

POSITIVATION

POSITIVATION

The Motivation of the Highest Entities in the Universe

VICKRANT MAHAJAN



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Yes Thank You Universe

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Conscious Choice

This is a book about superconsciousness. About activating the energy of conscious choices in life. Commensurate with the theme, you will find a stylistic variation in this book:

- ~ It is a global practice to write you, us, we and they in lowercase but I in uppercase. I realise that it's an unconscious usage, an unaware assertion of one's supremacy. For, if i is uppercased then so should you, she, he, they. Why not make it simpler? By applying the same rule to all personal pronouns. So, throughout this book, i have consciously used i in the lowercase. The only exception being whenever it occurs at the beginning of a sentence to maintain editorial consistency, and a few other instances midsentence where I is deliberately used to denote the ego.

Acknowledgements

For the immeasurably beautiful gift of life, i am ever-increasingly grateful to:

The Universe and its energy, that lives on infinitely in my consciousness.

My parents, Veenaa and Sham Kishore, and my sister, Niddhi, for their unlimited love and support.

The 108 billion human beings that have ever lived, the 7.5 billion that live today, the trillions of plants and the octillions of other life forms throughout the cosmos, who have all contributed to my superawesome journey on this planet. I am the oneness of them all.

Introduction

Motivation by itself is incomplete. It is like an empty plate — might be good to look at but won't fulfil its purpose without food on it. The kind of food one puts on the plate is what makes it relevant. There are two kinds of food that could be put on that plate: unhealthful and healthful. The plate would be neutral to both and would equally fulfil its covenant with both.

Similarly, motivation could be negative or positive. Anything that is driven by base emotions or energy, like ingratitude, anger, fear, sadness, greed, bias, violence, selfishness, lust, limitedness is negative motivation — or negitivation. Any thought that springs from that energy, any action that is born from it or any experience that is suffused in it is negitivation and a person who performs it is called negatived. A robber robbing a bank, a terrorist

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bombing an installation, a person thinking small, a person discriminating against someone on the basis of religion, a person being ungrateful — all these actions spring from negatvation and are performed by negatvated people.

On the other hand, anything that is driven by higher feelings or energy, like gratitude, calmness, courage, happiness, uncovetousness, equality, peace, selflessness, unlust, unlimitdness is positive motivation — or positivation. Any thought that springs from that energy, any action that is born from it or any experience that is suffused in it is positivation and a person who performs it is called positivated. A person helping another selflessly, a person respecting all faiths, a person appreciating sunset, a person thinking big, a person being grateful — all these actions spring from positivation and are performed by positivated people.

The greatest quality of positivated people is that they love the world unconditionally. Their greatest intent is that they want to see the world happy unconditionally. And their greatest gift is that they give to the world unconditionally.

People driven by positivation take every knock, every blow, every humiliation in their stride and give the world only positivity in return. They realise that life itself has given them so much, and it is their turn to give back to it now. They see all humans as one race rather than

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humans to be raced against. They give their all yet are unaffected by the giving.

People with positivation soar not because of their own wilful ambitions but because they intend to encourage others to soar too. They see eternal reality even when everyone else just sees the transitional one. They are met with negitavation at every turn but they turn only to positivation. And in order to do so, they draw inspiration from the highest entities in the cosmos that enshrine the spirit of positivation. Let's meet them one by one.

Chapter 1

POSITIVATION OF UNIVERSE

The eternal source of all — the Universe — is also the most positivated of all. It creates unlimitedly, incalculably, immeasurably, without any impediment. Its positivation is its versatility. It could have produced only stars or only planets. But it has produced an infinitude of forms of innumerable shapes, sizes and hues.

Its positivation is that it started out as a solitary atom, smaller than a pinpoint, but it imagined countless possibilities and went on to manifest them unflinchingly. It never gave in to any limitation. It realised that the only barrier is itself and its self-belief.

All its creations are original and unique. A species builds upon the characteristics of another one but never replicates it in toto. The Universe dares to imagine, and

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does so fearlessly. It creates laws that govern all its creation, and it upholds the sanctity of those laws to the fullest.

The Universe's positivation is its creation without attachment. It loves all its creations, whether a galaxy or a black hole. It doesn't discriminate at all. Oneness is the most positivational of all qualities, and the Universe is synonymous with that quality. It is one with all and one in all. It lives on in every feeling, thought, word and action of each of its creations.

Endless creativity is the Universe's positivation. Octillions of its species have been born and octillions have become extinct. The Universe never mopes for any of them. It knows that they will be recycled into higher forms and go onto higher planes of being. Even if a star dies, and collapses into a black hole, the Universe knows that more and better stars will be born from it. It never bemoans the passage of any of its galaxies, however magnificent or glorious they are. It trusts its creative power immeasurably and knows that it is going to create the same or better.

The Universe loves creativity. Each of the millions of species it has created on this planet is unique in its attributes, and each of the zillions of life forms that comprise those species is unique in its expression. The Universe lives in every thought. Every day, humanity has an estimated 460 trillion thoughts, or half a quadrillion

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thoughts. Most of those thoughts are unique thoughts. Imagine the Universe's creativity in the art of imagination, in the art of thinking! Besides, we are much more than just thinking beings: we are speaking beings, we are listening beings, we are touching beings, we are tasting beings, we are smelling beings, we are feeling beings as well. The Universe lives in each of these states, in every experience, with every creature.

The Universe's positivation is the abundance it proffers to every entity that invokes it consciously. From a star that produces trillions of megawatts of energy every moment to an ocean that gushes with humongous power to a human being who becomes a receptacle of that power, the Universe's infinity is available to everyone.

The Universe's positivation is its singularity that gives birth to the plurality. It infuses sameness into differentness. The same force runs in every atom of creation, in every entity in the cosmos. The same force runs in life as in death. The same force runs in destruction as in creation. The same force runs in the inanimate as in the animate.

The Universe's positivation is that it respects negativation as its own characteristic without being overwhelmed by it. It knows that it was, is and will always be light. But to keep that remembrance alive, it has created darkness. To understand it metaphorically, darkness is the

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notebook that the Universe uses to write the chapter of light! Darkness is finite, while light is infinite. Darkness is like the boundary of a garden. The boundary has been drawn and there's a road running along it on all sides. The garden can't get any bigger. It is finite. But the sheer scope of things that can happen inside the garden is infinite. The range of possibilities and creative options available to fill up that garden is infinite. That's its true positivation: to respect negitivation. Because it is to serve the former that the latter exists as well.

The Universe's positivation is its unceasing growth. It has been creating unceasingly for 13.76 billion years, and after all those years of creation, it is creating more and more — and with greater vigour and rate than ever before. The Universe never rests on its past accomplishments, but keeps moving on interminably, getting better and better in the process. To it, every star is the building block for a bigger, shinier star, and every endeavour is the building block for a bigger, better endeavour.

If people lose even one cent, they start worrying about what they had. They feel that cent was theirs and they owned it. That is the basis of their negitivation. Now consider the Universe. It has owned every galaxy, star and planet — in fact, every atom in the cosmos — yet it never worries about what it had. It never sees the cessation or disappearance of something as loss. It just

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sees it as transition. From one form to another. The Universe is infinitely creative, whether it comes to converting energy to matter or solutions to problems. Being in constant touch with its creativity is its positivation. And that's what we have to develop as well. As the ocean so is the drop. Our source, the Universe, is absolutely positivated, and we should be as well to realise our highest potential in life.

Chapter 2

POSITIVATION OF LIFE

Life, as we know it, is the force of the Universe available to us. An average person lives for 2.5 billion moments, breathes 550 million breaths and sees 30,000 days. During that span, an average person commits scores of “mistakes” or unconscious acts on a daily basis. They could be acts perpetrated on the self or others, spoken words or even just thoughts — of unconsciousness. All these unconscious acts are a violation of the highest sanctity of life. If life was negitivated, it'd have stopped its interaction with that person then and there.

For a moment, think of life as an independent entity. It is a pure cosmic entity that has taken billions of years to evolve. It has gone through unimaginable trials

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and tests. It has had to go through the stillness of vacuum, the frozenness of absolute zero temperature in space, the dark recesses of a black hole, the seething million degree temperatures inside a star and intense gravitational pressure inside a molecular cloud before it could develop into the force we now know it as. For billions of years, it has been tried and churned over and over on the assembly line of cosmic refinement. Even for it to shape into a single “living” cell on this planet has taken it 9.16 billion years of churning. To develop the first plant took it 13.3 billion years. To manifest the first animal took it 13.36 billion years. To manifest the first bird took it 13.61 billion years. To manifest the first flower took it 13.64 billion years. To manifest the first human took it 13.76 billion years. Yet it kept on persisting.

When it was born, life was put under an immutable law by the Universe: to constantly be decimated in an endless cycle — or recycling of itself. That it will be born, it will die and then it will be reborn. Over and over. Zillions of times. In zillions of species. Through zillions of forms. Every time a form perishes, it is not that entity but life that has to die. In every form's death, life dies too — or rather it is life that actually dies! That death has happened to life countless times.

But look at life's positivation, its resilience: it keeps springing back with a better species, a better form every

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moment of its existence. It has a simple credo: "I might pause but i will never stop." It keeps imagining better and better — and it keeps delivering better and better. After billions upon billions of years of decimation, of countless "failures", it came up with a human — one of whose objectives is to strive towards immortality.

Life is not just human life or animate life of other species. Life is in every atom of this planet. In fact, our planet itself has life. The sun has life. The moon has life. Even all non-life has come from life. Life is in every atom of the Universe. It's just that some are expressing themselves right now while some either did it aeons ago or are waiting for their turn.

Life loves celebration. If you look at it, whenever a child is born, festivity ensues. Vibrancy, laughter, energy resonates. Similarly, when a festival comes around, there's a mood of upliftment. Ditto for a marriage or a new venture. When anything starts afresh, the force of life can be felt much more palpably. The lesson to be learnt is that if we develop the skill of starting every day afresh, from zero, then life will always be agog with the energy of celebration. The entity of life is superlight and doesn't like to be weighed down at all. Life inspires us to shed the weight of our ego, our expectations, and tap into our highest energy, completely free and unfettered. Come to think of it, the sun doesn't rise every morning because

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we expect it to, the earth doesn't spin every day because we expect it to, the river doesn't flow every moment because we expect it to. At the highest level, life carries on free from expectations but suffused with responsibility. Learning from life's positivation, we must become responsible for it and towards it. Giving all of ourselves to it, starting from zero every morning and going to infinity till night, without any expectation. Not to lug the weight of what happened yesterday or last year or several decades ago. Life is *this* very moment — the window of the present. What's gone is a memory. What's yet to come is an imagination. What's here is life — at its purest. That's when creation happens.

