

SUPERPOSITIVITY

SUPERPOSITIVITY

The Best Way to Live

VICKRANT MAHAJAN



Superpositivity
BOOKS

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Yes Thank You Universe

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Conscious Choices

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

- ~ The word Superpositivity is used in two contexts here: energy and lifestyle. The former is a universal quality like love or patience, while the latter is a specific way of living. When it is used in the former context, it is written in lowercase. But when it is used in the latter context, it is written in uppercase. For example: "Occasional superpositivity is not Superpositivity." The former refers to a general state or quality, that's why it is in lowercase, while the later refers to a unique philosophy, as proffered in this book, that's why it is in uppercase. Knowing this subtle yet significant distinction will help you navigate the ensuing material seamlessly.

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- ~ It is a global practice to write you, us, we, and they in lowercase but I in uppercase. In this book, we've made it simpler by applying the same rule to all personal pronouns. So, throughout this book, we have consciously used i in lowercase, just like you, she, he, us, we, they. The only exception being whenever it occurs at the beginning of a sentence to maintain grammatical consistency and a few other instances mid-sentence where I is deliberately used to denote the ego.

Acknowledgements

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

The Universe — the Creator and the creation.

The energy of the Universe that lives on infinitely in my consciousness.

My body, that has been my truest companion in life.

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

All those who have helped me in the journey of life, in the fulfilment of my dreams and in the surmounting of my challenges.

All masters, teachers, coaches, researchers, philosophers, writers, inventors, scientists, endurers, seekers, givers and revelers everywhere.

All i have experienced, you have experienced and everyone else has experienced, is experiencing or will ever experience. I am the oneness of it all.

Yes Thank You Universe.

Introduction

THE AWAKENING

"You are a failure!" These words kept looping harshly in my head as the train from Mumbai to Jammu was about to reach. I looked blankly at the crumpled tissue paper in front of me. For hours, i'd been scribbling on it, but all that stared back at me was crosses and messy overwrites. Even i couldn't comprehend what i'd written! Yet, in an ironic way, that tissue paper summed up my life.

The previous summer, in July 2012, my debut film *Challo Driver* had crashed at the box office. Leaving me in the wake of a massive debt. My marriage had ended painfully. Leaving me all alone in a ramshackled apartment, stripped of all its adornments. My brief Bollywood career had ended unsung. I went so broke i could not pay my rent, could not travel anywhere and could barely put food on the table. In the aftermath of the debacle, i'd written over half a dozen film scripts and had been to scores of auditions but found zero takers for my enthusiasm. I sought

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work variously as an editor, publisher, actor, model, emcee, copywriter, lyricist, filmmaker and voice artist.

But in a bizarre twist of fate, all i got from everywhere was a numbing rejection. I bravely tried to keep on. And for a year i did. Till the day i could not borrow anymore to stay afloat. Or, more appropriately, there wasn't anyone left to lend me! Crestfallen, i entered the only door that was still open. I packed my solitary bag and headed back to my parents' house in Jammu. As i boarded the train, i thought for the first time, maybe the world was right: "You are a failure!"

Truth be told, it was my biggest defeat yet. A move i'd long resisted. Because in my head, i belonged to the big stage and could not go back unceremoniously to where i'd started fifteen years ago.

Over all those years, day by day, i had laid the course for a "super life" that i'd envisioned for myself: i had been to Denver to study book publishing; spent some time in New York as a copyeditor; had come back and joined HarperCollins in Delhi; switched to modelling and become the first runner-up at the Mr India pageant; had written a bestseller on motivation called *Stretch Yourself*; started lifestyle photography and along with my ex-wife had become among India's highest paid photographers; and had audaciously written, directed, produced and starred in a Bollywood film. And now here i was! A zero. With zero options left in life. Or, so it seemed.

I had tons of ideas, mountains of material, but zero money to jumpstart any of them. To make things worse, i owed a lot of money to the market. And quite clearly it was unwilling

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to back me to start anew. On that crumpled tissue, i'd ticked off one by one what i could do back in Jammu. Truth be told, i was clueless. It seemed that i was in the middle of a pitch-dark tunnel, and i could see nothing. If there indeed was a ray of hope, i was clearly oblivious of it.

But then at that time, i was oblivious also of the power of the one thing that had been supporting me through the battering: meditation. I had been meditating for four years by then. It was initially a means to keep me together but had now become my full-time "occupation". There were days when i would sit for ten hours of meditation. At a stretch.

Back in Jammu, my parents were very supportive of me. Though it was heartwrenching for them to watch their only son's life in tatters, yet they kept up a brave front. And best of all (an act that i attribute the resurgence of my life to), they allowed me to be. Nonetheless, it was very difficult for all of us. I had nothing to do. Nor could i think of much. I felt i was going to explode. In desperation, i continued to meditate. With a frenzied zeal. Zoning out the cynicism that kept coming my way. Barely two weeks after my return, as part of my ongoing quest to transcend the negativity in my life and in the social milieu around me, i embarked on a forty-hour meditation. During that meditation, i got an epiphany that changed my life forever. I've shared the entire experience in my previous book *Yes Thank You Universe*. But let me briefly recount it for you:

In the wee hours, on the second day of the meditation, i felt a strong jolt and these four words

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flashed across my inner firmament: **Yes Thank You Universe**. And instantly dissolved into a golden ball of light. For a while, everything just stopped. Time. Breathing. My sense of where i was. Or, for that matter, who i was. I was remotely aware that i was standing yet i felt that i was not in that room at all. I was staring at the sky. Yet it seemed i was looking within. I was motionless. I don't remember for how long. When i returned to my senses, i slowly realised that the higher consciousness had spoken to me. And joining my hands in gratitude, i started meditating on those four words: Yes Thank You Universe.

I was guided to call it the Superpositivity Chant. That very moment, i started doing the chant faithfully and vigorously. Unquestioningly. It seemed like the proverbial straw to a drowning man, and i clung to it with all my being.

I set a target of chanting 10,000 times daily. I'd keep counting mentally while i chanted aloud. I used to chant the first thing when i woke up and the last thing before i slept. I chanted while driving, eating, showering, brushing, walking. On days, i chanted from morning to night. And on days, from night to morning. On days, twenty-four hours at a stretch. Within a month, my life was substantially transformed. The pall of despair that hung over me began to lift on its own. Financial concerns began to improve. I started opening up to the world, and the world started opening up to me. Over the next year, i chanted Yes Thank You Universe over two million times.

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Slowly, i introduced thousands of people to the chant. And almost everyone benefited on one level or another. How and why i have explained abundantly in the book *Yes Thank You Universe*. Suffice to say that Yes Thank You Universe became the proverbial panacea of my life. One solution for every problem.

On 19 September 2014, to celebrate the first anniversary of the revelation of the chant, i gave a nonstop 48 hour 31 minute speech in Jammu, explaining the meaning and benefits of Yes Thank You Universe. It created a Guinness World Record for the longest speech in history. Meanwhile, i continued to speak at educational and social institutions all over the country on the topic "Superpositivity" in a small yet conscious endeavour to spread positive energy in the world.

Alongside, i kept refining the art of consciousness. I'd design an endurance experiment, undergo it for forty days, then move onto another one. I called every stint a Forty. Forty days standing from morning to night. Forty days eating with my left hand. Forty days sleeping on the floor. Forty days without solid food. Forty days chanting 20,000 times a day. I underwent an experiment for forty days, observed its impact, collected the insights, and then switched or modified. It was done with only one purpose: to establish the voice of consciousness inside me. All my life, i had a very strong idea who i was. But now was the time to truly know it. Experientially rather than just notionally. I kept up the unrelenting pace for two years. Without a day's rest in between. Not knowing when it would culminate. Or if it'd culminate at all!

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However, one winter morning, i got *the* nudge. I was inspired during my meditation to embark on my most unusual experiment yet: Forty days of *complete* silence. Of pure observation. And nothing else.

All my life, i have been "a creature of action". Some of it conscious, some unconscious. How would it be now to cease all action? And just watch! Truth be told, it seemed a bit unnerving. But then, the best part about me is that when my consciousness decides something, then i step out of the way. Or I step out of the way.

I plunged thoroughly in the experience. Superconsciousness Forty, as i called it. My inner voice told me that it'd be my final Forty, marking the culmination of two years of "extreme" self-experimentation. I committed to give it my all. I had gone very deep into life, but now i decided to go even deeper. I ceased all activation processes that i had been variously doing throughout my life: auto-suggestion, affirmation, meditation, chanting, writing. I turned off my cell phone and stopped checking my email and Facebook account. I became completely silent.

Before i stepped into that experiment, i took an objective look at my life. I could clearly see how lucky i was. Life was giving me the luxury of time, the enablement of seeing it in its full glory. I was especially blessed to be so far gone on the path of consciousness. But if i did not go all out now, then i'd be missing out on a spectacular opportunity. An opportunity so unique that very few human beings have ever known it.

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An opportunity so beautiful that words can barely express it. An opportunity that the Universe had custom-designed especially for me.

Over the next forty days, i just listened to the voice of consciousness. Oneness was my only goal. And my only practice. I focused on the energy that drives the Universe. And how it translates into our actions. With which we impact the outside world. I completely concentrated on every action of mine: how i spoke, how i listened, how i ate, how i touched, how i felt, how i thought, how i saw, how i moved, how i stood and so on. All i did was watch. Every sound, sight, touch, taste, smell and movement. Inside me and outside as well.

