble beginning  
always has an  
extolling ending...**

**Dr. P.R. Subas Chandran**, the author of the pre poll book, '**Why Modi Should become the Prime Minister** (2015), the biographer of former Union Home Minister, Shri. Sushil. K. Shinde's **Who Wrote My Destiny?** an interviewer who has authored and compiled, **Aakasame haddu**, a renowned journalist, non-clinical psychologist, a blogger and a full-fledged motivational speaker, hails from a humble living like any of us who confides to all those icons the heart of the matter, the hidden agenda of his success story through the ART SERIES.... To get further inspired visit [www.subschandran.com](http://www.subschandran.com)

“ It is not a sin to have been born poor but to die one is certainly unpardonable. ”





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### NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

Wake up!  
It's  
coffee time!

“Happy morn!!! Sit up dearie! Your cup of (herbal juice made from Bermuda grass, Wood apple, neem leaves mint/aloe vera and holy basil or tender coconut or coffee or) hot honey lemon green tea is awaiting!”. For most, the day begins with such kick start drink to stimulate the metabolism. It's the waking call from the beloved or the ticking clock's alarm or the morning hymn (Angelus) or the church bell or the Fajr nafl (morning prayer) in Islam or the Veda chanting. Somehow the day commences. Please bear in mind there's always a slip between that somehow and this's how. Look up for the difference ensuing...





No doubt, every day does begin and end on its own. But, where lies the difference is when you intervene practising a few techniques as simple as you find in the forth coming pages. Managing a few of those many things, over which you have very little control, you can be a happy being forever,-the secretive key to way forward in life.

Have you seen the Energizer advertisement, where the Bunny Rabbit forces everyone else out of his way into competition? Anyone can become the energizing Bunny, exuberant, working without stress or strain provided, he sincerely understands the subsequent guidelines and follows them ardently.

The key benefits of life shall be bestowed on you in the form of productivity, sound health and bettered sociability with others on observing some or all of these cues.

Ever come across a person full of bubbling energy, quite zealous and enthusiastic from dawn to dusk? Have you ever felt why you are

not like him? If yes, then this book is meant for you. If no, even then this book has something to offer you. If you want to be like your role model, we have some tips for you on how to begin the day and keep your day energetic. Even otherwise, it shall pave the way for a better morrow.

### **Imbibe optimism**

Marcus Aurelius, the Roman emperor, a philosopher and a magnetic star observes:

*When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy and to love.*

The first thought is the curtain raiser. I mean the morning charm could be igniting your next thought. Dopamine, serotonin, oxytocin and endorphin are happy hormones that trigger energy moods. Getting up with some positive thought, you transmit positive energy into the body, which manifests itself in all your actions that follow. The moment you start your day with a positive note, the energy levels will be very



high. Though we are basically a positive energy there are some negative forces that

make us unhappy. So, always compare yourself with those who lack a bed, a pillow, a fan, a bathroom, water, a slipper, etc. Millions lack these basic amenities. Never ever compare yourself with the privileged class for, you feel discontentment that leads to depression.

## Time Management

You must have noticed that every creative activity blossoms with the best timing in the morning. Probably, that is why the old saying: *"Early to bed; and, early to rise makes a man heathy, wealthy and wise"*. Some people wake up late and hurriedly reach their workplace quite chaotic, in a confused state after meddling with their household tasks, battling all the way through. So, by the time they reach their workplace, they are already tired, rather trauma stricken. It is quite evident that time management is pivotal.

All successful magnates get up very early. Please check the life style of social financial, political business heroes/heroines of your choice who endorse my claim. One should wake up at 4.30 a.m. as it is the sacred time, known as Bhrama Muhurtham \*(Refer Google map/timer), when Mother Nature sets up the organised chores of the day. If not, set up time zone of your choice but follow it meticulously. The bioclock takes care of after eighteen days of repetition. If you abide by the body will attune to it and will be taken care of. To get up at this hour, though difficult, you may set-up an alarm with pleasing message to remind you. Record your voice, say, 'good morning dear, please get up, it is your day.' Then infinite energy awaits to receive you'. Make it your ringtone. Set up SMS to wake you up with positive message. You can

add whatever you need to the morning alarm.