The very nature of life is to never give up. It has embedded that quality in everyone. It is ever ready to forgive. Provided others uphold its dignity — and rise in love with it. Because its core objective is to evolve, it gives every entity countless chances to learn and grow. It knows that people are the way they are due to the unconscious conditioning of innumerable incarnations. And they must be given innumerable chances to step out of unconsciousness.

Those who become conscious and realise how much life has gone through to bring us into being are the ones who truly access the infinite reservoir of life. They are the true lovers of life. And they are the ones who become truly positivated.

Chapter 3

POSITIVATION OF SUN

The sun is the most positivated entity in the solar system. It is the progenitor of the earth, the moon, other planets and satellites. Its gravitational field is so strong that it can easily draw to itself and singe all the planets and satellites that revolve around it. If it was just motivated, it'd have done that. But because it is positivated, it refrains from doing that. Its motivation is not superiority but creation. It doesn't do anything to prove a point but to sustain and uphold the splendour of the Universe — and that is the basis of positivation. On the other hand, negitivation is when a person performs an action to demonstrate superiority or to further a selfish agenda. Plain motivation or negitivation makes a person think of the self. It is positivation like that of the sun that makes it give of

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itself to the world. That is the motivation that gives birth to life. And nurtures it.

Positivation makes an entity go past every challenge. The sun faces the challenge of darkness every moment of its existence, and is perpetually surrounded by it. If it was governed by any negative emotion, like exhaustion, it'd have dissolved in darkness and become a part of it. But its motivation is to give light, to share its superpositive essence with the world. So, it transcends darkness and the accompanying pessimism.

The sun knows that it has to inspire the world with light, and to give hope to countless life forms groping in the dark. Its purpose is to show that light exists within each one of us. It intends to demonstrate what true autonomy is. Rather than depending on any extrinsic light source, it goes within, finds its light and shines it unto the world.

The sun's positivation is unlimitedness. It does nothing in scant or only as much as the world needs. It produces energy worth 1 trillion nuclear bombs per second. All the energy that all the planets, exoplanets and satellites need has been produced by the sun in only one hour of its existence. The sun has been around for 4.6 billion years. Which means that it has produced over 40 trillion times the energy that has been needed! Now, that's true positivation: to produce more rather than less. To perform much better than is expected.

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The sun's positivation is that it never thinks of hoarding, of its reserves running out. It is never insecure of performing to the fullest. It always gives all of itself, a trillion percent. It never thinks of who's watching. It performs nonetheless. Even if people stay indoors when it rises, it never coaxes anyone else to come out.

The sun's positivation is the inspiration it gives to scientists and inventors. It shows us a multitude of ways to harness and express its power. Solar panels, heaters, cookers, lamps, chimneys have all drawn positivation from the sun. On earth, all resources and fuels come with a limited shelf life. We know earth's oil and coal are soon going to run out. But sun's electrons are going to be there for at least 10 billion years more. Besides, all fossil fuels are contributing to the increasing pollution in the atmosphere and are causing severe damage to all life species. On the other hand, right from the first organism, the Cenancestor, to the latest human, every terrestrial creature is organically aligned with the energy of the sun. Their bodies and beings respond naturally and wholesomely to the rhythm of the sun. In fact, sungazing is increasingly becoming popular across the world as people look directly at the sun in early-morning or late-evening hours and tap its energy directly. It contributes to pineal gland activation and regenerates cells in the brain.

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Imagine, the possibilities: if we could develop the art of creating the energy we draw from food within ourselves just by looking at the sun!

The sun is positivated every moment of its existence. It doesn't just give earth its light and warmth but also makes wind blow, which is responsible for continuous movement of life, from pollen to oxygen. Without the sun, wind won't be there. And the energy of air's motion won't be there either.

The sun's positivation is its singular focus. Throughout the 4.6 billion years of its existence, the sun has met only darkness wherever it has gone. If it was a human, it'd have been "depressed" at this all-pervading "pessimism". Blaming the system, it'd have become darkness as well. That would have been the easy choice — or its negitivation. But look at sun's positivation: it goes within itself and creates its own light. It doesn't depend on any external source for its energy and teaches us what true independence is. It creates its power from within itself, without giving in to any setback or limitation. It sees darkness as its motivation rather than its nemesis. The darker it gets, the greater the opportunity for the sun to express its highest potential. That's how each one of us has to be as well. The sun's positivation is that it remembers its purpose every moment of its existence. If it was negitivated, that remembrance would have either

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been missing or occasional. When we receive sun's light, we must remember that we are receiving its positivation above anything else. And that positivation is what we are truly born to share with the world.

Chapter 4

POSITIVATION OF EARTH

Our planet has been in existence for 4.6 billion years. It has spun on its axis 1.7 trillion times. All this rotation has been possible thanks to earth's positivation. If it was negitivated, it'd have been enervated by now and given up. Because, come to think of it, all that spinning has required incalculable effort.

6,000,00,00,000,00,000,00,00,000 kilograms is approximately earth's mass — or the weight of almost 1 billion trillion elephants! Or the weight of almost 1 billion trillion elephants! Imagine those many elephants suspended in space, flying smoothly in one direction and turning every 24 hours! Now, imagine, them being continually poked and pinched! Imagine the hurt and pain they'd feel. Yet the elephants have to keep spinning. Millennium in, millennium out. Year in, year out. Day in,

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day out. That's earth for you! Despite that ordeal, earth goes through its mission uncomplainingly, unceasingly. Like a truly positivated entity, it keeps holding on tight to its core. From an ant to a 200-storey building, from a bacteria to a rhinoceros, earth holds on tenaciously to each of its life forms. Because if it relaxed its force even one small bit, all life forms would go flying into space — and into oblivion.

Earth is ever conscientious of its duty to the Universe. As it marches through space, it is constantly greeted by hostile elements: dark space, meteors, -270°C temperature. They are stern tests for earth. But it demonstrates exemplary courage and grit in the dispensation of its duty. Its courage inspires even the sun to shine brighter and the moon to keep revolving around it, attracted by its devotion.

Earth is positivated, like a mother. It keeps spinning so that all its children receive an equal share of light and shade. It keeps spinning so that they enjoy equal benefits of summer and winter. It keeps spinning so that they receive rain and dry in equal measure. It shields its creatures from the extreme and offers them life in its most balanced version.

It is earth's positivation that it gives shelter to all its children, regardless of any preference or bias. Some shelter inside it, some on its surface and some above,

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perched on trees. From an ant to a giraffe, earth provides a home to all creatures, small or big, sinner or saint. And when their earthly journey is over, earth unquestioningly takes their forms back in its fold and dissolves them back into its elements.

Earth's positivation is that it retains its composure, come what may. When humans dig holes into it, or when deep fissures develop on its surface due to tectonic movement, it doesn't get fazed at all. Whether it is a 77,000 kilogram Argentinosaurus dinosaur or a 1 milligram ant, it is completely unfazed by any species that walks on it — even when it seems to trample upon it. It tolerates with unlimited patience even the unconscious ones who spit upon it. It gladly bears the weight of cranes, bulldozers, towers and rigs that come down heavily upon it. So much so that it allows even bombs and missiles to be dropped on its surface — even if it is immeasurably saddened by the unconsciousness of those who do so. Humanity has put quadrillions of steps on its surface, mostly unconsciously. For many people, not even a single step in their lifetime was in honour of the very planet that enabled them to do so. Earth watches with a forgiving heart as people wake up in a stupor of ungratefulness and spend the entire day mired in that attitude. And it looks on compassionately as they repeat that pattern of thanklessness day after day. It is earth's positivation to

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lead not by aspiration but by example. It continually works towards setting an example of positivation so inspiring that one day all its progeny will naturally emulate, without need for coercion or rhetoric.

Earth's positivation is that where there were deserts one day, there are going to be oceans at the same spot. The glorious mountains that were submerged in steep oceanic depths one day are eventually brought out to inspire with their majestic splendour. Priceless diamonds that lie buried in subterranean chambers are brought out one day when they have evolved sufficiently. Even forests that have got buried in its bowels are opened up to proffer a wealth of energy to further civilisation. Earth constantly gives and gives, without expecting anything in return. That is positivation of the highest level. "Like mother, like children", as the saying goes. So now, it is upon each one of us to live as positivationally as possible to uphold the sacrifice of our planet, our mother.

Chapter 5

POSITIVATION OF NATURE

All that we see, feel, touch and hear around us is a spectacle called nature. It is the manifested version of the Universe. The physical world. What we observe. All seasons, all animals, all plants, all oceans, all mountains. Nature is a subset of the Universe, of the absolute.

Physical nature came about at the same time as the solar system. The biggest positivation of nature is its constant evolution. There is never a static moment in nature — though there is many a still one. It never stops growing. The sponsor of nature is the Universe, the eternal life. That's the source of nature's energy. Nature draws upon that reserve. That's why it never runs out of creativity. A sea gives birth to a desert one day. A glacier gives birth to a lake one day. A cloud gives birth to a

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rainfall one day. A species gives birth to another one day. Nature is in a constant state of creative expression.

If nature was negitaviated, it'd have stopped. It is estimated that 99.9 percent of all species on our planet have become extinct. An estimated 108 billion human beings have come and gone. Countless glaciers have melted, entire continents have eroded. Every day, billions of beautiful creatures are preyed upon by larger species. Everything in nature is so intricately designed, so perfectly crafted, that it pains a normal person to even think of its loss. Imagine watching a swanky luxury sports car hurtling down a cliff and smashing into smithereens. One'd be heartbroken to see that sight. Now, for nature, even a small bird is immeasurably more beautiful than a luxury car. But it bears ungrievably as the bird becomes food to a bigger animal. In fact, it has to bear trillions of such losses every day.

A big positivation of every entity discussed in this book is a complete observance of cosmic laws. Creation of a life form and its re-creation is one of those laws, and nature respects it with full fidelity. It never mourns. In order for us to create anything of beauty, we too have to go past mourning and a perceived sense of loss. We have to relinquish ownership over anything. Even if we have possession of something, we have to understand that it is temporary, like safekeeping. One day, we have to

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return it to its rightful owner. That's how nature sees it: returning every creation eventually to the Universe, to the absolute. It doesn't see any of its leaves, rocks or brooks as permanent. To nature, all these are temporary expressions of the Universe's creativity, which will yield to better ones over time.

Constancy of betterment is what nature practises. It centres itself in that energy, in the assurance that today is better than yesterday and tomorrow will be better than today. That every new species will be more majestic and glorious than the previous ones.

Giving all of its bounty inexhaustibly unto all is nature's credo. It opens its oceans to whales, seals, penguins, planktons, fishes and so on. It opens its skies to pigeons, planes, clouds, rainbows, kites, meteors and so on. It opens earth's surface to trees, lakes, humans, homes, rivers, vehicles and so on. To nature, every creation of its is equally important and also equally important is to give all of itself to every creation. The sun shines for everyone, the earth spins for everyone, the air blows for everyone, the rainbow appears for everyone, the fruit ripens for everyone, the river flows for everyone.