I understood the true meaning of the word Action. I realised that i was acting every moment of my life. In fact, each one of us is. Even when we "think" we are inactive. We are acting even while we are sleeping. We are acting from the time we are born to the time we pass on from this mortal form. It is our actions that govern the present life. And determine what will follow. People assume that those who are meditating or living with mindful awareness are not acting. But that's just an assumption. For, the conscious ones are acting too. In fact, consciousness is the highest action! When you are conscious, fully conscious, you are acting at the highest level. At the level of the Universe. At the level of the Creator. That's when you are fully alive. And in full receipt of the magic of life. That's also when your energy blossoms in its full glory. And leads you to the best way to live: Superpositivity.

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That experience made me realise that, in the larger scheme, the macrocosm, everything has an impact on everything else. Every action of yours has an impact on your life. And on the world around you. How you read a book has an impact on your life as well as how you hold a spoon. Not as much but it does. How you stand on the floor determines how you stand in a relationship. How you drink a glass of water determines how you drink the elixir of life. Everything is connected. Just that you are unaware of it.

You see, life is like walking into a mall. Every move of yours is being recorded on a CCTV camera and is under surveillance. Just that you don't realise it. Similarly, every action of yours is being recorded in the superdrive of the Universe. And has an impact on your life. Way beyond you imagine.

The true beauty about Superpositivity is that it makes you fully conscious. And with practice, and over time, naturally conscious. Which will, in turn, make you do splendid things beyond your planning and help people beyond your expectation.

In this book, i am going to share with you how to experience that superpositive state. For yourself. And how to pass it onto others. For, in your actions you touch the world. One of the most impactful quotes i've ever read goes like: "Don't build till you can build right." It could be thus rephrased: "Don't act till you can act right." The reason human civilisation looks the way it does is that we haven't learnt how to act right. This book is an earnest effort to share with you a mechanism by which we can improve our actions. For, the more positive our actions,

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the better we give to the world. To our loved ones. As well as those we are born to love. Without ever knowing who they are.

I firmly believe that none of us has touched even an iota of our potential. Not even the "geniuses". *Superpositivity* is a reminder to all of us of how immeasurably powerful we all are. And how we can impart that power to the world. So that this planet becomes the heaven it has the potential to be. And what it truly deserves to be. Yes Thank You Universe for that. Forevermore.

Prologue

THE TRINITY

The three fundamental questions in life are: who, how, what. This book answers them in three parts. Part One is The Creator. Who this power is. The meaning of Superpositivity and its twelve aspects. Part Two is The Creativity. How to activate this power. The cultivation of Superpositivity through a four-fold process. Part Three is The Creation. What to do with this power. The implementation of Superpositivity through the twelve actions of life. In other words, Part One is about the qualities of the Universe, Part Two is about the awakening of a human and Part Three is about a superpositive exchange between them.

At its core, *Superpositivity* is an attempt to establish the how inside you: how to live a superawesome life. I don't know who you are or what you do. But i do know the how, your quest, has led you to this book. And that is my sole allegiance and my sole focus. I don't want to change the who neither the what.

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Please by all means continue to be who you are and what you are doing. The latter is your choice, and i don't want to stand between you and your choice. But i do believe, with full consciousness, that if i help you build on the how, then you will optimally enjoy both who you are and what you are doing. And that's my goal: to help you enjoy your existence on this planet. So that you can help others enjoy as well. To light the lamp inside you. So that you can light other lamps as well. To enable you to be. So that you can let others be as well.

Part One

THE CREATOR

Who Superpositivity Is

Superpositivity is the soul of the Universe. It is same power with which the entire physical cosmos has been created. Every atom has come into being thanks to the power of superpositivity. Every galaxy has come into being thanks to the power of superpositivity. Every human has come into being thanks to the power of superpositivity.

Wherever you look, this power exists. Whatever you hear, this power permits. Whatever you touch, this power enables. Whatever you don't see, touch, or hear, this power resides in that too.

It is the energy that binds all creation together. It is the energy that unites. And if at all it separates, then that is to eventually unite too. It is the energy that creates. And if at all it destroys, then that is to eventually create too. It is the energy that enables. And if at all it disables, then that is to eventually enable too.

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All the physical laws of the Universe are governed by this power. All metaphysical laws too. All dimensions of space are governed by this power. All hyperspace too. All energy is governed by this power. All matter too.

Talking of matter, every atom in the Universe is charged with superpositivity. Every atom's awareness of its own power is superpositivity.

But when it comes to us human beings, are most of us aware of our own power? Our thoughts are wholly consumed by what we can't do. To be conscious of what we can. We are gripped by what's not possible. To open up to what is. We are certain of what can't happen. To realise what can. That realisation of infinite possibilities is Superpositivity.

Simply put, Superpositivity is the sum total of all the positive qualities of the Universe: love, joy, harmony, health, oneness, confidence, creativity, courage, enthusiasm, kindness, growth, and many others. There is a list of 150 positive qualities that constitute Superpositivity on page 167. Having one or some of these qualities is to be positive, and having many of these qualities is to be very positive. But to have *all* these qualities is to be superpositive. Like the Universe is growing unlimitedly, Superpositivity means to keep growing as a human being in virtues and essence unlimitedly.

Whenever we use the word Superpositivity, we meld all the positive qualities of the Universe into one and embrace them collectively rather than in isolation. We reach out to life rather than wait for it. And generate a power so strong that we impact not just ourselves but all those we come in touch with.

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Essentially, Superpositivity is a remembrance of all the glorious possibilities of life that we human beings are born to experience. It is an awareness of the infinite power of the Universe that resides in each one of us. It is an awakening of our own unceasing potential. And an acknowledgment of our unlimited ability to rise. Above every situation, condition and limitation.

It is very important to understand that Superpositivity does not mean having any positive quality in extreme at the expense of other qualities. In the realm of Superpositivity, every positive quality has to be in a balanced proportion and in an active state of ongoing improvement, rather than lying in dormancy, as is the case with most of us. Once the whole spectrum of positive qualities has been developed, then any of these positive qualities can be applied to a corresponding life situation, without any friction or chaos whatsoever. And that is what Superpositivity truly is: attending to every life situation with absolute positivity.

Superpositivity is ultimately a state, and that state has to be active forevermore. Occasional superpositivity is not Superpositivity. It is still positivity. Positivity becomes Superpositivity only when it is always present and that too in a state of incremental growth or in a forevermore state.

Superpositivity means developing all five levels of being within every human — consciousness, spiritual, feeling, mental and physical — equally and optimally. It should never be one level at the expense of another.

For example, someone who is too devoted to the spiritual realm but does not adequately attend to their physical wellbeing

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is clearly not a practitioner of Superpositivity. And vice versa. Or someone who is too loving as a person but does not endeavour to excel in the work that they do is also not a practitioner of Superpositivity. And vice versa. Or someone who is professionally very accomplished but is driven by discontent is also not a practitioner of Superpositivity. And vice versa. Or someone who wants to take care of the world but neglects their own family is also not a practitioner of Superpositivity. Always remember that Superpositivity is not either this or that, but this as well as that. Being too optimistic or too patient by itself is not Superpositivity till all the other qualities of Superpositivity are also active in a person.

You see, the truest purpose of humankind is to not just to become “good human beings” but to become “superpositive human beings” or rather “infinite beings”. Where we are good+ every day. Or rather, goodx every day. You see, goodness is not a static state but a dynamic one. Like the Universe, which hasn't stopped after creating billion trillion stars but is creating more — and better ones continually. To become better every moment of its existence is the truest purpose of the Universe — and is our truest purpose as well. At its simplest, that's what Superpositivity is.

But, above all, Superpositivity is our conscious contribution to the co-creation of creation. For, on the path of consciousness, we eventually realise that the Creator is not the Universe alone. It is the Universe *and* each one of us. For, what the Universe is, you and i are too. The Universe is the ocean, and you and i are its drops. But what the ocean is, the drop is too.

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Quite simply, Superpositivity is a drop looking at itself consciously, and affirming: I am supremely lucky to be a part of the ocean. Now, let me do my bit by making it even more beautiful. I know i can. I just have to be inspired by my eternal source the Universe. Which keeps creating one beautiful galaxy after another, one beautiful species after another, one beautiful entity after another from the zone of superpositivity. Billions of its priceless stars are destroyed every year or devoured by black holes. But because the Universe is superpositive, it is unnerved and focuses on its ability to recreate them or to create better versions of them.

Superpositivity is an empowerment tool to make us bigger than any situation. See, if the soil is perfect, then any plant can grow on it. Superpositivity is the soil on which the plant of success grows, along with the plants of love, joy, peace, health, abundance, and so on.

Now, there's a galactic difference between positivity and Superpositivity. Just like there's a colossal difference between negativity and positivity. To feel good in the presence of favourable conditions — the weather is good, someone gives you a compliment, you get a promotion at work, or there's a celebration — is to be in the realm of positivity. But to feel good, or rather to feel great, in the presence of unfavourable conditions — failure, disappointment, rejection, loss — is to be superpositive.