But remember please, it may be initially a herculean task, once imbibed, becomes part



and parcel of your life as it is believed, “*a constant practice makes a routine; a routine- a habit and, a habit, a custom; then a culture.*”

There might be some physiological problem due to which still some of you may not be able to get up early (or) the body may not cooperate with you to do exercise (or) you may confront some unprecedented encounter that may lower the energy levels. To make yourself recharged we come up with some valuable tips.

## Anecdote

*He, who plans his day from morning till evening, and follows it meticulously, will lead and guide him through a labyrinth of life.* - Victor Hugo.

Imagine you got up late, and you are now in a hurry to make it to your workplace. In the rush hour, due to the hustle and bustle around your daughter knocks off a coffee cup on your shirt, and you become angry and scold her, consequently she cries (you have



a choice of not getting angry and not scolding her). After much of fire and fury, you turn to your wife and criticise her for placing the cup too close to the edge of the table. A *contretemps* ensues. You storm upstairs and change your shirt. Back downstairs, you find your daughter too busy crying, trying to finish her breakfast in between the leaking nose and getting ready to go to school. She misses the school bus. Your spouse must leave immediately for work.

It is again your lot. You rush to the car and drive your daughter to school. Because you are late, you drive 80 km/ hour instead of 50 km/hour in a school zone. Delayed 15 minutes by the TI for violating traffic rules you throw Rs. 500/- fine and arrive at school. Your daughter runs into the building without bidding goodbye.

After arriving at the office 20 minutes late, you realise you forgot your briefcase. Your day turns miserable. As it continues, it gets worsened still. You want to return home. When you return home, you pick up a minor scuffle with your wife and daughter.

## **Make or mar situations**

**Ponder over. Why? Why did you have a bad day?**

- a. Did the coffee cause it?
- b. Did your daughter cause it?
- c. Did the policeman cause it?
- d. Did your wife cause it?
- e. Did you cause it?

The answer is obviously ‘e’ because the way you react to a situation. Know it all, nature is mirror, nay, more than that: for every action there is an equal and opposite reaction. You had no control over the situation with the coffee. How you responded those 5 seconds is what has caused your bad day.

Rather put it the other way round. Coffee spilt over you. Your daughter was about to cry. You gently cajoled her telling: “It’s okay, be careful next time.”

Grabbing a towel, you could have gone upstairs and changed your shirt; taken your briefcase



and come down in time to look through the window see your child getting on the bus. She might have turned and waved, “adieu”. You might have reached your office five minutes early and greeted the staff cheerfully.

Did you notice the difference? Two different scenarios. Both started in the same way but ended differently. Why? Because of the way you reacted. You are the architect of your circumstance. Make it or mar it is upto you. If someone makes a mistake, instead of reacting harshly, be polite. As a result, there won't be any negative feeling for, *civility costs nothing*. Acknowledge each and every act in the right spirit with patience.

Happiness is not a fundamental right, but the very birth-right. Man is a product of joy, and as such, he should never feel miserable. An artefact of happiness cannot be unhappy. So, happiness is a preordained legacy bequeathed to you as a

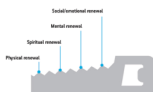


# 7 HABITS

OF HIGHLY EFFECTIVE PEOPLE

Stephen  
R. Covey

## 7 Sharpen the saw



Maintain a balance



## 6 Synergize

$$1+1 = >2$$

In relationships the whole is more than the sum of its parts

Conditions for synergy

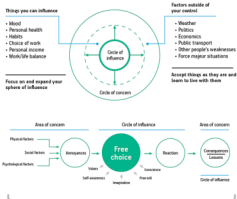
- Difficult tasks
- Absence of competition
- Mutual pursuit of success
- Synergistic communication



Requirements for cooperators

- Recognize the limits of your own understanding and the sufficiency of your experience
- Perfect your interactions and compensate for your weaknesses
- Respect and value differences