Nature's positivation is its versatility. It doesn't say that ocean is going to be its only water body. It exists also in a puddle. Or that plains are going to be its only feature on the earth's surface. It exists also in mountains. Or that

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spring is going to be its only season. It exists also in autumn. In fact, seasons show nature's penchant for repetition and rejuvenation. Every year, seasons repeat, and they've done so for billions of years. Now summer doesn't say that because winter was harsh, it is not going to come. It comes at its appointed time. Which shows nature's punctiliousness.

Everything in nature is original, and it sticks to its originality without trying to copy. A maple doesn't try to copy a rock. A mouse doesn't try to copy a zebra. A flame doesn't try to copy a waterfall. There are zillions of creations. Each one of them is unique. A diamond wouldn't have been a diamond if it'd tried to copy a rose petal. Everything is born to be unique, and to express that uniqueness to the fullest. That applies to each one of us as well. Our purpose has been given to us by the Universe. Let's become still, go deep inside ourselves, find our purpose, our greatest dream, and start working towards fulfilling that dream. Simply put, that would be our truest lesson from nature, and also our greatest positivation.

Chapter 6

POSITIVATION OF LIGHT

Being overwhelmed by a force that is in greater quantity and losing one's essence in the process is negitivation. In the Universe, darkness is always more pervading than light. One look at the sky confirms this. Every star is billions of light years away from the other. What stretches in between is darkness. Now light can get daunted by the overwhelming majority that surrounds it. It could easily say that darkness being in greater quantum is the bigger force so it could cave in to it. But light's positivation is that it remembers the role it has been sent here to fulfil: to illuminate and to give hope — even to darkness.

Every faith, religion and philosophy has emphasised upon light as hope. Each one of us has gone through the experience of being in a dark tunnel in life. When setbacks come our way, we find ourselves in the

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throes of darkness. In our inner chamber, darkness becomes the predominant force. On the other hand, when we are upbeat, we find our insides filled with light. The greater the joy, the greater the light. And the inverse is true as well: the greater the light, the greater the joy. When someone becomes fully conscious, we call them enlightened — or filled with light. All enlightened masters became filled with light, and the darkness of unconsciousness disappeared on its own.

One of the principal positivations of light is commitment. A particle of light, photon, travels at a speed of 3,00,000 kilometres per hour. It does that for billions of years, covering a distance of many a billion trillion kilometres. En route, it encounters innumerable particles of darkness. Yet look at its resolve: it delivers its whole essence to its destination, its potency fully intact.

Light is loved by darkness as well. According to theoretical physics, light has energy while darkness has none. All darkness is merely the absence of light. While, light is a thing one can measure, darkness is merely a tool to compare two light sources. While light travels robustly, darkness doesn't travel at all. While light is carried by a photon, darkness isn't carried by anything at all. The only purpose of darkness is that light can express itself. Now, this is a very important thing to understand — and for a moment forget what you know about positivity and

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negativity. We know from our own experience that positivity is light and negativity is darkness. Going by theoretical physics, what it means is that positivity has energy while negativity has none. The *only* purpose of negativity is that positivity can express itself. The more light there is, the less darkness there will be. Simple as that. The more positivity there is, the less negativity there will be. Simple as that.

That's why the sun keeps emitting light. And darkness automatically dissolves. Because darkness doesn't have any agenda of its own. It just is. In fact, it loves light. If you find it hard to believe, just turn on the light in a dark room. See how smoothly, swiftly and seamlessly, darkness embraces light. It doesn't resist or fight it. It just blends in. Like sugar and milk. Sugar loves milk and dissolves in it. There isn't any fight. Or when night segues into day, there isn't any fight or friction among them. And when the sun goes away at dusk, it becomes dark again. It's not as if the sun has surrendered. It's just that the darkness called night is simply going to be, waiting for another day. For another opportunity to let the sun express itself.

That's the reason light always wins over dark. Even in a cavernous ballroom, if you so much as turn on a matchstick or a small torch, it suddenly becomes lit. Because darkness doesn't want to put up any fight. It is

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simply the canvas on which light paints. The way in which darkness greets light only shows how much darkness loves light. Its unconditional, unlimited love is available to light forevermore. And the reason for that is that darkness loves what light does. It loves its purity. It loves its integrity. The reason a photon is immortal is that even darkness loves its essence. And doesn't give it any friction to work with. Darkness is not a parallel force to light — it is a complementary force to light. It always works with light. Darkness is not feared by light. It is used by light. To express itself. Similarly, negativity should not be feared by positivity. It should be used by positivity to express itself. Darkness comes about only when light forgets itself. Similarly, negativity comes about only when positivity forgets itself. If light remembers itself, it is always going to be lit. If positivity remembers itself, then it is always going to be positive.

Once a photon starts, it travels very robustly. Similarly, when positivity starts, it travels very robustly as well. Like photon, all it needs to do is start. A person's positivation has to be initiated, whether it's one's life, work or relationships. If focus is sustained, and intensity is maintained, then destination would be reached for sure. Light is carried by photons. Darkness isn't carried by anything at all. Photons are so active they travel to every nook and cranny of the Universe to transmit light. The

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more places photons go to, the more light travels. Similarly, there is so much that carries positivity: conversations, music, books, videos. Positivation means enabling the spread of positive energy through your spoken words, written words, thoughts and actions. The more you send out, the more positivity will travel and the more light there will be.

Light teaches us that when we become positivated like it, there won't be any negativity to fight with. *Because there isn't any negativity!* Except the absence of positivity. There isn't any limit to how much light can be generated. Similarly, there isn't any limit to how much positivity can be generated. Superpositivity is that state — the state of infinite positivity. The state of incremental positivation. The state of forevermore positivation. Let's tap into that state and fill this world with the light of positivity — so that even the darkness of negativity feels fulfilled.

Chapter 7

POSITIVATION OF AIR

Air's greatest positivation is that it doesn't hold on to anything. It is neither affected by carbon dioxide nor impacted by oxygen. It is above both. However much smoke is emitted by factories or automobiles, air takes it all in and keeps churning till it's clean again. Air knows that while several species like koalas can survive without water, none can live without breathing, even if they do it cutaneously.

That's why air constantly keeps shedding its negativity and makes itself clean to give life-affirmative energy to all species. As is the basis of all the other positivated entities discussed in this book, inclusiveness is what air practises too. While oxygen is what sustains us, air is a mixture of sixteen gases. Many of those gases are lethal in nature. But air knows the proportion in which

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they should be present. It monitors those levels and keeps correcting them. Yet it doesn't refuse to take any of those gases in its fold. It assimilates carbon dioxide with as much readiness as it does oxygen. While air quality understandably bothers humans — as it should — it doesn't bother air itself. Just like water pollution doesn't bother water either.

Air's positivation is its strength. While most people consider iron to be the symbol of strength, actually that honour should go to air. Over a period spanning several millennia, air can erode and completely break down the sturdiest iron structure. Its persistent force can wear down the toughest rock faces and raze down the mightiest mountains, even if it takes it millions of years.

One of the positivations of air is its quest for cleanliness. Fresh air is the strongest of fresheners which can clean the dirtiest of places. It constantly keeps looking for places that need olfactory restoration. It does so without judgement or prejudice. It neither harps over what caused the foulness nor does it worry about stench — it simply understands that stench is the absence of freshness. So it focuses on its own freshness rather than the foulness of stench.

Air has a goal to deliver the elixir of life to zillions of species without any bias whatsoever till the planet is in existence. And it honours that goal to the fullest. It

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has been doing so for billions of years and will continue to do so for billions of years to come.

Air is the ultimate symbol of oneness. The air that we are breathing today is the same air that countless species have breathed since the birth of our planet. The same air has been recycled over and over again. The air molecules that dinosaurs breathed are the same air molecules that we are breathing today. The air that somebody in Kazakhstan breathed a few months ago is the same air that somebody in Congo is breathing today. The air that the unconscious ones have breathed is the same air that the conscious ones have breathed. The air that the first human breathed is the same air that you and i are breathing. The air that was circulating when the planet took its first breath is the same air that we are breathing today. Air has taken all of everything inside it and is processing it continually without ever being affected by any negativity.

If air was negativated, it'd have performed wilfully — flowing optimally when the going was good and ebbing when the going was turbulent. In times of war or destruction, it'd have stymied its oxygen flow, and while meeting saintly people, it'd have been suffused with a copious flow of oxygen. But air has kept its balance at all times and on all occasions.

If there's one thing that air, water and all natural elements teach us, it is this: we are an inconsequential

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species in the larger scheme of things. Our ego has inflated to such a galactic level that we think of ourselves as the centre of the Universe. That all nature exists only for the human race. That we are the ones who control everything. While nothing absolves us from our responsibility towards nature, which we must fulfil at all costs, we should put things in perspective before bestowing more power upon ourselves than we deserve. If molecules of ice floating in a nebulous cloud in deep space could give birth to the sun and the entire solar system, and then in turn give birth to trillions of life forms on our planet, then there is zero reason why one tiny species can cause it such irreparable damage that it cannot correct itself. Similarly air — that was born as soon as the sun and the earth were born, and before any traces of oxygen were born — can easily heal itself even if the whole planet gets covered in a swathe of carbon monoxide. Yes, human race and all other life would be incalculably affected but air and water would not. They are much, much, much greater than all of us that have ever lived, are living or will ever live put together. They are absolutely positivated. While very few of us are.

Our optimum relationship with air has to be of oneness, rather than just of inhalation and exhalation. The day we truly understand the soul of air, of indivisibility, is the day we would truly become one with air. That's the day we would become air. That's the day we would become truly positivated.

Chapter 8

POSITIVATION OF WATER

70 percent of the human body is water. Similarly, 70 percent of earth's surface is covered with water. There's a reason why so much of us is water. Given the infinite intelligence of the Universe, nothing is random or without deep meaning. Water is what pervaded our planet since its inception. In the beginning, there was only water. In fact, it has been discovered that water is even older than the solar system. It was existing in deep space, and in cosmic interstellar clouds billions of years before the sun was born. When the sun was emitting intense radiation to earth during its inception, that water still managed to reach earth.

Water contains the intelligence of life, the essence of the Universe. It is in water that even stars, planets and satellites are born. Even the sun was born in water! Even fire was born in water. The sun's fire was born in water.

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Just like darkness is not the nemesis of light but the absence of it, similarly fire is not the nemesis of water but the absence of it. When the twain meet, fire does not resist it but immediately embraces it. It knows that water is its sponsoring energy. That water is its parent.

Water's positivation is its coolness, its calmness. However much heat comes its way, it stays cool and calm. It is unselective and indiscriminating. It quenches the thirst of one as joyfully as it quenches the thirst of another. It flows as much into cities as villages. It flows as much past fields as factories. It flows as much in summer as winter. It is available as much to the endowed as the impoverished. It is as ready to be heated as frozen. It allows itself as much to flow as stored. It helps as much in cooking as washing. It is as ready to clean as to be cleaned. It always finds its level. It is malleable and takes the form of whatever vessel it is poured into.