Every time we fall and we get up is positivity. But every time we fall and we help others get up is Superpositivity. Every time we fail and we succeed is positivity. But every time we fail and we help others succeed is Superpositivity. Every time we are

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hurt and we heal is positivity. But every time we are hurt and we heal others is Superpositivity. Positivity is limited. Superpositivity is unlimited. Positivity is conditional. Superpositivity is unconditional. Positivity can be affected. Superpositivity is unaffected. Positivity is what we give ourselves. Superpositivity is what we give to the world. Positivity is forever. Superpositivity is forevermore.

Superpositivity is to believe in our own unlimitedness. Whereby we are not straitjacketed by any mortal limitation. When people feel limited by their circumstances or their perceived potential, negativity comes about. That is the basis of all problems in the world. Because people feel disconnected from their source — the infinite energy of the Universe — they become negative and experience emotions like fear, anxiety, doubt, anger, jealousy, violence. An occasional reminder of our capacity to improve is how people feel positive and less limited. But a constant remembrance of the Universe and the infinity it has bestowed upon each one of us is the secret of feeling superpositive and being unlimited. That is the number one purpose of humankind, and of every human being. To be unlimited as a species and to be unlimited as human beings. Superpositivity is the key that unlocks that unlimitedness. Whereby we are not dependent on circumstances but transcend them. Whereby we are not limited by *anything*: age, money, colour, race, nationality, education or resources. Whereby we don't blame luck but create it. Whereby we don't just live but truly come alive. Whereby we fulfil our highest purpose in life: the purpose of being infinite. The purpose of being superpositive

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forevermore. And to fulfil that purpose, one just has to remember the twelve highest qualities that the Universe has blessed all of us with. One magical quality at a time.

ONENESS

Oneness is the true essence of the Universe. There is a little bit of you in me and a little bit of me in you as well. An atom of a star resides inside a rocking chair, an atom of a flower resides inside a volcano, an atom of a banana resides inside a roller coaster, an atom of the sun resides inside the moon, an atom of a desert resides inside an orchard, an atom of the river resides inside a flame, an atom of winter resides in summer, an atom of yesterday resides in today. And so on, eternally. You see, at a core atomic level, the composition of a tornado is the same as mine and yours. Just the form is different. The act is different. But the energy that courses beneath the apparent distinctiveness is the same. It is the energy of the Universe. It is the energy of oneness.

Oneness is what holds together. There are roughly 2.5 billion moments in our lifetime. Each one of them joins together seamlessly to form our lifetime. Even if one wants to erase one or a few of them from one's lifetime, one can't because they are inextricably intertwined. Like links of an unbroken chain. Each one of them adds up. To become the oneness called our life.

Oneness is seeing one in all. Anyone who starts on the path of consciousness knows that the goal is self-realisation. The opening of the self. But what really is the self? Most people think

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that self is I. With that approach, they remain fragmented. Because they are looking at the part. Not the whole. While the true self is the whole. Us. Not one. But oneness.

Let me illustrate that with an example. A mother and her three children are sitting at a dinner table. They open a box of pizza. All children quickly scramble for the best piece. While the mother waits patiently. She makes sure that all her children get the best pieces. And if at all she thinks that she has got a better piece than any of them, she happily exchanges it. She makes sure that her children are happy. Now, to an alien, unfamiliar with the mother-child dynamic, this transaction might seem absurd. On a planet filled with examples of life forms that snatch from others, who is this strange specimen that is happily giving her share to another? Just doesn't make sense! Now, what the alien won't understand is that for the mother happiness doesn't lie in the piece of pizza. Rather, it lies in the happiness of her children. And, at its core, that feeling is oneness. The highest form of positivity: Superpositivity.

But you know what truly makes the above example superpositive? Not just the fact that she gives up her own piece of pizza. Or the fact that she gives it up happily. But the fact that she gives it up happily, without being told to do so! She doesn't announce it to the world: "Hey, you know what, i am doing a great job!" Rather, she doesn't even tell her own children. She does it quietly and discreetly. Without making herself a martyr. That's the truest level of Superpositivity. A level where every

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entity does their bit without wanting any credit for it. For, the mother receives zero credit for her actions. Her children don't even notice it! They just mindlessly carry on their own bit.

The outside world is like that. Like those three children at the dinner table. Wonderful yet woebegone. Magical yet unmindful. Has the capacity to appreciate but is too "busy" to do so. Is well-fed yet fights for that cheesier piece of pizza. Is familiar with the word Give but is focused on the word Take. Is looking at the wide open sky yet wants to elbow the other for the best vantage view. Has heard the word Genuine but does not care about its meaning. Wants to be centred but self-centred is as far as it will go. Snatches gladly but shares gingerly. Rushes to gratify but is unwilling to be grateful. Wants the spoils even if it means spoiling what the other has. But then, it is the way it is. Wonderful nonetheless.

However, some of us have to rise. Be like the mother at the dinner table. Ignored yet gregarious. Unappreciated yet appreciative. Don't have much yet willing to give the last ounce. Last ones to receive yet first ones to serve. Unheard yet listening. Unrewarded yet rewarding. Poked yet patient. Superpositive people are like that. They have been sent by the Universe to do the work that others are too busy to do. They are the pilgrims who have touched the shrine and have come back to show the way and help others along. Or, they are like a road worker who is sitting inside a crane and clearing the road after a snowstorm. It is not important who that person inside the crane is.

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Their work is more important than their identity. That worker can be female or male, African or Asian, married or unmarried. That's not important. All that's important is that they are doing the work they are assigned to do. And, invariably, it is work that most other people are either too busy to do or reluctant to do. That worker is aware that before her or him, last year, there was someone else who'd cleared that road. And before that, someone else. And so it has been. That worker should not claim to have developed a better technique to clear the road. And if indeed she or he has, they'd be very happy to pass it onto others. For, Superpositivity is all about clearing the passage rather than painting one's name on it.

You see, the mother at the dinner table loves her children unconditionally. She doesn't do them a favour. Rather, she does it for their betterment. For their upliftment. Now, if you want to lift someone up or haul something higher, then you have to bear the weight. You have to heave. And it will take a lot of effort. But then you do not do it for you. But for us. Because you realise that you reside in us too. If Us flourishes, You will flourish too. It's a given.

However, the irony is that most people are asleep to that usness. Their entire lives are spent fiercely competing against each other. Trying either to rise above the others or to bring the others down. But none is actually looking at the futility of it. What's the point if one rises and others don't? If one is wallowing and the world wails. If one is comfortable and the other agonises. We are born not to put ourselves ahead of humanity but to take

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humanity forward with us. We're all one. Always were and always will be. If one flourishes, that's positivity. Very good. But if oneness flourishes, that's Superpositivity. That's the best way to live — and that's what we have to practise always.

You see, it's easy to spot the flaws in society, and in the same breath let oneself off the hook. A superpositive person always sees the whole, the collective, and accepts the onus on behalf of humankind. She or he says: "I am a part of the collective destiny of humankind. If i feel it can be improved, then let me see what part i can play."

A superpositive person puts up their hand and says: "I am ready to be counted." And that resolve is not an announcement to the world but an affirmation to the self. A superpositive person knows that the exterior might never change, at least not in their lifetime, but they are prepared to commit themselves nonetheless. To the creation of the catalysis, if not the change. Because a superpositive person is driven to do it not just for i, you or them. But for us. For the Universe. And its all-pervasive oneness.

FREENESS

We're born alone, we breathe alone and we die alone. Many people are scared of that fact. And want to hold onto a crutch or support. Whether it's a family member, friend or colleague, whether the level is physical, emotional, mental or spiritual,

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people invariably want support and approval from others. Which in many aspects is very positive. Because people get to share. However, in most cases, it is not sharing. But dependency.

When we talk of Superpositivity, we talk of the ultimate level. Freedom from trappings and chains. Now, if you consider the physical plane, then there is zero entity that is ever independent of its ecosystem. The moon is dependent on the earth, the earth is dependent on the sun, the sun is dependent on the galactic spin and so on. But then that's the outer level.

On the inner level, they are all independent. The sun is independent to give its light. The river is independent to give its water. The flower is independent to give its fragrance. The fire is independent to give its flame. The air is independent to give its oxygen. All superpositive entities exercise that independence. And sustain life.

But most human beings are never independent from the inside either. They are tethered to their thoughts, beliefs, habits and patterns. To how it used to be. Or, how they've learnt it to be. "This is how my parents lived." "This is what my grandparents have taught me." "This is what my religion tells me." "This is the how my teacher trained me." While most of it is valuable, none of it is complete. To get the complete truth, we have to test things on the touchstone of consciousness. And consciousness is *always* independent. It is not wrapped in any other voice. Or cloaked in any other form. Many things lead you to it — meditation, chanting, analysis, observation, restraint, books, talks — but once you reach that energy, you must become independent. Unleashed.

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Unchained. Like a ship set to sail. Which doesn't need the tether anymore. Or like an aircraft that has taken flight. Which doesn't need the hangar anymore.

Most human beings lead reactive lives. Always reacting to situations. Or conditions. If the going is good, they will be positive. If not, they will give in to negativity. So, their positivity is very selective. Or dependent.

Let me tell you how Superpositivity works. It is like breathing. Now, each creature is born to breathe free. Is it natural to breathe via an oxygen cylinder? Or via a breathing apparatus? In medical emergencies, of course yes. But only in those extreme circumstances. In everyday life, if you see people carrying oxygen cylinders on their back, would it be natural? Every creature is designed to breathe free. Just that they are unconscious of it. The more conscious they become, the better they breathe. And consciousness has to be proclaimed. It has to be invoked. It can't be handed over to you.