## 1 Be proactive!



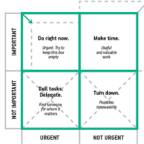
## 2 Begin with the end in mind



Draw up your personal mission statement:



## 3 Put first things first



## 5 Seek first to understand, then to be understood



Become an empathetic listener



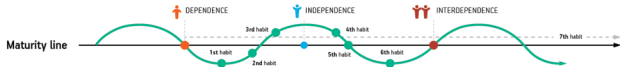
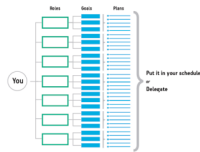
## 4 Think win/win



4 steps to win/win

1. Put yourself in the other person's shoes
2. Identify the key issues and concerns (not problems) not positions at stake
3. Identify resources that would be fully mutually beneficial
4. Think up new options and possibilities to make these happen

Weekly planning in 2nd quadrant



natural law of inheritance. This is granted to the one who handles his situation wisely/ diligently.

As the day progresses, before you get to bed at night evaluate your day, questioning yourself what seeds you have sown and what yield you have borne. You will then surely feel that you are blessed with such a wonderful life. If you are unable to spend the day as planned, do not regret because suppression is more dangerous than not executing the day as you expected. Try to restart the day no matter even if you missed the bus... there's always rewinding, retrospection, only no retreat...

*Oh, I kept the other for another day  
Yet knowing how way leads on to way  
I doubted, if I should ever come back.*

*- Robert Frost (The Road not Taken)*

## **Yoga, the Panacea for Life**

Exercises/yoga/aerobics done with a firm conviction give you the necessary energy stimulating your muscles, toning and conditioning them. Otherwise,



with the modern lifestyle, your body may not get the adequate exercise that is required in the long run leading to obesity, cholesterol, diabetes blood pressure and the long train of ailments. Brush your teeth, move the bowels, drink warm water mixed with honey and lemon, sip at regular intervals to get refreshed for the day's challenges.

In this context, let me remind you of our ancient practice, yoga. If you are familiar with yogasanas, please do. The most prominent and the easiest remedy, pranayama, inhale-exhale asana, is demonstrated below for your convenience. Wash the face thinking that every drop which you sprinkle on your face is to remove not only your external dirt but also the negative energy stored in many forms . This is one way of reinforcing your mind and might.

Spread a mat or a bedsheet and sit in Vajraasana (if you are at home) posture or sit in a chair (if you are in the workplace) or any posture with your back straight.

Place your right thumb on your right nostril and inhale through the left nostril then hold the breath closing the left nostril with the ring finger imagining that you are breathing in the life energy resources (love, gratitude, care and values) together with oxygen that are crafted and created by Mother Nature for you. Hold up this posture for five seconds. Then gently breathe out.

Repeat the same inhalation with the left nostril and exhale through the right nostril imagining that you are expelling all the negative values (anger, jealousy, perversion, etc.) along with carbondioxide. Hold it for five seconds. 8 counts make one cycle -1. Inhale, 2. Hold, 3. Exhale, 4. Hold, 5. Inhale, 6. Hold, 7. Exhale, 8. Hold (for 9 cycles\*). The more you repeat, the better rejuvenated you feel. Imagine yourself to be overflowing with energy. You may do this as many times as you can but at least nine cycles (less than nine minutes) thrice a day.

The most crucial point to remember: Think positively while inhaling so as to let in good

thoughts and vibrations and push out the negative ones when you exhale. Pl. Visit website [www.subaschandran.com](http://www.subaschandran.com) for video.