All life on our planet has emerged from water, whether plants, insects, birds, amphibians or mammals. It is in water that the seed of creation exists. Even oxygen was born in water, rather than the other way around. For 2 billion years after our planet came into existence, there was only water and a surfeit of poisonous gases. It is out of those gases that oxygen was born and the first signs of life emerged. The vitality in the air that we breathe comes from water and is present because of water.

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Even if it interacts forcefully with the sun, the result is always more water: evaporation causes water to become gaseous and form clouds, which again come down upon earth in the form of water. Water is a form that is indestructible, imperishable. It has been around since the beginning of time and will continue to be there long after the stars and planets are gone. In this water is mixed the wisdom of the ages.

The water that we drink is the water that dinosaurs drank, the first organisms drank, all masters drank. Water's positivation is that it cleanses every dirt. It is water that has allowed land to emerge. And all terrestrial life to be born. If water did not give way, we'd not be the way we know ourselves now. It is water's generosity that has made this possible. Water is a visionary. It knows when it has to come and when it has to go. Come monsoon, and it transmits itself upon surfaces, like inland areas, which don't have a direct access to a water body.

Water teaches us always to be in flow. If it was negitivated, it'd have stopped. It'd have claimed exhaustion for the phenomenal effort that it has put into its functioning. It'd have been spent and enervated. But even if it looks to have stagnated, it is temporary. Something or someone always comes along to clean it or to get it moving again. Water's biggest intent is to keep moving unlimitedly. Even if our planet is gone, its water would

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again go into an interstellar cloud, carry the intelligence of our world with it and transmit it on to another stellar system when it's ready to be formed.

Like light, water never loses its energy. The ice molecules in the interstellar cloud in which the sun was born kept gathering for billions of years before the sun and all planets were born. Water stayed patient. It knew that one day the solar system would be born, and its energy and dynamism would be required then. It has the confidence to retain all the wisdom and transmit it whenever required.

In the oceans, waves have been coming and receding in a smooth, continuous cycle for billions of years. The motion with which it comes and goes creates unparalleled music and rhythm, and is a provider of immeasurable positivation.

Water always remembers its source and always reaches its destination. Along with light, it is the biggest goalete and the biggest superchampion of all. A river's goal is to reach the ocean and it does it without fail. The flow of a river is goal-accomplishment in the truest sense. A lot of hurdles come its way in the form of mountains, obstacles and stoppages, but it marches on nonetheless. Integrity of purpose and surety of resolve is inherent in water — and the biggest quality we should learn from it.

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Water has incalculable power. Imagine: it gave birth to the sun! The vigour with which it flows on earth shows its power. Stand next to a waterfall, and you can feel the enormity of its power. Yet, water's positivation is also its humility. For all its power, it allows itself to be compressed into a tumbler of water that could be splashed around by a little child. Water is not about the bruteness of power but the humbleness of it. It teaches us that the more powerful we become, the readier we have to be to serve humankind. And that is the greatest lesson in positivation any of us can learn.

Chapter 9

POSITIVATION OF FIRE

Of all the elements in this book, the least understood and the most vilified is fire. It is associated mostly with upheavals, sabotage and turmoil. While it is true that fire has an element of strife to it, yet it is also responsible for all modern civilisation. It is estimated that the first wildfires on our planet occurred 420 million years ago. And the use of flintstones to create a fire occurred 40,000 years ago. Humans learnt to control and manage fire only about 10,000 years ago. And it is then that civilisation truly began.

Before fire, humans were eating like the 8.7 million other species. They were eating primally and thus stayed primal too. Tearing into the flesh of animals and eating it raw kept the consciousness of humans low as well. Food has a direct connection with the level of consciousness in a species. All other species have continued to eat the

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way they've known since their inception. Humans are the only ones to have changed that. And it is not a coincidence that humans are the only species on this planet who have learnt to manage fire — or, more appropriately, have learnt to befriend it.

Almost all life forms except humans are scared of fire. The biggest positivation of fire is that it develops consciousness. Humans are a classic example. Befriending of fire and agricultural revolution occurred at the same time. The former led to the latter. In fact, management of fire led humans to also develop the ability to ignite fires to clear swathes of land for agriculture. As those lands became available, humans domesticated plants and animals and started to cook. It is believed by anthropologists that cooking led to a marked divergence of our species from our ape-like ancestors. Essentially, it is fire that has shaped humankind. One of the biggest reasons is that it freed up time taken to forage and chew raw food.

We humans are truly born to gain autonomy over the base processes that all other species are preoccupied with — essentially eating and digestion. And we've reached that point thanks to fire alone. That underscores an important lesson: fire stands for danger, and a species that learns to transcend danger is the one that gets to the very top of the evolution pyramid. Fire is an element that

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even tigers, lions and rhinos are scared of. Fire doesn't discriminate. It'd have gladly helped any species that had tried to befriend it. After all, in earth's core, fire is the most predominant element. It is what propels earth's trajectory in space. Earth's engines are fired by fire. Or, it is the fire inside the earth's core that drives it. That's what we mean when we use the metaphor "the fire within".

Another reason fire is associated with consciousness is light: fire illuminates our inner being. Fire is always accompanied by light. Whenever there is fire, there will be light. In fact, fire and light are soulmates. We've already discussed the positivation of light. If fire was negativated, it'd have never aligned itself with light. In fact, the light we receive from the sun is nothing but the fire it is burning with. Imagine, the sun's fire from 150 million miles away keeps us warm, gives us light and enables the sustenance of all life on earth. All the stars that shine bright in the sky are actually balls of fire. And it is their fire that is reaching us billions of years after it starts quadrillions of kilometres away.

One of the positivations of fire is that it never wreaks havoc on its own. Since the first wildfire broke on our planet 420 million years ago, it has always happened when conditions have been unconscious. Whether it was dry leaves accumulating or safety norms not being followed, fire has always followed episodes of neglect.

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Vis-a-vis all entities in nature, whenever people violate the sanctity of an entity is when it wreaks havoc. Fire keeps itself in check, and by itself is very well-behaved. And the other positivation of fire is that it is always humble. And allows the coolness of water to have the upper hand over it. If fire was arrogant, or negitivated, it'd have never allowed that to happen. But the fact that whenever it meets water, fire always quells its might goes to show its malleability and large-heartedness. In fact, the genesis of fire is water. Fire always remembers itself to be the progeny of water. The fireball called sun was also born in a stellar water nursery. Similarly, though fire rages in the earth's core, it has allowed water to be the visible element on the surface and is more than willing to allow water to take centrestage.

Fire has protected humans from dangerous animals and given them warmth from hostile elements. But for fire, humans might have found it very difficult to evolve into this sophisticated a species. Fire has not just guided humans but protected them as well. Fire also teaches us the lesson of purity. To be purified, metals have to go through burnishing. In order to become pure, gold has to go through fire. In order to become valuable, diamond has to go through fire. Same applies to the difficulties that we face in life — we call them trials by fire. The reason we do that is that a) they fill us with light

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and b) they cleanse us. When we learn to live every moment with light and purity, we become one with fire — and with the power that propels our planet through space. And keeps it positivated. Forevermore.

Chapter 10

POSITIVATION OF SKY

In the sky is suffused the energy of countless species since the dawn of time. All stars exist in it. All galaxies exist in it. All light exists in it. All dark exists in it. All energy exists in it. All matter exists in it.

The sky's biggest positivation is its inclusiveness. Had it been negitivated, it'd have been exclusive. It'd have accepted only light and rejected dark. It'd have played host only to galaxies and not to black holes. But the sky plays its role with complete non-duality. It respects and accepts the opposites as two sides of the same coin.

The sky stands for enablement. Till the first 3,00,000 years of creation of the physical cosmos, there wasn't any sky, or stretch of space. The cosmos was just an opaque blob of very hot matter. It took those many years for temperature of the cosmos to cool

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down from about 100,00,00,000°C to about 1,000°C — enough for atoms to start forming, and the transparency called space to come about. It became a canvas on which stars, galaxies and clusters started to form millions of years later. Now, the important thing is that without the sky, none of those would have come about. Visually speaking, the empty sky, whether at night or in the morning, is the closest peek we get at actually “seeing the form” of the Universe. It is the first and the purest visual of infinity that has been offered to all the cosmic entities over 13.76 billion years. Every time we look at the sky, we are actually looking at the Universe. We are actually looking back in time, at the very first moment of creation.

Over billions of years, all creation has happened in the sky, even if it seems to happen on solitary planets, in the minds of species living on those planets. Come to think of it, all stars and planets are floating in the sky, enveloped by the sky at all times. So everything has happened in the sky, is happening in the sky and will continue to happen in the sky.

A big aspect of sky’s positivation is newness. One day, it is hung over with dark clouds; on another it is agog with the brightest light. One day, it is replete with ominous night; on another, it is suffused with a glorious morning.

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The sky never discriminates. It is pure. Even if clouds of smoke swathe it, it is unaffected by it and cleans itself up as the screen of infinity. Even if entire galaxies go up in smoke and dust, sky doesn't allow the residue to choke its space for long. It churns and churns till even the smallest traces of pollution or destruction disappear.

Another aspect of sky's positivation is its equanimity. Interstellar explosions occur in the sky that lead to the birth of the most splendid stars. They dazzle and shine. But the sky is ever calm and tranquil. It is neither daunted by darkness nor impressed by light.

Sky's biggest positivation is unlimitedness. Billions of years ago, it started out as opaque but due to its sheer persistence and patience became transparent. When one looks at the sky, the stars that dot it are billions of light years away — or many billion trillion kilometres away. But even with the naked eye, it allows them to be seen. There are thousands of stars that we can see with the naked eye at any time of night. But with a powerful telescope, the same sky allows trillions of stars to be seen as well. The sky is ever ready to show its glory unto everyone but it waits for people to be conscious in order to do that.

The other thing about the sky is that it inspires. Clouds, birds, rainbows, sunsets, stars — the sky hosts

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unspeakable beauty across its vast expanse. Over the ages, it has inspired countless poets, inventors, thinkers, reformers. At its purest, the sky elevates, uplifts, upholds and inspires us to positivate the world — and fulfil the truest function of being human.

Chapter 11

POSITIVATION OF PARENTS

If we look at it, the Universe is the eternal parent and all creation is its children. A single atom is how it all began. From that singularity was born all plurality. First, that atom gave birth to vacuum, to an expansion we call space. Then in that space were born molecular clouds of gas, dust and magnetised particles. From those clouds were born stars. In the disk of those stars were born planets. From the earth was born the moon. And then thanks to the interaction between the sun and the earth, a single-celled creature called Cenancestor was born. From that were born multi-celled bacteria. From them were born the first plants inside water. Then fish were born. Then other aquatic life emerged. Then, from water, land was born. Then, the first terrestrial plants were born. Then, from those plants, the first insects were born. Then reptiles

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were born. Then mammals were born. Then humans were born. Our principal parent is that solitary atom 13.76 billion years ago. Then our secondary parents are the sun and the earth. Our tertiary parents being the biological parents we are born from.