After a child is born, it is breathless for a few seconds. The doctor slowly pats it on its back and cajoles it to breathe. After that, the child takes a gasp and starts breathing. For the first couple of years, when all a child listens to is its own breath and the voices of the outside world are yet afar, it breathes naturally. It is a fact that until the age of two, a human being is a perfect breather. But the moment it starts heeding to the distractions of the outside world, it becomes unconscious of its own breath. And starts breathing erratically. Till she or he recommits to the art of breathing. All over. Which could happen

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in the younger years, middle years or later years, depending on the free will of the person.

Likewise Superpositivity. A human being is born with it. The spark. There are flashes of it when one is very small. But as one "grows up", one starts hearing the voices of the outside world — the voices of reason — and starts losing one's own navigation. Like a rudderless ship. Being pulled by another larger ship. Or "swimming with the tide", as one thinks. Which is just an apparition. See, when one looks at the sky, it seems that one is looking up. But in all likelihood, the earth could be inverted at that time and one could be actually looking down at the sky! It just doesn't seem like that to you. Similarly, the world is never quite swimming with the tide. It is just swimming in one direction. And that direction is against the tide! It is like the movement of time. It flows in the clockwise direction. We think it is the right direction. And everything should be moving in that direction only. While the truth is that the earth, the sun and the moon are all spinning in the counterclockwise direction. Just because time is moving in the clockwise direction does not mean it is the "right" direction. Or, that everything is moving in that direction. Similarly, the few individuals that you think are swimming against the tide are actually swimming with the tide. The perception is that the tide is in the other direction. But it's not true. It's just a perception.

Superpositivity shows you what the right direction is. It is seldom the direction of the herd. It is a direction in which you have to swim independently. Now, when you swim, how would you like someone to hold your hand and carry you along?

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Or, how long would you like to wear a life jacket and swim? Once you learn, you want to swim on your own. To enjoy the full glory of the swim. To experience the fullness of that act.

The same applies to positive energy. Initially, you might need incentives: someone talks to you nicely, you receive a compliment, see a beautiful sight, hear an inspiring tale, receive a loved one's hug, witness communal harmony or the victory of your favourite team. Or, maybe there already are lots of encouraging props in your life. Maybe you've grown up in a loving family surrounded by supercaring parents. Maybe you've been to a superlative school. Maybe you're surrounded by a superset of friends. Maybe you have lovely children. Maybe you're married to the person of your dreams. Maybe you have a terrific job. Maybe there's a lot of money in your bank account. Maybe you're travelling the world.

Now, with even a few of these things going, it is a very good life. With many of these things going, it is a brilliant life. And with all these going: wow, what a life! One can then understand if a person is positive. Not that it is a guarantee still. I know three people who have all this. And you know the amazing part? None of them are truly happy with their life! Still, let's say, chances are that with the above factors present, you will be positive.

But, let's say none of this exists in your life. Or, it did but not anymore. In that case, even if you want to, you can't be dependent on the outer world and its "pleasant" offerings. Or the "positive" conditions. Someone who retains their positivity in such a scenario, or (even better) activates their positivity in such a scenario, becomes a truly positive person. A superpositive person.

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An independent person. And that is what i mean by independence: independent of the reliance on the outside world and its forms. Whether one is in a quiet retreat or a traffic snarl, with a saint or an unsaint, in a savanna or a storm, successful or unsuccessful, a superpositive person will always be superpositive. Like the sun. Which hurtles through dark space but keeps its illumination intact. Independent, firm and always in command.

Superpositivity means freedom not just from forms but also from results. Detachment. By now you've understood that the sun is superpositive. Yet, try as it might, it cannot melt the ice on Neptune. Neptune has been cold for 4.6 billion years. It still is. And will perhaps continue to be. Considering that just one out of eight planets in the solar system hosts life, the sun's "success rate" is just 12.5 percent! Now, do you think the sun is affected by this "failure"? Of course not! It just keeps doing its work freely, detachedly. Not trying to change anything.

This is one aspect of positivity that has taken me many years to understand. Ever since i was small, i used to think that the more positive i become, the more i will be able to change the world. But it was only a year ago that i understood how wrong i was. Actually, none of us is meant to change the world. We are just meant to *touch* the world. Like the sun touches the earth with its rays. It doesn't come and change it. It simply keeps giving its light to the earth. Life here changes on its own. For, the sun touches seven other planets too with its light. Why don't they have life? Because the willingness of the earth to bear life is far greater. While the other planets are also playing a beautiful

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part in the solar system, life on the earth happens because it has been handpicked by the Universe for that purpose. As for the sun, undeterred by its "poor success rate", it just keeps giving its energy unrelentingly, unceasingly to one and all. Who benefits is beyond its control.

When i fully understood this profound truth, it lifted me immensely. It freed me to do my bit without attachment to results. Or, without seeing them at all. When i started the Superpositivity Movement, i was aware of the possibility that in my lifetime i might be able to impact just a handful of lives. Or maybe none at all. Was i still willing? I got an affirmative answer from myself. Yes! That day, i resolved that Superpositivity is my path for life. And i'd walk on it even if nobody changed or accompanied me on this path. Ever. If nothing, at least one life has been changed forever: mine. Anything else is a bonus. That day, i became free. And have been ever since. Today, in fact, i am free from my own life too. It is like i am watching it from above. It frees me up from attaching too much importance to the "self" or to the world around me. Leaving me free to observe. And offer. Without getting entangled.

I apply the same dynamic to my talks. When i speak to 100, i assume that 10 are listening and maybe 1 of them is going to be impacted. So, i speak for that one person. In the ten years since i started walking on this path, i know (from the feedback i have received) that i have deeply impacted around thirty lives. In the coming years, it might be 100. But the thing is: i am working

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not just for now. I am working for the times to come. You see, the light of the sun takes 500 seconds to reach us. In fact, the light of some of the stars in the sky takes billions of years to reach us! Doesn't happen instantly. So, whatever we do, we might not see the results in all our lifetime. But that's alright. Once we make harmony with that, our life will be perfect. It will be superfree. Or superpositive. And that any way is the life the Universe intends us to live.

LOVINGNESS

All of us, at some point in our life, have gone through this feeling: of not being loved enough. The most beautiful woman, the most handsome man, the greatest achiever, the biggest celebrity. Even if it's factually untrue, even if one is surrounded by the most loving set of people, it still becomes one's reality. One's imagined reality.

I know of a family who absolutely love their teenage son. The parents and their daughter pour all their love and attention on him. Not in an overbearing sort of way but in a very pure one. But he has still become a loner. And his number one problem is that he feels sorely unloved. He feels that the world is putting on a show of affection to please him, while the "reality" is something else.

A lot of people in different setups feel the same way. It is because they haven't been able to touch the most basic love:

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the love of the Universe. They haven't been able to understand a simple fact: why would the Universe have created them if it didn't love them in the first place? Would you consciously bring something in your house that you detest? Or, would you consciously put something on your plate that you loathe eating? Why then would the Universe, the ocean of superconsciousness, bring something in its fold that doesn't belong there? The fact is that the Universe has been loving us all along. The whole has been giving love to its parts all along. Only the part has been ungrateful. And love, like all aspects of Superpositivity, has to be given before it can be received. To four wonderful entities. Starting with the source, the Universe.

You see, the way the Universe has sent us to this planet is like a student is sent to a school. The school doesn't want any of its students to fail. Still, it has to make them go through tests to strengthen their skill. To enable them to grow. It is because the school has the student's best interests at heart. The student just has to have faith in the process.

At the superpositive level, love is faith. And unconditional love is unconditional faith. I have seen tons of failure in my life but my faith in the Universe and my love for it has grown immeasurably. The way I look at it, the force that has put 100 trillion cells into my body — each cell in turn containing 100 trillion atoms — also knows what it is doing with my life. For, it has created my cells and my life too. I trust this force completely. And I love it unconditionally. In my experience, one's growth in life is directly proportional to that love. Even if one's

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success is not. For, even today, i encounter a lot of failures. So, let me not claim that unshakeable faith, unflinching love, will bring you only success. At least not in the way the world sees success. Because, ironic as it seems, this sort of love, this sort of faith, is developed only by failure. Just like soil of earth is fertilised by animal refuse, the soil of life is fertilised by failure. Or, what other people refuse. If you don't go through heartwrenching failure, you will never experience heartwarming love. That's the exact way it goes. And talking of success, i consider the enshrinement of the voice of consciousness inside me as the biggest success of my life. Since i hear it all the time, since i am giving my love to the Universe all the time, my life is a success. Rather, a supersuccess.

The next level you have to give love to is the self. All of you. Your physicality, your spirituality, your mentality, your feelings. Even if it needs improvement — like it does with all of us — it is what you presently have. You can love the past or the future but you can never love either *in* the past or *in* the future. You can only do it right now. Love the how you are right now. The who and what will definitely improve. It has taken the Universe 13.76 billion years to bring you into existence. Can you imagine that kind of effort! Please don't let it go waste. By unloving the self one does that. Many people think that they will love others but not the self. That's a fallacy. How can you give anything to others if you don't have it yourself first? How can you teach someone else to run if you don't know how to run first? How can you offer someone else money if you don't have

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it first? How can you give love to others if you don't give it to yourself first? So, love yourself and that love will naturally flow to others.