### **Count Magic 1234567**

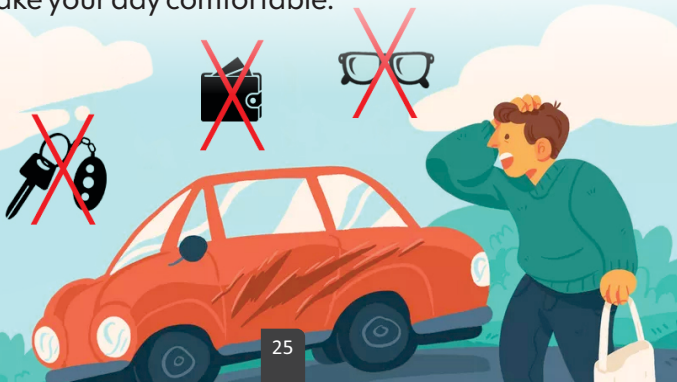
Most people confront the worst challenge of leaving for a destination in time because they do not keep things in order (e.g., bike key, car key, purse, spectacles, lunch box, dress, and some important papers) and spend time searching for them. It consumes your time to organise the day. When you place the things that you want to retrieve, tell yourself (I am putting my car key in the basket meant for keys) as we place it even if the mind focusses on something else.

Everything has a place, says Master Rangarajan. So does a keychain or the spectacles. Some specimen personalities might come up with late realisation forgetting the office key after alighting/dismounting the flight of stairs, and go back to search for it again. I have a system of counting the standard things before stepping out (1- Mobile Phone, 2-Purse,

3- Car & other Keys, 4-Office Room Key, 5-Spectacles, 6-Blue Tooth Head Set and 7 – Important things...) for the next day.

You can change the order of the number as per your convenience. So, you have these seven items before you leave the house. This could be, therefore, an organised way to start the day without much ado at home in the process of searching for things. This should be an orderly way of getting started for the day.

Alternatively, you can buy a 12" X 18" size whiteboard with a marker and hang it behind the main door, the only exit which you invariably use to leave home. Write the checklist on it so that before leaving, you carry all the things that make your day comfortable.





## Let Gratitude be an Attitude

Gratitude is an attitude of beauty that stimulates glands to produce positive hormones such as dopamine and serotonin in your body when rehearsed regularly changes your whole metabolism. Morning meditation if conveyed gratitude to each and everyone involved in making our day pleasant, is the best of deeds. Learn the sense of gratitude from role models (dogs) as well. Treat every living or non-living thing your role model if you have learnt any new lessons from them. “When you rise in the morning, give thanks to the light, for your life, for your strength”. The twentieth canto in Adhitya hrudayam (Soulful chantings on the Sun God) runs like this:

**Thamagnaya himagnaya sathrugmaya amitatmane  
Kruthagnagnaya devaya jyothishaam pathaye namaha**

It means thanks to the first source of light bestowing the radiance of knowledge that dispels darkness, frightening cold and ignorance. Hence the day starts with thanks giving.

Thank your food and the joy of living. If you see no reason to give thanks, the fault is with you. When you have your food, be thankful to the one who has made it possible for you. There's a

particular canto (14:XV) in The Baghavat Gita:

Aham Vaishvanro bhoothva  
praninaam deha mastruthaha  
praana apaana samaayukthaha  
pacham yannam chathurvitham

the elemental fire, the divine one with the inhaled and exhaled air digests all the four kinds of food in all living beings. Pay attention to what you eat and avoid reading newspaper, speaking over the phone or thinking intensively while eating. If you eat mechanically without enjoying what is going into your stomach, you will eat more than what you ought to eat.

Overeating can also end up in major health issues. Binge,- eating disorder leads to obesity. Any amount of exercise will not help to get back your average weight level once you lose control over excess food intake. 'Art of Eating' another pocket-size book expatiates a holistic view of eating.

A healthy body is responsible for a healthy mind and vice versa. Physical exercises keep your life going. Whether it is a brisk walk for 30 mins that activates your body or if you have access to a swimming pool, use it. You will then notice the change in the following days. (Consult your dietitian or physical trainer and follow the work out accordingly.)

Even taking bath should be like meditation. It is not only to cleanse the body but to cleanse the inner consciousness. But it should be natural with orientation and not mechanical. One should think that every drop of water flowing down his head to toe is draining the negative energy. By doing so, the mind will transmit positive energy. Before you leave home, be thankful to your spouse, hug her/him and greet the children. This embraces you to an energetic mirthful day. It is scientifically proved that act of hugging transmits positive energy from the giver to the receiver.