Nonetheless, they all have retained the essential state of the eternal progenitor, the Universe: parenthood. Since the first atom — let's call it Manifestation — was born 13.76 billion years ago, the Universe assumed a direct role of a physical parent. It began caring for its child, its wellbeing and growth. Similarly, Manifestation began caring and providing for its child called Space. Then Space assumed the role of parent and began caring for its child called Molecular Cloud. Then Molecular Cloud assumed the role of a parent and began caring for its child called Star. Then Star assumed the role of a parent and began caring for its child called Planet. Then Planet assumed the role of a parent and began caring for its children called Life Species. Then Life Species assumed the role of parents and began caring for their children called Life Forms. Then Life Forms assumed the role of parents and began caring for their children called Individual Entities. Each one of us is among those individual entities and all other forms — an insect, a reptile, a mammal, a bird, a tree, a flower — that we see on our planet are among those individual entities. All individual entities start

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out as children and then they become parents. Thus the cosmic cycle continues. Parenthood is ingrained in every atom of the Universe. That is what every atom has emerged from, and that is what every atom will lead to. In a way, that is the closest a human being gets to the role of the Universe — and closest to the experience of selflessness. And therein lies the positivation of parents.

The essence of parenthood is positivation. Or giving. From the first atom, the Manifestation, to now — and till eternity — every parent is born to give. That is ingrained in their soul. A glacier is born not to take but to give to its rivers and streams. A flower is born not to take but to give to its seeds and pollen. A tree is born not to take but to give to its fruit and leaves. It is to their children that every parent gives, and through their children that every parent gives to the world. A glacier gives to the world through its rivers. A flower gives to the world through its pollen. A tree gives to the world through its fruit. It is through their children that every parent gives to the world.

Another positivation of parents is forgiveness. However errant children are, parents forgive. They let go of their children's mistakes. We have all been recipients of our parents' large-heartedness all our lives. We have all done things we shouldn't have done, said things we shouldn't have said. Our parents always forgave us and

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were ever ready to look past our unconsciousness. Our parents watched out for us not just when we had high fever but also when we had high temper. Our parents held us not just when we fell low but also when we felt low. Our parents stood for us not just when we were broken ourselves but also when we broke them. Our parents loved us not just when we were hurt but also when we hurt them. Our parents cared for us not just when our hearts were bruised but also when we bruised their hearts.

Our parents thought of us not just when we thought of ourselves but also when we thought just of ourselves. Our parents held that light for us not just when we were going through the dark but also when we plunged them into the dark. Our parents wiped our tears not just when we cried but also when we made them cry. Our parents bothered for us not just when we were bothered but also when we were never bothered about them. Our parents were grateful for us not just when we were ungrateful but also when we were ungrateful for them. Our parents were appreciative not just when we were unappreciated but also when we forgot to appreciate them. Our parents needed us not just when we were unneeded but also when we made them feel unneeded. That is the positivation of parents. The positivation that we are born from, the positivation that has nurtured us and the

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positivation that is our true essence. That positivation is what we have to share with the world.

Come to think of it, life force is our parent and every moment is our child. That we are receiving from it — the very elixir of life — is obvious but how many of us are conscious of the fact that we have to give to it as well. In fact, the second part is much more important. The first is happening on its own, thanks to the interplay of natural elements, but the second part, our response, is completely in our control. That's when we transit from being a child to a parent. That awareness is our greatest realisation in life: we are the children of life and parents of this moment. This is so important that let me say it again: *you are the child of life and parent of this moment.*

Drawing upon the positivation of parenthood, start giving to this moment with all your being, unconditionally and unlimitedly. Whatever your parent (life) gives you, put your concerted attention only on your child (this moment) and nurture it with all your being. Even if you are getting hurt in life, give out only healing to this moment. If you are getting sadness in life, give out only joy to this moment. If you are getting failure in life, give out only success to this moment. If you are getting criticism in life, give out only appreciation to this moment. If you are getting hatred in life, give out only love to this moment. Pure, unconditional, unlimited love.

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Always remember that this moment is your child, and this moment is all that you have. A child is the purest form of creation, and we are blessed with billions of pure children throughout our life. Children bring the greatest joy, and there is immeasurable joy in our life, thanks to our moments. All that we need to do to experience that joy is to become attentive to this moment, that's all. As any stressed-out parent would tell you, what they need to uplift them is just a fond look at their children, to hug them, to lift them in their arms. The same thing applies to a moment: just look at it fondly, hug it, lift it in your arms. And you will be the happiest person in the world.

Now imagine, what sort of a parent abandons their child or becomes oblivious of their duty — only the most unconscious kind, right! Yet, metaphorically, we are those parents. We keep moping over what we've got in life, and seldom ever think of what we've given to it. Whatever lineage or circumstances you were born in, at some point you have to start changing it for the better. It's time to change that, and the time is now. If you are to fulfil the purpose given to you by the Universe, then there is only one way to do it: love your child called this moment unconditionally and give to it unlimitedly, with all your being. Only then will you experience the greatest joy of being born a human on this glorious planet in this magical Universe. Only then will you truly live the highest essence of positivation.

Chapter 12

POSITIVATION OF TREES

It is estimated that there are three trillion trees on earth. So, it could be safely said that there are at least three trillion positivated entities on earth.

The first tree was born almost 400 million years ago. That is when life, as we know it, began on earth. Today, it seems as if humans are planting trees. But in truth, it is trees that have planted humans. It is trees that bound the soil together on this planet and led to the appearance of forests. It is trees that bore fruit and flowers. It is trees that gave birth to airborne insects, reptiles, animals, birds and humans. All life on land has emerged from trees and plants. Our truest, most visible ancestors are not orangutans but trees. Because even orangutans were born from trees.

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Before trees came about, there was excessive carbon dioxide floating in the atmosphere. Trees gladly absorbed most of it, which led to a drop in temperature and enabled the planet to become a host to terrestrial life, the way we see it now.

Every tree symbolises the letter and spirit of positivation — through its giving. A tree gives and gives every moment of its life. From the moment it is born, it starts soaking in toxins from air and starts releasing its life-affirmative energy. Its very first breath is suffused with the highest purpose: a love for creation. A tree remembers its privilege of being the harbinger of all terrestrial life on this planet. A tree remembers that it has been sent here as a role model for the millions of species that have existed, are existing or will ever exist. A tree remembers eternally that it is the parent to all life on earth.

It is the tree's giving that attracts all life to it, whether insects, birds, animals or humans. Birds find not just their food on a tree but also find their home on it. Reptiles are happiest next to trees. So are most animals for whom a tree and its largesse is their principal food source. As for a human, tree is not just a provider but often a deity to be worshipped. Many religions and philosophies revere the tree as a sacred entity.

Besides giving oxygen, a tree gives food as well. While almost all species run away from harsh sunlight, a

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tree spends all its time in it. It has the courage to look at the sun in the eye and harness that exchange into food.

A tree is effectively the first ever majestic construction on land. It shows the powerful example of foundation. The deeper a tree's roots, the stronger its foundation and the mightier it becomes. As it works towards reaching for the skies, its greatest work is tending to its roots. If it is in touch with its roots, then it will always have the freedom of expressing its highest self. If a tree did not have the positivation of giving, then it wouldn't have put in the effort of digging deep. Similarly, if we intend to give anything of value to the world, we must work on our foundation — on building the depth of our understanding, on mastering the basics of our craft. Once that is in place, we will be ready to share our true value with the world — and the world will be ready to benefit from it.

Another positivation of tree is patience. Every winter, it has to endure decay and degeneration. It has to shun its leaves and take on a withered and gaunt look. Its branches become brittle and all its fruit disappears. But that is also the time when the tree exercises its greatest positivation. It remembers how glorious it was during spring and monsoon. It remembers how awesome it felt to bear fruit, how amazing it felt to be bristling with the richness of greenery. It has full faith in the Universe

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sending along its seasons at the appointed time. It fully believes in its own regenerative power and in its capacity to transform. So it exercises patience and stays firmly rooted, never giving up.

In fact, a tree never gives up even if because of a twist of fate, it gets uprooted. It gives even in its after-life. Furniture, fixtures, doors and windows stand as a testament to that. So is the fire burning in homes and hearths across the world. Despite its strength, a tree is the most pliable. A tug, and it's ever ready to give what's sought. A pluck, and it's ever ready to offer its fruit. A snap, and it's ever ready to offer its leaves. A peel, and it's ever ready to offer its sap. A cut, and it's ever ready to offer its wood. A recline, and it's ever ready to offer its shade.

Countless travellers over the ages have enjoyed the best resting place, much before inns, motels and rest stops came about — and that resting place is the shade of a tree. From the Neanderthal traveller to the contemporary one, a lot has changed except that the tree's shade is the same. It is as welcoming and as cooling as it ever was. It embraced without prejudice, and it still does. In the hottest of climes, in the wettest of lands, it always offers a willing canopy to passersby. In order to give shade or protection, just imagine how much the tree goes through. At times 50°C temperature, at times hail, at times storm. The tree withstands it all. Gracefully and gratefully. A tree teaches

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us to be ever graceful under pressure. To bear pressure
yet to give blessings and bounties to the world in return.
Now, if that's not positivation, then what is!

Chapter 13

POSITIVATION OF FLOWERS

Most of us work for encomiums or rewards in our life. We want our work to be handsomely compensated, whether in a tangible sense or at least through appreciation. Our performance is commensurate to how much others are noticing us. If we get a lot of attention, our contribution lifts. If we are neglected, our performance dips. That applies equally to the personal and professional front. Most relationships wither because of a lack of attention from the partner. Most people withdraw because they feel unwanted by the world. This is where the positivation of a flower is so important.

It teaches us that the most important thing in life is to be true to our purpose, regardless of the distractions of the outside world. A flower's purpose is to give fragrance unconditionally. Even in the midst of stench, it

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keeps fulfilling that purpose. Even if it is kept in a vase in an obscure corner of the room, and even if nobody watches it, the flower keeps doing its work as powerfully as if the whole room were watching it. Its performance never changes. Even if nobody lauds it, it gives its fragrance unconditionally. Even if after receiving its fragrance, nobody compliments it, the flower's performance remains the same. All appreciation that comes its way is purely incidental. It accepts it for sure but never lets itself be affected by it.

A flower is unaffected by place or situation. Even if it grows in an obscure corner of the jungle, it is as fragrant as it is in the fanciest bouquet. The biggest commonality of all positivated entities is that they give unconditionally, without any discrimination whatsoever. A flower practises that quality copiously. It is detached from its surroundings and gives of itself completely. Whether it is in a ramshackled hut or an ornate palace, it performs its duty equally. Whether it is next to an invalid person or a healthy one, it gives its fragrance equally.