The third level you have to give love to is the entity or the person closest to you. If you are piloting an aircraft, your foremost responsibility is to ensure the safety of the passengers on board your aircraft. Only after you land them to safety will you think of the next lot of passengers. So, first of all, you have to give love to those you are directly responsible to. You have to love your parents, your partner, your siblings, your children, before you can emit that love to the world. The lamp has to first illuminate the room that it is in before its light can spread to the other room. The rose has to first give its fragrance to the bouquet before it can give it to the receiver. The tree has to first give nourishment to its own produce before it can nourish others. This love is like that of the mother at the dinner table with her three children. It is seeing them as others but feeling them as one. For, only by feeling them as one does she overlook their hurtful actions. Only then does she truly love them.

The final level you have to give love to is the world. Like the rose that gives its fragrance not just to the one who comes to it but the entire garden. Or the lamp that illuminates not just one room but the entire house. Or the vacuum cleaner that cleans not just its owner's room but every room it visits. Or the sanitiser that cleans not just the buyer's hands but every hand it touches. If you observe consciously, you will realise that these entities are constantly giving love to one and all. They have so much to give

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that they neither judge nor discriminate who's receiving it. Like the river that fills up every hand that reaches out to cup it, a superpositive person gives love to everywhere, everything and everyone. Without selecting. Just imagine if the Buddha had said that his love should not go beyond his own clan or his select band of followers! How would you and I have benefited from it? Love is the fabric from which the cosmos is spun. It is dissolved in the ethers. Like sugar in milk. Perfectly blended. And like air, this love flows freely and unobtrusively. Even if the one who breathes is unaware, air is doing its job nonetheless. Even if the world is unaware, the one who loves is giving nonetheless.

When we talk of superpositive love, the one word to remember is: unconditional. Love with all your being. And then release. Let go. Whoever you've loved, or whatever you've loved, and if that person or thing is not in your life anymore, don't negate the times when they were. They came for a reason. To open the window of love for you. To take you there and make you see the garden outside. Once you felt its fresh breeze, they left. Now whether they left on their own, or were made to leave, is inconsequential. Please forgive them. Always remember that love itself is the lover's purpose. Not appreciation or acknowledgement from the loved one. When love is purpose, not praise, that's when love is pure. And only then is it superpositive.

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IMPROVINGNESS

In the beginning, the Universe was a tiny atom. Smaller than a pinpoint. It could have easily remained that size. Why did it choose to expand? In fact, expansion is the very first physical act the Universe performed. In one trillionth of a second, it grew to trillions of times its original size. And created all the physical matter that's ever been created. It was a grapefruit-sized mass cluster that contained all the physical matter that this cosmos has been spun from. All that you see in the sky (the sky in fact): the stars, planets, galaxies, satellites, everything has been created from that matter. All flowers, hedges, algae, vegetables, cacti, thorns have been created from that matter. All viruses, bacteria have been created from that matter. All rabbits, lions, cattle, zebras have been created from that matter. All snakes, lizards, scorpions, eels have been created from that matter. All ants, mosquitoes, worms, flies, grasshoppers have been created from that matter. All fishes, crocodiles, whales, turtles have been created from that matter. All females, males, neuters have been created from that matter. All Africans, Americans, Asians, Australians, Europeans, Antarticans have been created from that matter. All cars, airplanes, phones, laptops, stadiums, rockets, street lights, books, utensils, glasses, houses have been created from that matter. All this has been created for only one purpose: the infinity of expression.

In the 13.76 billion years since its inception, the Universe has been continually creating something new, something fresh.

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It keeps stretching the boundaries of the physical cosmos. It could have stopped after creating one galaxy. What was the point of creating hundreds of billions of them? What was the point of creating trillions of stars when a few would have been enough? What was the point of seven "dead" planets when only one was to host life? What was the point of 20,000 species of bees when one would have been enough? What was the point of 100 trillion ants when a few are more than a handful? What was the point of all these multitudes when the singular would have been enough?

You see, the Universe loves to grow. It creates unapologetically. Not thinking: "Maybe quasars were right but I should not have created a black hole!" Or, "Maybe electromagnetism is good but gravitation is not!" Paradoxes and contrasts abound in the Universe. If there are similars, there are opposites too. Undeterred, the Universe just keeps moving forward, one atom at a time.

The Hubble Space Telescope has shown us factually that the Universe is expanding. And at an even greater pace than before. However, let's just say for the sake of "argument" that the Universe stops growing after a point. Which makes it finite. Quite like a person reaching their full height after an age and not growing any taller. Making that entity finite. But ponder deeply: is the end of physical growth the end of that person's growth? See, most humans reach their full height latest by the age of twenty-one. Now, that is also the age till which a person is mostly "formative". True growth starts only after that age. That's true for all of us. Before twenty-one, we were learning. Our actual

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growth has happened only after that. Similarly, if we accept hypothetically that the infinite Universe is actually finite and has reached its maximum size, does that mean that it has stopped "growing"? Is physical expansion the only sign of growth? If an entity is not growing physically, has it stopped evolving too? When a person reaches their full size, they start growing only after that. Similarly, unbeknown to us, the Universe might or might not have reached its full size. Regardless, it creates 3,300 new stars every moment or 275 million sun-like stars in one day! Isn't that growth? Not expansion but creation. Which brings us to the understating that physical growth alone is not growth. Creation is. Manifestation alone is not growth. Expression is. Expansion alone is not growth. Evolution is.

As has happened with human beings. If you look closely, humans have travelled a long distance since they dawned on this planet. From life expectancy of twenty years to seventy-plus. From fending off animals to cloning them. From being scared of objects coming from space to sending objects to space. From not knowing how to walk properly on earth to walking in the sky. From not having a single language in which to communicate to over 7,000. From not knowing who lives in the next cave to pinpointing who lives 20,000 kilometres from us. From envying how birds flew to flying 1,00,000 flights daily. From letters that took years to reach to emails that travel at the speed of light. From hiring portrait artists to clicking selfies. From thinking the sun is the farthest object in the sky to sending a spaceship billions of kilometres farther than the sun. From not knowing

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how to heal a small burn to transplanting hearts. From thinking babies are created in heaven to creating them in test tubes.

All this has been possible thanks to the growth drive that the Universe has placed in humans. A drive that distinguishes humans from insects. Which have been around for 400 million years longer than humans but are still doing the same thing. Or birds. Which have been around for 150 million years longer but are still doing the same thing. Or orangutans. Which have been around for twenty million years longer but are still doing the same thing.

Many people say: "I am perfect the way i am!" Yes, i wholly agree, you are. We all are. But who says, perfection can't be improved! I always give people the example of Michael Phelps. He won a record eight gold medals at the Beijing Olympics. More than any other athlete in history. The very next day, though, he was back in the pool, practising for the London Olympics. To be held four years later! He could have stayed smug and said: "Why do I need to improve!?" But we all do. Champions, commoners, you, i, all of us.

I believe two most important things in life are: accept and grow. First you've got to accept who you are: the Universe in human form. Its energy in this physical unit. Any other identity or identification that you have is a fabrication. Also a smokescreen. That keeps you away from the real picture. Your name, body, family, friends, colleagues, profession, routine, achievements, neighbourhood, city, country, religion, car, mobile, Facebook account, thoughts, opinions, judgements, likes, etc,

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are all very good. But they are much lesser than the true you: pure, infinite energy. Which has always been and always will be.

Once you've accepted that, accept your present situation. Whatever it is, even if it means "limitations". Let me tell you how that works. By now you are aware that after my film failed, i shifted back to Jammu. Had i not accepted that shift, that limitation, i wouldn't have started on the path of Superpositivity, i wouldn't have written all these books or given all these talks. At that time, much as i internally wanted the situation to change, i transcended my resistance and accepted what life was giving me.

After that, the next thing was to grow. See, without growth, i'd have just been contented with my own bliss. Or, i should say, i'd have been complacent. When i'd attained what everyone was looking for — eternal happiness and peace — why would i want to disturb the equilibrium? I could stay perched on my little ivory tower and not step down. Anyway, chances were that i'd meet with more disapproval than approval. But then the very reason i'd ventured on this path was not for personal success, glory or accolades. Like a mountaineer climbing the summit, i was prepared for the blizzards, the storms, even the avalanches. For, they all were a part of the path i had chosen: the path of Superpositivity. And i was willing to pay any price for it. Because growth demands a price. And i have seen that the biggest price it demands is relinquishment of comforts. Forfeiture of the obvious. For which one has to take risks.

Look at it this way: breathing is risky. A typical cubic metre of air (the amount you breathe in one hour) contains an

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average of ten million viruses! But then do you stop breathing? Eating is risky. There are an estimated 3,000-plus ailments associated with eating. But then do you stop eating? Why then should you stop taking risks in life?

Someone asked me a few months back: "You've gone through so much. Would you still take the risks you took in life?" I smiled. "Yes, all over. Every one of them." "Why!" he implored. "Because they've made me who i am," i replied. You're reading this book only because of some "crazy" risks i have taken in life. And the "failures" i have thus endured. If i had not, i would have been just another person. Maybe successful. But not much helpful. The world already has enough of the former. I figure it could do with a few more of the latter! So, thank you risks, i would run with you again if i had to. Very happily so.