Pray for everyone who has made your day beautiful and go to sleep only to get up the next day to enjoy another beautiful day.

Rabindranath Tagore believed: “Do not say, ‘It is morning,’ and dismiss it with a name of yesterday. See it for the first time as a new-born child that has no name.” And thus, the cycle goes on.

*There is nothing like a dream to create the future.  
Laughter is the sun that drives winter from the human face.  
Music expresses that which cannot be said and on which  
it is impossible to be silent. With the new day comes  
the strength and new thoughts*

- Anna Eleanor Roosevelt (Former First Lady)

## Self-evaluation

*Know then thyself, presume not God to scan for,  
The Proper study of Mankind is Man*

- Alexander Pope (An essay on Man)

Factors	Days													
	MON		TUE		WED		THU		FRI		SAT		SUN	
	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N
Getting up at Brahma Muhurth (3.30 a.m.5.30 a.m.)														
Take bath as a practice of Meditation														
Pray as thanks giving for everything & everybody														
Practice pranayama Meditation/Yoga/Aerobics														
Drinking toe glasses of warm water in empty stomach & a regular follow up glass on doctor's advice														
Pray before food, chew the food eaten & relish														
Don't carry home to office, vice versa														
Frequent face wash to rejuvenate energy														
Lend helping hand physically/ morally / financially														
Cheer up socialising with family, friends & others														
Self evaluate before hitting the bed														

Pat on your back If you are right

## Case Study

Great men are not born, made. Benito Mussolini like any other Valmiki, or you and I had risen to fame from unruly, disobedient, aggressive and restless lifestyle of being a big bully in school and moody at home to dictatorship by developing the self concept: self belief, self satisfaction and self esteem. If you read the mystery of law maker run his car over an infant you get to know the humiliations he had suffered. Yet, he perfected his lifestyle living a day-to-day life facing challenges of unsuitable profession, and practising most of the virtues listed below.

### Methodology-Never look back always look ahead

Practise the tools of physical mental and spiritual/ psychological training followed by self-evaluation. The processes of methodology may be a



try for a couple of days then as a clinical course of dosage for 40 days. The 40 day course is to get clarity on those things of self determinism.

So to start with,

- Get up early in the morning at an earliest convenience, either brahmamuhurtham or at least by 5 a.m. for scientific and psychological reasons.
- Oestrogen develops due to lack of Vitamin D generated naturally from the early morning sunrise. This is why new born babies are given phototherapy especially in Punjab, a North Indian state, mustard oil is used as osmotic membrane to shampoo the body and exposed to sunlight. In Kerala it is coconut oil. Still, it is practised.
- Psychologically too, from alpha state to gama state, the midnight slumber gets over. When the mind is fresh it wakes up automatically. If in its waking not utilised to the fullest because it travels faster than light or wind the wasted energy gets clogged benumbing the brain power.

- Pray (Any faith-God or Nature or Self) as a sense of gratitude for being blessed to get up from bed.
- Extend thanksgiving to humans and inanimate things like the bed, bedsheet, bathroom, slippers, and the like.
- Stand before the mirror, see yourself first before seeing anyone the moment you get out of the bed look at yourself, smile at your image and speak to yourself then utter: “I’m good so are all; Be happy; and, well begun is well done”
- Drink two glasses of warm water on an empty stomach. To this water, some herbal ingredient is added as per the suggestion from an ayurvedic doctor since plain water could flush out minerals from the body.
- Some warm ups to the physique in the name of Exercises-physical and mental, including





yoga practices, are inevitable, and no excuses are allowed.

- Bathing must be in cold water, if not at least warm water, indeed not hot water. Wash the face whenever the felt need arises.
- Pray every time before consuming any food. Chew at least 32 times the food eaten according to the method detailed in the booklet called “Art of Eating”.
- Instruct or finetune your mind set not to meddle with household affairs outside matters home or vice versa because eitherwise one loses his peace of mind and follow the 12345678-rule prescribed in this book.
- Returning home remind yourself to restore the articles used to be replaced in their respective places. It earns a million-dollar deal.