If a flower was negativated, it'd have changed itself every time it has an encounter with stench, like we humans do. We lead reactive lives while a flower leads a creative one. Its response is neutral while ours is subjective. It teaches us equanimity, and how to be graceful under pressure. Chaos around it is the pressure it faces, but it

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displays full fidelity to its essence. A flower's positivation is its forgiveness as well. If someone crushes it, it leaves only fragrance in their fingers. It never loses its focus of giving fragrance. The flower's goal is to give fragrance, and it honours it fully.

A flower's positivation is its resilience. There are over 4 million species of flowers, and they find a way of growing everywhere: soil, pots, cacti, wall cracks, pavements. A flower has a short life span, and a very large degree of movement is compressed into just a few days of its existence. Yet, a flower demonstrates that it is not the quantity of life that matters but the quality. The flower doesn't live any of its days encumbered by fear. Right from when it's born, it is thronged by bees, flies, rodents, pests and people. They all want a slice of its beauty. But the flower bursts forth with vibrancy, colour and fragrance, embracing joyfully the ephemeralness of its existence. Many flowers live for only a day, but in that very day they exhibit the love, light and joy of eternity. They live every moment with the most heightened experience, with full gratitude and appreciation. It is flowers that practise present-moment awareness with complete fidelity — and teach us the sacrosanct lesson of fulfilling our life's purpose without any limitation whatsoever. A flower knows that the length of its life is short so it lives every moment suffused with absolute

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positivity. A flower builds the value of its life rather than laments its quantum. And that's what we should learn from it: to build the value of our life rather than worrying about what the future will hold.

A flower's positivation is to show the world the power of tenderness. Even though thorns are an inseparable part of their being, flowers are unaffected by them. They heal not just with their caress but lend themselves joyfully to lotions and balms. They demonstrate that polarities can exist harmomiously and can lead to a poetic splendour. Flowers know that the Universe has made them coexist with thorns to serve as a protection from animals that may eat them and annihilate their purpose before it is fulfilled. Thorns give a flower the protection and the incentive to mature into the highest version of itself. A flower teaches us that our difficulties are given to us so that we bloom into the highest version of ourselves. And becomes so positivated that we impact ourselves as well as the whole world.

Chapter 14

POSITIVATION OF BODY

The one instrument we use the most in our lives is our body. In fact, the one resource we use all our lives is our body. From the time we take our first breath to the time we take our last, our body is our constant companion through every experience in life. We use it — or rather abuse it — throughout our life. Most of us think we are our body. But have you ever observed how we refer to our body when we talk of it: we say, “My body”, “His body”, “Its Body”. It simply goes to demonstrate that Me, He, It is a separate entity and their body is a separate one. And that is actually a very important point to understand. Every entity's body is an integral aspect of their being, yet it has its own distinct essence as well. It has its own intelligence and behaviour that is independent of the entity it inhabits.

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In fact, the body of a species could be seen as a species by itself. The human body species, the lizard body species, the cat body species, and so on. If for a moment, you truly dwell on the marvel of the body species — any body species — you'd be amazed at the sheer positivation it has. From the moment an entity is born, the body begins to undergo the strains of atmospheric pressure, whether the entity is terrestrial or subterranean. The strains of heat, cold, rain, storm and wind start acting on it. Plus, there's the strain of survival, of preservation from other species. Hunger is the biggest element at work vis-à-vis any body species. Throughout the animal kingdom, there's a prevalence of the sensation of eating or being eaten. Consequently, the body is always at work, fending off the pulls and pressures on it.

In humans, there's an additional pressure that the body has to endure — the pressure of looking good. The body is made to go through many a physical wringer to gain or shed weight, through starvation or bingeing to meet the standards that human beings have come to set. Most of these standards are mental figments — and the body is expected merely to uphold them. This is not to say that those standards are wrong or unreasonable, but just to establish that it is the body that is expected to blindly follow them, by being made to feel like a servant rather than a friend. The true purpose of this chapter is

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to understand the negitivation that we give to our bodies — and our unmindfulness of the positivation that our bodies constantly give back to us.

Over billions of moments, through billions of experiences, facing billions of situations in life, our bodies uphold us incessantly. They keep themselves together while our insides break apart. Even if our minds are in tatters, our bodies hold the fort for us. Even if our emotions run amok, our bodies give them the best resting place they can. Even if our thoughts are ready to annihilate the self, the body stays in preservation mode. It is estimated that an average person has 2 billion thoughts in a lifetime. Out of them, 80 percent are negative — or 1.6 billion thoughts are negative. Now, the body takes 550 million breaths in a lifetime. Which means that in a single breath, on an average, the mind thinks three negative thoughts! Imagine the assault the mind wreaks on the body! Yet look at its positivation — it seldom complains. It bears so much yet does it most gracefully and gratefully. Every day, billions of people go through broken thoughts but have you ever heard them go through broken limbs, or have you heard of arms that feel apart while walking because a person's mind was so disturbed? The body shows zillions of times more positivation than the mind.

The best of all, the body has to manage 7,000 trillion trillion atoms inside it, 70 trillion cells of 200

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different varieties, each of them different in structure, size, shape and performing a different function. Among those cells are 30 trillion human cells and 40 trillion bacteria. Imagine, the body has to contend with 30 percent more bacteria than human cells, and it has to keep them constantly happy to stop them from wreaking havoc! It is estimated that there are 1,60,000 kilometres of blood vessels in the body — covering almost half the length from earth to moon if laid edge to edge. The blood inside the body travels a distance of 19,000 kilometres per day. Some of the nerve signals travel in the body at the speed of 400 kilometres per hour. It is the body that has to bear the weight of the mind as well. The brain has 100 billion neurons with 100 trillion connections sending out different kinds of information. The body has 79 organs yet none of them is meaningless. The body is the biggest piece of art that has been developed by the Universe. It makes a human do millions of actions that even the sun, the earth and the moon can't perform individually.

Every atom that resides in the body is as old as the Universe, meaning that it is 13.76 billion years old. Yet, just like the Universe creates 3,300 new stars every moment, the body creates 1 million new cells every moment. It is the body's way of keeping itself fresh to find its optimal functioning.

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Over an average human lifetime, the body carries a person over a distance of 2,00,000 kilometres, or 15 round trips between New Delhi and London. If the body was negitivated, then it'd have broken after every bruise, cut or injury. But the body has an amazingly regenerative quality. Over a period of seven years, every cell replenishes itself completely, so that the body becomes brand new within seven years.

The body's biggest positivation is that it is ever ready to forgive. Even those given to decades of severe substance abuse are given a chance of redemption by the body, provided they are willing to improve and set their act straight. There are millions of people all over the world who have reformed their diet or have freed themselves of substance dependence even in their fifties and lived to an advanced age healthfully. The only time a body does crumble is when a person doesn't amend their lifestyle habits and keeps filling the body with toxins incessantly. Then, like a river whose banks are breached frequently or a sea whose beaches are encroached woefully, the body gives a commensurate response in the form of a painful demise.

As human consciousness has expanded, so has the awareness of living in concert with the human body. Most ailments of the body are attributable to a preoccupation with the mind or living exclusively in one's thoughts. The best state in life is the state of balance. It is

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the extreme that upsets the body. Living exclusively in the soul, exclusively in the mind or exclusively in the body is a state of imbalance. True enshrinement of health occurs when all three are in total concert and alignment. While soul has to be ever awakened and the mind has to be ever uplifted, the body has to be ever upheld. It doesn't just mean eating the best food or doing the best exercise but interacting with the body superpositively. How many people approach their body with thankfulness for being a manifestation of the Universe's most glorious energy? How many people remind themselves of the marvel called the eye, the hand, the foot, the skin, the ear, the nose? How many people say 'I love you" to their body just for being the way it is? Honestly, that is the truest nutrition the body needs. For all the positivation it gives us, that is the biggest positivation it is ever willing to take.

Health is the biggest endowment by the body upon a human being. And in order to receive its highest expression, the body asks that a person replicate its highest essence: sacrifice. The body sacrifices and withstands so much to function: the heart pumping 4,00,000 litres of blood, the feet carrying it five times around the equator, the brain sending trillions of electrical signals across it, millions of viruses attacking it every day and trillions of bacteria gallivanting inside it. All the body expects in return is that people give up their self-destructive habits like

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substance abuse, food abuse, inactivity and poor hygiene. The only thing it expects is that people uphold its strongest organ, the tongue — whether in taste or word — and then the rest of the body is ever ready to shower its most glowing health upon every person. As people eat 1,00,000 meals in their lifetime and speak 400 million words, the body gives everyone millions of chances throughout their life. It waits patiently for everyone to clean up their act and to be one with it in harmony and bliss, as the seat of the soul and the mind. And as the biggest shrine of positivation.

Chapter 15

POSITIVATION OF FOOD

Food is thought to be a means to fulfilment. An instrument of satiety. A tool to fulfil craving. Or at best a sensory experience. But it has a function much greater. To sustain. To uphold. To nourish.

If you look at any food, its core intent is never to cause any harm to the eater. Its tendency is to always bless the eater. It gives of its essence freely without any withholding. Again, like all positivated elements, it doesn't base its performance on who's eating it. A carrot does not change its performance if a woman is eating it or a man. An apple doesn't give its nutrition better to a human than an ape. A banana doesn't give its minerals better to an elephant than a rodent.

Food's greatest positivation is giving. And it keeps honouring that positivation eternally. We know by now

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that many modern ailments are food-related. Now the reason for that is not food but people's unconscious association with it — or people's attachment to it. Attachment is the fetter that binds people to unconsciousness. When people are attached to something, they keep themselves as well as the entity they are attached to from realising their fullest potential. Let's understand that with the analogy of a mother and child.

If out of attachment to her child, a mother holds on to it and does not let the child out of her sight for even an instant, or if the child out of attachment to their mother never steps out of home, would it help either the mother or the child? A child is born to grow, to further humanity. And a mother is born to enable the development of the child so that they fulfil that purpose. While they both have to love each other fully, neither of them has to be attached to each other. They have to nourish and let each other be.

Food and eater have the same relationship. One could say food is the mother and eater is the child. Neither food nor the eater has to cling on to each other. They have to extract the best from each other — and, much more importantly, give the best of themselves to each other. In all fairness, food always does. The anomaly is that most eaters don't. They eat unconsciously, absentmindedly. When food is being eaten, its full

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attention is on the one who is eating it. For the equation to be honoured fully, the eater also has to give the same attention to food. The eater has to leave all distractions and concentrate fully on the act of eating and on the food being eaten. The eater has to eat food not because they are tempted to do so but because they are inspired to do so. Drawing inspiration from food is the greatest positivation to receive from it.