Think of it this way: what did we bring with us and what will we take!? As a species we are only 2,00,000 years old. It might seem a lot to you but in the collective age of the cosmos, that's a dewdrop. To tell you statistically, if the Universe were 365 days old, then humankind's collective age is just 8 minutes! Life existed much before we came and life will continue long after we leave. On the conveyor belt of evolution, we are humans at present. But then this is not the final form. Nothing comes from vacuum and nothing goes into vacuum either. We are composed of energy which has been around forever and will be around forever. We started as single-celled bacteria, became dinosaurs, are now humans and might one day be avatars. We've got to keep progressing. As a specimen as well as a species.

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Whether in relationships, career, health or personhood, just keep growing. Continually. Keep moving forward. Without any riders: "I will grow only if i get that promotion!" Or, "I will grow only if my family appreciates my work!" Progress for the sake of progress. Every day, go beyond where you were. Not necessarily in terms of size but in terms of stature. Not necessarily in terms of money but in terms of motivation. Not necessarily in terms of personality but in terms of personhood. Not necessarily in terms of possessions but in terms of positivity. Rather, not necessarily in terms of positivity but in terms of Superpositivity — the best way to live. Complete in and of itself.

YESNESS

Everywhere, everything and everyone in the Universe is a Yes. All stars, all planets, all galaxies, all trees, all rivers, all animals, all humans. Come to think of it, if any of them were a No, they wouldn't have existed in the first place! The fact that they do attests to their yesness. Now, we are not talking about whether or not you like a place, person or thing. That's your personal liking or preference. Which has nothing to do with existence. In existence, every entity vibrates to the energy of Yes.

Yes is the most magical word every seeker, every questioner, loves to hear. If you go to an office, you'd love to hear:

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"Yes, your work is done!" If you intend to travel somewhere, you'd love to hear: "Yes, a ticket is available!" If you appear for an interview, you'd love to hear: "Yes, you are selected!" If you ask someone out on a date, you'd love to hear: "Yes, i'd come with you!" If you've written an exam, you'd love to hear: "Yes, you've cleared it!" If you're playing a game, you'd love to hear: "Yes, you've won it!"

Yesness is a state i have based my entire life upon, and it was also the foundation of my book *Yes Thank You Universe*, a small section of which i am reproducing here:

There can be a million positive questions. Yes is the answer to all of them. Similarly, there can be a million negative scenarios. No is the response to all of them.

To understand that better, let's answer a few simple questions: Do you want love? Joy? Peace? Health? Wealth? What's your answer? Yes, right!

Now let me ask you again: Do you want hatred? Sadness? Conflict? Illness? Poverty? What's your answer? No, right!

Imagine you are a parent. Let me ask you: Do you want your child to laugh? Enjoy? Succeed? Be peaceful? What's your answer? Yes!

Let me ask you again: Do you want your child to cry? Sulk? Fail? Be violent? What's your answer? No!

Simply put, Yes is synonymous with higher energy. And No is synonymous with lower energy.

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Yes accepts, No rejects. Yes plunges ahead, No withdraws. Yes rejoices, No complains. Yes shares, No hoards. Yes empowers, No enervates. Yes persists, No falls apart. Yes is inclusive, No is exclusive. Yes is a possibility, No is an impossibility. Yes is a solution, No is a problem. Yes is consciousness, No is unconsciousness.

Now, at times, No indeed conveys a very powerful message and is essential. The right response to many a situation in life is No. And I agree with you. All I am trying to establish is this: even if you mean to, don't say No! You see, every word you speak eventually creates your destiny. And you certainly don't want your destiny mired in No! So, whenever the temptation arises to say No, check yourself, and instead of an outright negative response, go for an affirmative alternative.

A cynic might think: what is the point of all this extra effort? So, let's consider an analogy here. Let's say someone wants to be slim. Now one approach is to starve oneself. And the other is to exercise regularly. Both will lead to the same result: slimness. However, if one chooses the former option, one will deprive oneself of healthy nutrients, thereby causing harm to the body. And, if one chooses the latter option, it will bring about wellness in the body. It is clear that the latter is a more positive choice.

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Your eventual quality of life depends on which option you choose.

Superpositivity is the art of picking the higher choice. And in every situation, Yes is always the higher choice. Let me illustrate that with an example.

Let's say a child has spilled a glass of water on the floor. The mother's instinctive reaction is: "No!" Which is factually untrue. How can it be a No? It has happened. It is a Yes! If you look at it, every No is born from resistance. To what has happened. Or is about to happen. That person is unwilling to let it happen. Or is unwilling to face the consequences. The mother — justifiably so — is unwilling to clean the mess the child is creating on the floor. Now, i am not telling the mother to encourage the child to do it. All i am saying is: don't say No. As an alternative, she could take a deep breath, quietly pick up a duster, bend down and wipe the floor clean. Taking the whole thing in her stride. Gracefully. Without any ado. She should just let the child notice the purity of her effort. The child might do it a few more times but will eventually learn. Every human being has way more sensitivity than we credit them with. Even a toddler. We just have to set an example. Now i know a "normal" person would not do so. For, they won't have the patience to do so. Which is exactly the point! Superpositivity is going beyond what "normal" people do in any given situation. In this case, the mother says Yes. Not to the child. But to herself. And to the Universe for letting her grow. For giving her an opportunity to

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do so. Because if she is aware enough, she will realise that it is for her growth that the child had spilled the glass of water on the floor. Rather than for its own amusement.

You see, one always has two choices in life: to look at the whole or to look at the part. The higher choice or the lower choice. The affirmative choice or the unaffirmative one. To look at the positive or the negative. Yesness or noness. If you look at it, all exchanges in the Universe are born from yesness. A seed says Yes to the soil. And a plant comes into being. A mobile says Yes to the transmission tower. And a phone call comes into being. A computer says Yes to the Internet. And an email comes into being. An interstellar cloud says Yes to gravity. And a star comes into being. An ovum says Yes to a sperm. And a baby comes into being. A wheel says Yes to an axis. And motion comes into being. A pendulum says Yes to swinging. And time comes into being. A student says Yes to a teacher. And learning comes into being. A heart says Yes to another. And love comes into being. A being says Yes to the cosmos. And oneness comes into being. Or, yesness comes into being. Or, in simpler words, the entire cosmos comes into being.

JOYFULNESS

Many people equate enlightenment with seriousness. It's as far from the truth as the North Pole is from the South Pole. The Universe loves comedy. In fact, it is a comedian. That's why it

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has created such startling paradoxes: if it rains water on one planet, it rains iron on another; if sky is blue over one, it is crimson over another; if a snail travels .001 kilometre in an hour, a cheetah travels 120; if you eat 2 kilos a day, an elephant eats 250; if you sleep sideways, a bat sleeps upside down; if half the planet is dark, the other half is brightly lit; if the sun loves to radiate, the moon loves to reflect; if the temperature in space is -270°C , the temperature inside a star is $1,50,00,000^{\circ}\text{C}$; if a human births one child, a queen ant births over one million. And so on the list goes.

Now none of these varieties is superior. The very fact that they exist means that they are pure. Complete in and of themselves. The Universe does not discriminate. It simply creates. As much for its evolution as for its enjoyment. In fact, at the highest level, evolution *is* enjoyment. There are an estimated 8.7 million species and over one quadrillion (1,00,00,00,00,00,00,000) life forms that exist on this planet. If the Universe were sad, it wouldn't have created so many of them! Come to think of it, a sad person is also a tired person. And an uncreative one. Take a moment and deeply reflect on this. Think back to the time you were depressed or really low in life. Maybe reeling under a heartache, grief or loss. It might have spanned a few days, weeks, months or years. Be honest. During that time, did you feel like doing anything new? I have been through that phase. And i know thousands of others. I know that it takes massive effort just to keep yourself afloat. Leave aside doing anything new, just to put in the effort to survive is in itself humongous. On the other hand, when you are happy, you feel more creative in life. You are open to newer experiences, to fresher ideas and to growth in general.

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You want to experiment and expand. I am telling you from the experience of a life creatively lived: i have written books, edited them, shot photography assignments all over the world, scripted, produced and directed a film, created multiple Guinness World Records. And this is what i can tell you: all my creative ventures have emerged from joy. None of them happened because i was sad. Now, if i, a tributary, could create from a space of joy, then it is obvious that the Universe, the ocean, would have created its octillions of creations from the same fabric: joy.

Superpositivity is always joyfulness. Always. Just like honey is the juice of a beehive, joy is the juice of life. It is the electricity that runs the gadgets of life. Or the fuel that drives the automobile of life. But all around me, i see people pushing it manually, joylessly. How far will they go? And what will their experience be like? Yes, indeed, joy is a lot of work. But then the payoff is immeasurable too. Like staying healthy. Meet someone who is superfit. Ask them if it was easy. Far from it! It requires dedication and commitment. But then the reward is worth it too.