*A hungry man is an angry man.*

- Author

*Beginning justifies the end.*

- Author

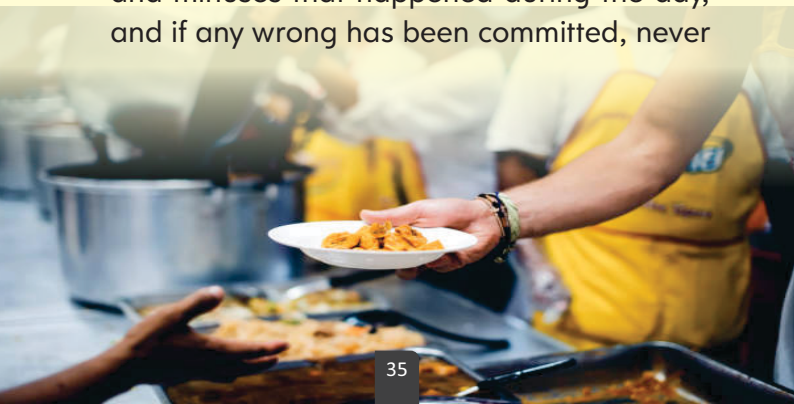
This is a must. The magic of 12345678 about putting things back in their place broadens the memory quotient. Once it so happened that a person had forgotten to collect his debit card from the ATM venter. Thinking in silence where he used to replace every day after use when he last took it out made him realise that he had left at an ATM 150 miles away from his location when gone on an official meet. Next day the bankers assured it browsing the google.

- Develop contacts making mandatory calls to the near and dear; widen the circle. Establish the older proximities; enrich the existent relationship and extend to the newer affinities. Every day at least one call is a must.
- To call up the kin once a week, followed by calls to close friends once a month, and at



least once a while to whomever one is supposed to be in touch with is inevitable. This keeps reminding one we are human

- Charity like helping the needy in whatever way at least thrice a day keeps telling our conscience Come on “MAN, I’m there for you; We are still there”.
- Do a bit of reading, listening to audio files during the day and nights especially listen to the audio files prepared exclusively for releasing the stress in the alpha state of mind or at hitting the bed.
- Much before getting to bed, do self evaluate about yourself for the day. Assess the pluses and minuses that happened during the day, and if any wrong has been committed, never



be egoistic to seek apology through prayers. Self-punishment is better than penalty better than lame excuse. Never hesitate to forgive others' follies and punish yours.

- Finally, remember the two golden words uketamo (accept both challenges and adversities) and arigato (thank you for all the boons and bounties).

The contents are customized to suit the needs of every individual. After reading through the lines, perform the morning rituals. All these activities if performed though with some minor slippages at times, start over the course to make up for continuity of a forty-day course, which is a must without any break. After all, won't give a pat on your back to say: "I AM". I accept acknowledge appreciate the making.

A special note from the author: For any assistance on the details of breathing exercises referred in this book or visit [www.subaschandran.com](http://www.subaschandran.com)

## THE WAY TO BE HAPPY

Please beware that you are a product of happiness. Happy is the man who thinks kindly of others and takes pleasure in helping the one in trouble. We should remember the way to receive is by giving. One who offers help to friends or even strangers is someone who will be rewarded in one form or the other.

*The quality of mercy is not strain'd  
It droppeth as the gentle rain from heaven upon  
the place bneathe 't is twice blessed;  
it besseeth him that gives and him that takes*

- William Shakespeare (The Merchant of Venice)

Another way to be happy is to remain content with whatever one has. Contentment doesn't mean not doing anything for self-improvement. On the contrary, be happy with what you have, yet strive to improve further.