If you look at it, every vegetable and fruit is inspiring. It faces stern tests from the elements and other hostile entities, yet its ability to develop into a life-affirmative force is exemplary. While almost all other life species have forgotten how to draw energy directly from the sun, vegetables and plants remember that lost art form. They process sunlight and cosmic energy into food without any tertiary dependence. Most of what we eat called food taps that energy straight, and it does by withstanding natural elements like heat, rain and cold. The most nutritious food becomes so after withstanding the greatest challenge. All green leafy vegetables that grow in peak winter season are most nutrient dense. Same goes for the juiciest fruits. Rather than consuming food, we should develop a relationship of inspiration with it — and an association of mindfulness with it.

Food's positivation is that it is grateful to serve. It reaches us suffused with the spirit of thankfulness. If we

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are to be in concert with food rather than fight it, then we should emulate that spirit as well. Before we eat, we should join our hands in gratitude, and after we've eaten, we should again offer food the gift of gratitude.

Vis-à-vis food, negitivation is obsession with it, ungratefulness on receiving it, preparing it carelessly and eating it mindlessly. If these negitimations can be checked and replaced with the positivation of moderate consumption, gratefulness on receiving it, preparing it healthfully and eating it consciously, then the highest gastronomical concert will take place. It is estimated that over 3,000 diseases are related to food. The day the positivation of the eater matches the positivation of food, every food-related ailment will be taken care of. That's the day the eater and eaten will be at par. That's the day humanity will have true autonomy. And that's the day we will match the positivation of food.

Chapter 16

POSITIVATION OF SUCCESS

If there's one entity that has been battered the most in the Universe, it is: Success. Every moment, it seems to fail in octillions of places, in octillions of ways throughout the cosmos. Every moment, it seems to be denied the fullness of its expression. Every moment, it seems to receive a crushing blow in the fruition of its plans. Every moment, the heaviness of its trials seems much greater than the lightness of its triumphs. Every moment, entities turn away from it much more than they turn towards it. Every moment, it sees the face of rejection much more than it sees the countenance of approval. Every moment, it is laughed at much more than it is smiled with. Every moment, it is yearned much more than it is earned. Every moment, it is valued much more in its absence than its presence. Every moment, entities give up on it much more

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than they go up with it. Every moment, people choose Failure much more than they choose Success.

Since the beginning of time, it is Success that has endured the most upheaval in its bid to express itself. Consequently, it is Success that has been the most positivated of all entities in the Universe.

From the moment the physical cosmos came into being, success has been receiving one crushing blow after another. Stars have been perishing, galaxies have been disappearing, planets have been colliding, species have been going into oblivion, people have been failing. That has been success' only constant.

If success was negitivated, it'd have been crestfallen and dissolved into failure. But success is exactly like light. It understands that just like darkness is the absence of light, failure is the absence of success. Only when success goes away, does failure become known. By itself failure has zero value — growth does. You see, failure and success are both aspects of growth. Just like morning and evening are both aspects of day, failure and success are both aspects of growth. In order for a day to be complete, both morning and evening have to be seen. Similarly, in order for growth to be complete, both failure and success have to be seen. But the ultimate destination of growth is success. It has to accomplish it at any cost. Rather, the entire journey of growth is laced with success. The fact

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that it is able to fully express every step of its journey from beginning to fulfilment, and beyond, is in itself success.

In fact, success is ingrained in every atom of the Universe. An atom whirling is in itself success. Its binding with other atoms of its own element is a success called a molecule. That's how a success called oxygen is born. Its binding with other atoms of different elements is a success called a compound. That's how a success called water is born. Oxygen sustaining life is a success. Water quenching thirst is a success. Both oxygen and water will undergo different phases. Oxygen at times will succumb to carbon dioxide. Water at times will dry up. But that is ephemeral — like all failure.

The biggest positivation of success is the continuity of creation. Every star that dies becomes a building block for much bigger stars, whether directly or indirectly. Every flower that withers becomes a building block for much better flowers, whether directly or indirectly. Every opportunity that is lost becomes a building block for much greater opportunities, whether directly or indirectly.

If we look carefully at the word Failure, it is composed of two words: Fail and Lure. Essentially, failure means: *failing to lure*. The word has a positive connotation and is synonymous with success. When something fails to lure, it is obvious that it is guiding you to a better door:

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the door of success. That it is pointing you towards a higher orbit: the orbit of success. Failure itself guides everyone to the door and the orbit of success. But very few people choose to choose that — and therein lies their failure.

Millions of years ago, wholesale species of plants and animals got buried under debris and perished in many a catastrophe. Their demise clearly seems like the antithesis of success. Anyone who'd been around at that time and had survived that catastrophe would have said that those plants and animals were unfortunate — that they failed. But flash forward millions of years, and today the same plants and animals have led to the creation of fossil fuel — the same fuel which has enabled the onward march of modern civilisation. What was once a failure is now a success. And that is true for every success.

Success is like a wave. It comes and goes. Now a coming can't be called a success and a going can't be called a failure. Both the coming and going are success. The ocean has experienced this pattern trillions of times. Every repetition of this pattern is a success. It's just like breathing. It comes and goes. Now every inhalation can't be called a success and every exhalation can't be called a failure. Both are inextricably linked and both are success. The body experiences this pattern almost half a billion times. Every repetition of this pattern is a success. It's a given that one of these breaths is going to be the last. But even that

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final breath will not be a failure but a success. In fact, it will be the greatest success. Because the mortal soul will be dissolved in the eternal soul. Like a drop might wander the world — living in streams, lakes, rivers, taps, tanks, gutters, bottles, clouds — but it has to ultimately return to the ocean. That is its ultimate destination and its truest success.

Every failure is actually a success in transit. And the best part about success is that none of its transits is ever final. It pauses but it never stops. And it pauses to keep checking itself, to keep making itself stronger. The biggest covenant that success has with the Universe is that it will constantly keep examining itself to make itself stronger, and to continually deserve its status as the most aspired-for entity in the Universe. That's why success at times wears the veil of failure: not to test an entity but to test itself.

Success' oscillation is its greatest beauty. When the sun rises, in the conventional sense, it is success. At midday, most people consider it to be at the acme of its success. As it begins its march towards dusk, most people consider it to be way past its success. To them, sunset till dawn is its failure. But if you've truly beheld it, sunset is also when the sun is at its most glorious. It is the inspiration to countless artists. The twilight sky is one of the most ethereal sights in the sky. If the sun didn't shine

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its majesty when it rises and didn't show its glory when it sets, then the world would be deprived of some of the most divine cosmic sights. Its success is that it looks equally beautiful in times of "glory" and also in times of "distress". Plus, you know what the sun's greatest success is? That when it goes away at night, people actually yearn for it, they wait for it to come, they pray for it to come. The success of the sun is that, even in moments of its failure, its glory is upheld, and it inspires people to constantly create sources of illumination to compensate for its absence. That's why success is eternal, failure is just a myth.

Success' greatest positivation is to keep testing its resolve inexhaustibly. And that is what we have to keep doing as well. Whenever we meet with failure, we just have to remember that we have encountered veiled success. If we keep our resolve steady, then success will eventually remove its veil and show us its truest colour: the colour of positivation. Forevermore.

Chapter 17

POSITIVATION OF OBJECTS

The biggest negitivation of people is that they seldom notice the positivation of the inanimate. Our concept of life is so narrow that we associate life only with motion and movement. Anything that doesn't move is deemed to be lifeless. And that's where we err. All has life, whether it moves or not. For what doesn't move now once did. What doesn't have life now once did. All life comes from life and goes back into life. What is now an object was once a subject and what is now a subject was once an object. A chair was once a living tree and a tree was once just a seed.

Look around where you are sitting. There are hundreds of objects. Each one of them comes from an entity that was once living or moving, even if in the form of a mineral or a metal. If a drop is removed from the

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ocean, it always retains the properties of the ocean — even if it can't be called the ocean any more. If an object is carved out of something that was once animate, it always retains the properties of the animate — even if it can't be called the animate any more. Most objects are derived from positivated subjects and thus retain their positivation.

The biggest positivation of all inanimate objects is that they all serve the purpose for which they have been designed or crafted. They all do it without prejudice or preference. A wall fulfils the purpose of a wall, whether a cat leans against it or a snail. A bed fulfils the purpose of a bed, whether a child lies on it or a toy. A phone fulfils the purpose of a phone, whether an Egyptian speaks into it or a Vietnamese. A lipstick serves the purpose of a lipstick, whether an African uses it or an Asian. A plate serves the purpose of a plate, whether an impoverished person eats from it or an affluent one.

An object's positivation is enhancement of experience. Every object is born to enable life to become easier for its users. A person can walk, let's say 30 miles a day. A car is designed to not just transport that person to over 1,000 miles a day, but to do so in the most comfortable of ways. A car's positivation is that it does so uncomplainingly — rather, it does so joyfully. Without disturbing the rider, it keeps shifting gears in tune with the rider's preferred speed. The engine communicates with

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the chassis, the underbody communicates with the axle, the tyres communicate with the road — trillions of bits of data is exchanged without so much as a word of inconvenience to the rider. Imagine doing so much and not even letting a person know of the level of effort expended — now, *that* is true positivation.

All objects teach us about loyalty. If we keep a spoon on a table and return even a decade later, the spoon would be at the same place, waiting for us. Their loyalty is their positivation. The multitude of objects at our home or office teach us that lesson in abundance. If you keep a fork in a drawer, it stays there until you move it. A file sits at your desk unless you move it from there. It is in objects that the Universe has suffused the greatest positivation, only if we care to see: the highest of them being the positivation of service.

Objects serve and serve endlessly, till they atrophy because of disuse or misuse. They serve without any question or lament. They serve one and all. They do much more than even their creator does. A photocopy machine produces hundreds of thousands of exact replica of a work with a precision that even its inventor can not match. A computer works on a complex algorithm in a fraction of time that a person does. A telescope looks into space and shows galaxies that the naked eye has never perceived. An airplane takes off with hundreds of passengers and

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tonnes of cargo, flies greater than the speed of sound and crosses oceans — imagine a person doing that! Yet look at the humility of the aircraft: it never boasts. It doesn't announce to the world its own superlatives. It merely focuses on its performance without bragging.

A phone connects a call tens of thousands kilometres away yet does so with humility. Its entire focus is on performance. It neither judges nor selects who is calling whom, for how long or for what purpose. The phone is in a state of heightened awareness. Like the sky that stays clear of changing weather and conditions, the phone stays clear of judgement or thought. It just delivers and fulfils the highest version of itself. Positively.

Similarly a television. It displays what is sought — whether a match, a cookery show, a news show, weather report, documentary or a movie — without asserting its own preference. It changes the image it emits at the speed of thought. As soon as a person presses a button on the remote, it dutifully obeys. Once again, like the sky, like the phone and like all other objects, a television stays clear of judgement or thought. It just delivers the highest version of itself. Positively.