If you look closely, it is very easy to be sad in life. One doesn't have to do anything. It comes on its own. I have closely studied thousands of people and here's what i can tell you firmly: if you are sad, then *you* are responsible for it! Seems a harsh thing to say, but it is the truth. I am not talking of the situation here but the state. For, sadness is not a situation but a state. And it is not that one has to do much to experience joy. In fact, at the highest level, the level of Superpositivity, joy is not what you seek; joy is what you activate. The truest journey is from seeking

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to activation. You could keep seeking all your life and never activate. Or you start activating and the seeking automatically ends. You will learn in the Feeling section of Part Three how to easily and constantly activate joy. For now, just know that joyfulness is something that is never far from you. In fact, it is ever present. Within you. Like a diamond and its sparkle. The sparkle is never away from the diamond. In fact, it is the true nature of the diamond to shine. Its truest nature, rather. But the diamond needs to be polished to emit that brilliance, that sparkle. Similarly, you need to be polished to emit that enjoyment. To yourself and others.

An unjoyful person just thinks of themselves. And gets sad. A superpositive person thinks beyond. Like the sun. Now, spare a thought for the sun. Who likes to burn! Do you think the sun does? But if it were sad, then do you think we'd be alive! If it started shedding tears, where would we be? Be like the sun. Wherever you go, take your own sunshine with you. Leave sadness for the baser life forms, who could understandably be sad because they can't rise above scrimping for sheer survival. Humankind, every human being, has been born for one purpose: to be joyful, independent of conditions. So that the other species can look up to it and say: "Wow, there is scope up the evolution chain!" Not for nothing are humans the only species gifted with the ability to smile. If however, we too keep frowning, then there is very little by way of distinction between us and the other species.

Joyfulness comes not just from celebrating one's own victories but the successes of others too. A "normal" person

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sits under one tree and enjoys its shade. Which is great. But also ephemeral. Because the moment the person moves away from the tree, the shade moves too. And their joy moves too. While a superpositive person gets their joy not from one tree. But from all trees. From all flowers, all grass, all leaves, all fruits. Even in pain, a superpositive person speaks of joy. Even in grief, a superpositive person focuses on joy. Even in despair, a superpositive person activates joy. Because, as a superpositive person realises, the former are merely aspects of the latter. Pain, grief and despair are the parts. The whole is always joy. And what comes of it is also joy. Just that it comes in forms one is unable to see. Or, maybe one does but is hesitant to appreciate. Which brings us to the next aspect: appreciativeness.

APPRECIATIVENESS

The entire physical Universe is an amalgam of efforts. It is a coalition of its particles. And every particle is making an effort. Even if not directly so, it is still making an effort to participate. In the co-creation of the cosmos. At the time of its inception, the Universe was itself an atom. Every atom that has existed since is a creation of the Universe. And every creation of the Universe, big or small, is an instrument of its own expression, a manifestation of its own glory, an aspect of its own beauty. For, if the whole is beautiful, then the part is too. But usually, a part is unable to see beauty, either in itself or in other parts. Because it

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usually sees things in isolation. In disjointed bits. Never the whole. For instance, a part is usually unable to see the beauty in an interstellar explosion. But then a part is also usually unable to see that stars like the sun and planets like the earth are born only because of that explosion. Or a part is usually unable to see the beauty in a sugar cube. But then a part is also usually unable to see that the same sugar cube can fit the physical matter of the entire humankind on this planet. Only by seeing beauty in the former will it be able to see it in the latter. Only by seeing it in one part will it be able to see it in another.

Because the hand of the Universe is in everything. If you've experienced something that you'd not expected or desired, you can rest assured it is for your growth. It should not stop you from appreciating it. Even if, according to you, a dish was undelicious, still someone made the effort to cook it, energy was deployed, several ingredients were used, and it was served to you by someone. A lot of things led the dish to you. See, there's something to appreciate in every situation. In the case of the dish, maybe you can appreciate the cutlery. Or maybe a random yet interesting shape the dish is making on your plate. Maybe a crunch of the carrot. Maybe the colour. Maybe the aroma. Maybe the feelings of the maker. If you look intently enough, there's *always* something to find.

It is said that "Beauty lies in the eyes of the beholder". What it truly means is that if the beholder's eyes become beautiful, they will see beauty everywhere. Because the truth is that beauty *is* everywhere. In a meadow as well as a trash can.

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If that wasn't true, then garbage wouldn't have had the power to generate electricity. There's beauty in an ocean as well as an iceberg. Because it is the iceberg that feeds the ocean. There's beauty in settlement as well as in migration. Because it is the migration that spreads out the settlers. There's beauty in calmness as well as in commotion. Because it is the latter that teaches you the value of the former.

If you really want to give something to the world, here's the best thing you can do: APPRECIATE IT! Through appreciation, you'd actually give it what it needs. Sounds of joy. Sounds of approval. Sounds of superpositivity. You see, the Universe is a symphony of sounds. Scientists agree with that. Spiritualists agree with that. The more positive sounds you generate, the more your life as well as the whole cosmos will flourish.

Try saying "Awesome" for five minutes. Or "Brilliant!" "Excellent!" "Splendid!" "Superb!" "Amazing!" "Great job!" "Wow!" "I love that!" Say with fullness. With vigour. Now, what if you were to receive these compliments? You'd feel amazing! Similarly, if you give them, the receivers would feel amazing too. So, compliment generously. At every given opportunity. In fact, *create* opportunities to say them. Here's what i do: within a few moments of meeting anyone — the familiar as well as those i am meeting for the first time — i notice something in them to appreciate. Their smile, hairstyle, dress, voice, eyes, or just their presence, and i compliment them. It immediately creates a superpositive energy between us.

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Look around. There's always something to be appreciated. It could be a wall fixture. Or just a wall. Right now, i am looking at the chandelier in my parents' living room. It has been there for thirty-plus years. Can you imagine the sheer tenacity with which it has been hanging on? And even after all these years, it is doing its job perfectly. A few bulbs changed here and there, but trusty as ever. For years i barely saw it. But now that i am superconscious, i appreciate it, truly appreciate it: "Wow, chandelier, you are amazing!"

Learn the art of complimenting when you are alone. Imagine if the moment, the instant, you are living right now were a physical entity, shouldn't you be complimenting it? For giving you life. Another chance. Yes! So, give this moment a pat on its back. A generous one. "Wow, moment, you are doing a great job! Keep it up!" "I'm loving you right now, just the way you are!" "You are awesome!" Imagine yourself saying that to the life force: "Wow life, you are beautiful!" Aloud. Passionately. Appreciate the life force. Not just what it brings you. For, what is life? As "your" life is happening, so are trillions of other lives. Your life is the sum total of all of them. In the energy of your life is also wrapped the energy of a bird's life, a computer's life, a rockstar's life, an ocean's life, a galaxy's life. If you consider your life less amazing, then you could always draw from the energy of a galaxy's life! I have experienced that whenever you appreciate an entity, you automatically get access to their energy. Some of it naturally flows into your life. Without you "doing" anything. Trust me. It works. Imagine saying: "Wow, Universe, you are superawesome!" I do it all the time. Its energy flows to me, and i feel excellent. Amazing beyond words.

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In relationships, the number one grouse that most people have is: "My spouse never appreciates me!" "She doesn't compliment me enough!" "He never praises me!" Actually, it's a glaringly simple need but also one that people overlook the most. They often say: "She knows how i feel. Why do i have to express it?" Or, "I find it so artificial to compliment when she knows it!" Agreed. The feeling is untold. But the expression is spoken. Understanding is a feeling. Appreciation is an expression. Ever since the Big Expansion 13.76 billion years ago, the Universe is in a constant state of expression. And when you appreciate, you join the Universe in the outflow of that expression. When you praise something, you praise not just that thing, but the energy that resides in that thing. You praise the energy of the Universe.

But appreciation is not just complimenting. See, every aspect of Superpositivity has to be projected inside out. First you have to appreciate inside and then give it outside. The compliment has to be activated inside first and then its resonance will be outside. In Parts Two and Three, we will learn that at greater length: the activation of the inside.

When people see me appreciate "mundane stuff", they often say: "We appreciate something only if we find it good!" Which is exactly my point. I find good in everything. That's why i appreciate generously. While the other person finds food bland, i find goodness in bland. And i appreciate that. I am not exactly looking for a "certain" flavour. Or put a condition that only if it's that flavour will i appreciate it. What is in front of me, or what is presented to me in the present, is exactly what i am looking for. And that is what i appreciate.

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When you see a movie, it is not just about the lead actors. Or the story. There is so much more. The direction, music, cinematography, supporting artists, editing, dialogues, costumes, makeup. Even in the "worst" one, there is something to appreciate. Find it. And express it. It will make you feel better.

You see, life is a dynamic exchange. Energy never quite leaves the ethers. An event or an entity is ever living. Even when it has transited and changed its form. When you look at history, an event has happened but its energy lives on. If you view what happened with contempt or derision, you are giving it unpositive energy. But, if you look at what happened with appreciation and gratitude, you are giving it positivity. That's why you should talk well of someone who has passed on. They are receiving that energy right now.

We inhabit a cosmos where things are in a constant state of flux. Whichever gadget you are using, new versions are continually being launched. Even if you continue with an earlier version, it should not stop you from appreciating the latest one. I used the same basic mobile phone for almost eight years. That too in the time of the smartphone! But did it stop me from appreciating the smartphone? How could it! The smartphone is a computer in your palm. Wow, what a marvel! Similarly, if you are using the smartphone, it should not stop you from appreciating the rotary dial phone either. It had its use back then. And some people use it even today. Nothing wrong with either.