*Mind in its place makes heaven,  
a hell; or hell, a heaven.*

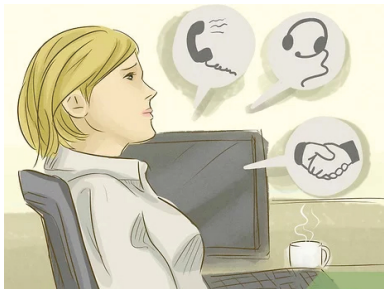
- John Milton (Paradise Lost)

Book-I; Satan's speech Lines (221-270)



## How to begin each new day?

A day should begin with goals – small, medium, big. Small ones could be 50-60 small actions like getting up from the bed, setting the bed, going to washroom, brushing the teeth,



greeting parents/ spouse/children, etc. Once you practise them you may develop confidence to aim for bigger goals. For detailed goal setting, \*(refer 'Art of Setting Goal' from the same author).

Nine good karmas a day\*. Karma means thoughtful deed. No deed is possible without a thought. So, a positive thought will emerge into a positive energy. Try to practise nine good actions that you should do to yourself. Once you achieve them extend the nine to others too. (You decide what the nine good choices for you are).

We should always remember that human life is a boon gifted by nature. Any being can be born

as an animal, bird, an insect, or a fly. So, if we are born as human beings, we should rise each morning with our hearts full of thanksgiving to the creator. Why think of tomorrow or the day after when the future is uncertain. Why not get out of bed each morning saying to oneself, 'there is another day i'm gifted to live happily. We should be like a honey bee that sucks honey from each flower and then leaves it to the others to taste it.

No doubt life is a blend of sorrows and happiness. But let not one eclipse the other letting us rest in either laurels or utter dismay. Let us live like a butterfly that flits in the air, not knowing that its life span is so brief. Hardly do we realise that while the future is a mystery, the past buried in history, it is only the present that keeps us alive. No wonder, today is a present, a gift or a boon from the Bestower:

*Trust no Future howe'er pleasant!  
Let the dead Past bury its dead!  
Act,-act in the living Present!  
Heart within and God o'erhead!*

– Henry Wadsworth Longfellow (A Psalm of Life)

## Convert your Negatives into Positives (B+?)



Pride goeth before a fall. The man who is arrogant, always blowing his own trumpet, is never at peace with himself. In other words, our negativism is an iron curtain that distances us from ourselves and the others. Such a man is always unpopular in the society. So, the best way to make oneself affable to others is to commend other people for their successes. See good in others in order to be happy and be at peace with oneself. Remember, what you see in others is a reflection of your inner being. Controlling negatives may be a peck in the eye irking us from the subconscious like the suppression of stress discussed in the Art of Sterilizing Stress (difference between managing and eliminating).



## Manners Make a Man

A man is known by his manners, his way of interacting with others. A soft-spoken man has already won the first step towards success. Words spoken by a man is a soft melody, like a brook flowing silently. A harsh word spoken can cause greater hurt than a wound infected. Nature created man, and manners, his character.



## Don't be Jealous of Others

Why is jealousy called the green-eyed monster? Because it is a wild beast that devours one's soul. One's goal in life should be to live and let live. One must face



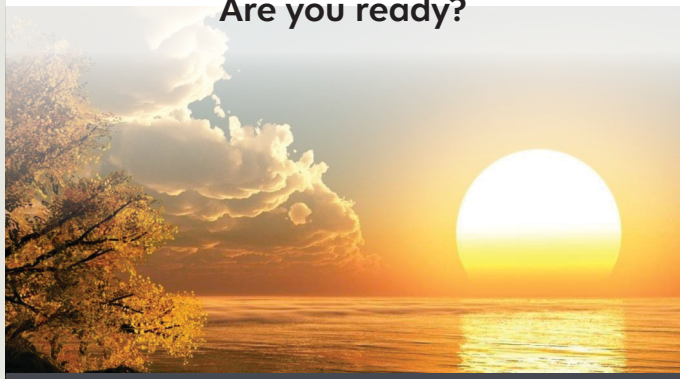
the blatant truth that one's friend or relative may achieve something which may have been slipped off his hands.

*Envy is ignorance; and imitation, suicide.*

- Ralph Waldo Emerson

It is stoic to have the moral courage to congratulate the other person, instead of envying him. Most people don't realise that one should feel happy over the success of a friend, a neighbour or a relative, who passes happiness to him. Don't you need that fit mind? Try practising such a happiness daily.

**Are you ready?**



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