All objects show us a window to how the Universe has created us as well. We are born to deliver and fulfil the highest version of ourselves. Without asserting our preference. If we as human creators expect that fidelity

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from our creations, our objects, then it is obvious that the Universe too expects the same fidelity from its creations, its objects — us — as well. Because, much as we like to think otherwise, to the Universe, the eternal parents, all its creations are equal and equally important, whether a planet, rock, river or human. They all have to express the highest version of themselves. Without any intrusion of judgement or thought. Positively.

Chapter 18

POSITIVATION OF LOVE

Before creating the physical cosmos, the Universe lived in a state of pure oneness with itself. It was in a state of pure bliss, a state of pure love. For aeons, it lived in that state, suffused itself with it. Eventually, that love intended to express itself. That's when the Universe decided to manifest itself into the first atom, from which all other matter and creation emerged.

There are two aspects of the Universe: energy and matter. What we see is matter. But what drives it is energy — the energy of love. A love of expression. A love for creation. An unjudging love. An unconditional love. An unlimited love. A love called positivation.

All positivation is born from love. All positivation is nurtured with love. All positivation is meant to lead to love. All love itself is positivation.

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Love is the reason the sun shines so bright. Love is the reason the earth spins on its axis. Love is the reason the air blows. Love is the reason the river flows. Love is the reason the flower blooms. Love is the reason the diamond sparkles. Love is the reason the sky stretches. Love is the reason the tree grows. Love is the reason the cosmos moves.

It is love's positivation that keeps it going, despite receiving innumerable hurts in its journey. Every moment, it is hurt by trillions of beings all over the cosmos. Who choose to turn away from it and embrace non-love. Who feel it yet choose to neglect it. Who crave for it yet step upon it. Who listen to it yet choose not to hear it.

Love always calls in a whisper. It could shout but it knows that it'd lose its essence then. The beauty about love is that it stays true to its essence even in deep adversity. It is ever willing to adapt yet without compromising on its essence.

When someone truly accesses the energy of love, they naturally become givers. Love, like all positivated entities, just gives and gives. Without asking anything in return. It finds its reward in the very fact that someone found it. It finds its fulfilment in the very fact that someone listened to it. Love is aware that if it starts expecting, then it'd relegate itself to a compromise, to a transaction. It'd become a business — give and take. Love is ever

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positivated because it just believes in giving and giving. Its taking happens on its own. In the form of contentment.

The greatest positivation to be learnt from love is contentment — a state that comes from the very joy of being. Contentment is the fundamental duty of every entity that is born in the cosmos, whether in the form of a planet, star, photon, satellite, tree, rabbit, stone, water, human — to celebrate its very existence. What it will do in its life will come later. But first there has to be a deep contentment for its existence. For being an integral part of the Universe. There isn't any greater enlightenment or epiphany than this: that every atom is an integral part of the Universe. It is playing as much a part in infinity as the sun and the moon. What the Universe is, it is as well. *It is the Universe in that entity's form.* How beautiful is that realisation! That realisation is the most heightened of all awareness. That realisation is the very genesis of love — the highest version of oneself. But the positivation of love is that it flows unlimitedly to even those who are most gripped by its opposite energy: the ego. It goes unlimitedly even to entities who are so consumed by their own image or desires that they are unable to see the straitjacket they are wearing. In that sense, love is like air that waits patiently outside a window that has been tightly shut for years. It never goes away. Because it has such an inexhaustible love for who or what is inside that it dutifully

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accepts their indifference. Also, it is aware that one day, even if millennia apart, that window is going to open and its love shall be embraced. It works tirelessly for that day — and beyond.

Love's positivation is that even if it is criticised for being soft, it never retaliates. It stays tender, like the caress of a flower or the touch of air. It knows that deep within, even hardness is soft. Inside earth's impenetrable mantle is fluid. Inside a tough coconut is tender flesh. That tenderness is their truest essence. Without it, they'd not be what they are. Love knows that after life's hardships, its tenderness would be needed the most, so it stays soft. Love's positivation is that it lives in countless expressions. It lives in a mother's expression for its child. It lives in a tree's expression for its fruit. It lives in a cloud's expression for its rain. It lives in a car's expression for the road. It lives in a person's expression for their partner. It lives in an artist's expression for their artwork. It lives in an inventor's expression for their invention. It lives in a flower's expression for its fragrance. It lives in the sun's expression for the earth. It lives in the star's expression for its light.

Love is formless yet has myriad forms. Each one of them is beautiful. Each one of them is venerable. Love is every entity's right for sure — but before that, love is every entity's duty, every human's duty. Our foremost

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endeavour should be to immerse ourselves in the energy of the Universe, in its oneness that runs through all creation — and then to express that oneness in our consciousness, breath, word, thought, feeling, action and experience. That is true love. That is true positivation. Forevermore.

Chapter 19

POSITIVATION OF JOY

In the Universe, love is the energy, joy is the matter. Born from love, joy is the plasma that pervades the Universe. Love is the Universe's soul, joy is its fabric. Love is to be felt, joy is to be expressed.

Since humankind dawned on our planet, the most common pursuit has been the pursuit of joy. Over 2,00,000 years, people have tried to find it in myriad ways. They have been to every possible corner of earth to find it. They have invented every conceivable instrument to search for it. They have tried every possible permutation in its quest. But they overlooked a fundamental precept: joy is not to be found, joy is to be created; joy is not to be sought, joy is to be activated; joy is not to be taken, joy is to be given.

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When the sun shines, it is not just transmitting its light but emitting its joy. When the flower blooms, it is not just transmitting its fragrance but emitting its joy. When the river flows, it is not just transmitting its water but emitting its joy. When the rainbow appears, it is not just transmitting its vibrancy but emitting its joy. When the winter comes, it is not just transmitting its cold but emitting its joy.

Since the dawn of time, since the first atom came about, every entity has been expressing joy. All galaxies, all interstellar clouds, all planets, all meteors, all satellites have been doing it. On earth, all oceans, all lands, all rivers, all trees, all mountains are expressing joy. They are all born out of love, and they are expressing joy. This is a very important thing to understand: every entity in the Universe is born out of love and it has to express its joy. Only when an entity forgets the former is it unable to find the latter. And once an entity remembers the former, it will naturally find the latter.

Love and joy are interconnected, like a seed and its produce. The latter can't come without the former. And once the former comes, the latter is a natural outflow. Love is the inhalation and joy is the exhalation. The true reward of love is joy.

And the best part is: love is not a passive state. But a superdynamic one. It puts that entity in touch with

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the soul of creativity. It springs from an unconditional gratitude and brings forth an unlimited appreciation for all creation. An entity that sees itself in all creation and all creation in itself is naturally going to appreciate everywhere, everything and everyone. It will look for the highest in someone or something and will express it to the fullest. "Wow, sun you are beautiful!" "Wow, flower you are magical!" "Wow, phone you are wonderful!" "Wow, sky you are glorious!" is love appreciatively expressed. That appreciation is love's reward. And also its fulfilment. And that appreciation is joy.

The greatest positivation of joy is resilience. It is to rise above the odds. A flower blooming despite the winter is its joy. A rainbow shining through despite the clouds is its joy. The sun blazing through despite the dark is its joy. Expressing the highest version of oneself despite the odds is an entity's greatest joy. Expressing oneself to the fullest nonetheless is an entity's greatest joy. And the best part is, that joy is freely available to every entity. It just has to look past the odds. And keep sadness at bay. As we discussed earlier, all negitivation comes about in the absence of positivation. The negativation of sadness comes about when the positivation of joy is missing. Whenever an entity dwells on the odds and becomes consumed by them, sadness comes about. By dwelling on a problem, a solution never comes about. Only by

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dwelling on a solution does a solution come about. By dwelling on a disease, health never comes about. Only by dwelling on health does health come about. By dwelling on sadness, joy never comes about. Only by dwelling on joy does joy come about.

Billions of people all over the world choose sadness over joy. Though they do it unconsciously, it is their choice still. In their thoughts they choose it. Out of the 462 trillion-plus thoughts that humans collectively think every day, almost 440 trillion are laced with negativity. Only about 22 trillion are suffused with positivity. Out of every 20 thoughts, 19 are unjoyful, and only 1 is joyful. So, people all over the world are inadvertently picking sadness over joy.

But the positivation of joy is that, even though it is smothered by a deluge of sadness, it never gives up. Because, like all positivated entities, it knows that sadness is just a smokescreen. The true nature of every element and entity in the Universe is joy. Joy is aware that it pervades every atom in the Universe so it stays patient even when an entity walks away from it — it knows they will eventually return to it. In that sense, joy is like electricity: even when people in a house forget to turn on the switch for a few days, it knows that they eventually will, so it is willing to exercise infinite patience till they do so.

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Joy always retains its vitality. Like a lighthouse keeps itself alive even in the fiercest of storms, joy keeps itself alive even in the gravest of circumstances. It is ever ready to embrace and be embraced. It is ever ready to lighten and be lightened. That is its positivation. That is the positivation of the Universe. Which loves conditionally and gives joy unlimitedly. Forevermore.

About the Author

Born in Jammu to Veenaa and Sham Kishore, Vickrant Mahajan studied commerce at the University of Jammu, publishing at the University of Denver and filmmaking at the New York Film Academy. In 2001, he started his professional career as an editor with HarperCollins Publishers India. In 2003, he won the first runner-up and Mr Photogenic at the Grasim Mr India pageant. In 2012, he made his Bollywood debut with the film *Challo Driver*, which he wrote, directed, produced and acted in. In 2014, he became the first person in the world to speak continuously and unscripted for over 48 hours at a stretch on a single topic.

Among his many Guinness World Records are the longest speech, longest play, largest book signing, largest greeting card, most football penalties in 24 hours, most basketball passes in 1 minute, longest squash rally and the largest underwater painting exhibition in the world.

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In 2019, Vickrant was appointed as Team India's motivator for the senior world wrestling championship in Nursultan, Kazakhstan — the first time something like this happened in Indian sport. It turned out to be the best-ever world championship for India as it won five medals and had four direct Olympic qualifications. In 2020, Vickrant motivated Team India to its best-ever Olympic qualifying tournament in Amman, Jordan, where 9 out of 13 boxers qualified for the 2020 Tokyo Olympics, setting a new Olympic qualification record for India. At the 2020 Tokyo Olympics, Vickrant's mentee, wrestler Ravi Dahiya, became India's first male Olympic medallist after a gap of 9 years.

Vickrant has authored 35 books, including *Yes Thank You Universe*, *Superpositivity*, *Stretch Yourself*, *The Glacier River Ocean Principle* and *Goalete*. Vickrant is the creator of the Superpositivity philosophy and the first person to use the term Superpositivity in mainstream human consciousness. He presently runs a consciousness organisation called Superpositivity Foundation. He shares the beautiful message of Superpositivity with people all over the world and inspires them to positively express their infinite potential in life.

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