Or, let's say you are driving a rusty jeep. Should it stop you from appreciating the Maybach? Just because you don't

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own it should not stop you from appreciating it. Similarly, just because you are driving the Maybach should not stop you from appreciating the bullock cart. It had its use till a few decades ago, and in some parts of the world, it still does. In the now, appreciate what was. Or what was not. What is. And what is not. They've all led to the present point of existence. Which is also the best point in all existence. Simply *awesome*.

Let me give you a simple analogy to help you appreciate appreciation better. Let's say you are invited to a palace. There's a feast spread out, and the emperor in full regalia is sitting in front of you, awaiting your reaction. Now, even if criticism is your second nature, you will make a conscious effort to praise. Of course you will — you wouldn't want to incur the emperor's wrath! So, you will look for ways to appreciate. Rather, you will invent them! Apply the same scenario to everyday life. Use your imagination. Life is the palace, the present moment is the emperor and the situation at hand is the feast. Now praise it. You have zero choice. You *have* to appreciate. The more glowingly you do, the bigger the reward. And the bigger the reward, the more amazing your life. Or, the more superpositive your life.

GRATEFULNESS

Most of us take things for granted. Other people for granted. In fact, ourselves for granted. Without acknowledging the role

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that anyone else or anything else or anywhere else is playing in our life.

An unpositive person finds it very difficult to be grateful. While a positive person says, "Thank you for this day", an unpositive person says, "First let me see how this day unfolds." While a positive person says, "Thank you for this meal", an unpositive person says, "First let me see how this dish tastes." While a positive person says, "Thank you for this opportunity", an unpositive person says, "First let me see what this opportunity leads to!"

Now, technically, there's nothing wrong with the latter approach. It seems quite valid. But what happens is that person misses out on a magical opportunity: the receipt of that opportunity. While none can quite tell what an opportunity would lead to, yet is it not reason enough to celebrate that we've received it in the first place? Before we see how the day is going to turn out, is it not enough to celebrate that we've been given the gift of this day in the first place? Before we get to the taste of the food, should we not be grateful that we've received the gift of food in the first place? Every day 1,50,000 people on this planet are made to give up their physical form. You and i could have been among them. If we've received another day, we're superblessed. Right now, almost a billion people all over the world are starving and fighting hunger. If we're receiving another meal, we're superblessed. In every situation, there's something to be grateful for.

You see, we have three choices in life: to take things for granted, to criticise them or be grateful for them.

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Superpositive people are grateful for everything. Even for things that seem undesirable to others. For, they know that undesirable is not ungood. To a toddler, teething doesn't seem a very desirable option. Because it is accompanied by a lot of pain. Still, it is good because it is important for the growth of the child. Superpositive people are grateful for their defeats and setbacks, trials and tribulations. Because they know that in the darkest hour, the greatest lessons are learnt. They are grateful not because of but in spite of. They are thankful inside. And they express it outside as well. By saying Thank You a lot.

The only reason people are not grateful enough is that they don't observe well enough. If one looks keenly, one will find countless reasons. Endless gifts that abound within and around one. During the world-record speech that i mentioned about earlier, i spoke only about gratitude. I gave 400 reasons why we need to be grateful. Because of venue rules, i had to stop at a predesignated time. But i could have easily gone on to give 400 more reasons to be grateful. (Though even 800 is not too much!) I expressed gratitude for the obvious: health, family, love, progress. As well as the not-so-obvious: failures, setbacks, delays, trials. Throughout this book, you will keep reading why i say so.

The Universe and all its forms respond to the energy of gratitude. Come to think of it, would the Universe have been thankless? Would it have ranted and berated itself for doing what it did? Really! If that was indeed the case, would it have created such perfect rhythm and harmony everywhere? I agree, life takes

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a lot of effort. A good life even more so. But, it's worth every iota of it. Most people keep pining for what they don't have to ever acknowledge what they do. Which is invaluable. Like the body. Visit a home for the challenged. Spend some time with them. Then you will know how invaluable your body is. If someone asks you to part with one of your fingers, you won't do so. Even for 100 million dollars, you won't. Now, if one of your fingers is worth that much, your whole body is worth trillions of dollars. So, you are already a trillionaire! *At least.* Wealthier than anyone else. And the energy that drives the body is beyond a pricetag — even more invaluable. So, thank the Universe and its energy. For this beautiful life, and all that it contains.

Thank the world. Your friends, parents, family, relatives. Even strangers. You never know who's contributing what to your life. If the creator of your favourite app was in the same elevator as you, you might not know it. Or if the cop who's doing the night patrol in your city is in the same bus as you, you might not know it. Or the research that your neighbour is doing might not be relevant to you but it might be to your grandchild one day. But always remember: nothing is ever insignificant, and there is something in every situation to be grateful for.

As i write this book, i am grateful for the very opportunity to do so. To share superpositive energy with you. What comes of it — whether you are impacted by it — is incidental. Even if you don't like this book, i am still grateful for your effort to read it, even if it means a few lines. Even if our paths have crossed for a moment, i am grateful they did. And if you choose to carry

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on with me, i am grateful for that too. But, at all times, what you'd get from is: gratitude. And to tell you the truth, i am doing that as much for me as for you. For, when my focus is gratitude, how can anything in my own life be unpositive? Rather, it has zero choice but to be superpositive. On its own. Without me "doing" anything.

ACCEPTINGNESS

Imagine a parent has a child. And they leave that child on the road and walk off. What would you call it? Rejection! Ask a million parents. None of them would approve of that act. Yet, each one of us does exactly that! You see, we are the parents and the moments that come in our life are our children. As are all the situations that come wrapped in those moments. Like loving parents, we must accept them. But the question is: do we?

The reason most people lead such unhappy lives is that they fail to accept. Things the way they are. Life the way it is. You see, there are commonalities throughout the physical Universe. Atoms of hydrogen pervade the entire cosmos. Electromagnetic energy pervades every nook and cranny of the Universe. There is movement everywhere in the Universe. There is creation and re-creation going on everywhere in the Universe. But the biggest commonality is that things happen when they are designed to happen. Not before. Not after. If the sun takes 240 million years to go around the centre of our galaxy, the Galactic Centre, then

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that span is fixed. The sun cannot change it even if it wants to. For all its power, it has to accept its trajectory in space. And the time it takes to circumambulate.

At some point, even the moon might have thought: "I have taken enough light from the sun. It's now time to create some of my own!" But then it has to accept that it is created that way.

Maybe, at some point, fire wanted to be water. Or maybe water wanted to be fire. Or maybe one of them wished that the other didn't exist. For, it could then live without any "foe"! Now, you tell me, should that be allowed? Is the presence of one not necessary to keep the other in check? Wouldn't it be wanton if one of them existed and the other didn't? Wouldn't it disturb elemental balance on this planet?

Similarly, the desirable and undesirable situations in our life are like water and fire. They are both important. They are both needed to keep life in balance. Water is what's considered desirable. It's easy to see its role. Fire is what's considered undesirable. It's not so easy to see its role. But go to the kitchen. And see the role it plays. Or, imagine someone stuck in a lonely chalet in a snowstorm. Fire is what gives them comfort.

Even our bodies are designed to accept totalities. We all know oxygen is what keeps us alive. But oxygen is just 20 percent of the air we breathe. The remaining 80 percent is a mixture of other gases. Some of them toxic. But the cells need them as well.

You see, there have been an estimated 108 billion people that have walked upon this planet ever since humankind dawned. Most of them would have wanted to live forever. For a moment, just imagine if that wish had been granted. There wouldn't have

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been space to walk! Now, immortality is not a negative wish. There's nothing wrong with wanting to live forever. But just because it's not negative does not mean that the Universe is going to grant it. Or, should grant it. Right now, as you read this sentence, it is juggling an estimated thirty billion trillion (30,00,00,00,00,00,00,00,00,00,000) stars in space and many more life forms spread across an estimated 150 billion light years. It has to provide for each one of them. If it births and protects human life on this planet, then it also has to think about other life forms that live here: insects, birds, animals, fishes, amphibians.

Learn this lesson in life: what's meant to happen, does. Period. We've seen billions of people come and go yet we've not understood this. If we don't control our time and place of birth, and we don't control our time and place of death, then do we really control the in-between? Anyway, why do we want to *control* things? When it so much better to flow with them! Superpositivity is flowing, not controlling. With the Universe, not against it.

People often say they forgot to attend a meeting, to go for their jog, to take a pill or to run an errand. But tell me, has anyone forgotten to die! Even if they do, the eternal timekeeper, the Universe, does not. Even if people evade it, it always keeps its appointment. Like it already has, with trillions of life forms. Almost none of them wanted to go. But has that pattern changed one bit? It doesn't matter to the Universe whether one is a sinner or a saint, fit or unfit, vegetarian or nonvegetarian, introverted or extroverted, conscious or unconscious, when the time is up, one has to leave. Period. Now, who controls that departure!

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It's a laughably simple truth yet we apply it piecemeal. We even look for excuses. And point out that X died because of an illness, Y died because of old age, or Z died because of an accident. As if that particular incident had not happened, then that person would have lived on forever! Rather than accepting, we except. Without ever acknowledging that what happened was always meant to happen.

Before acceptance of a situation, one has to exercise another acceptance: of one's true nature. And let me tell you, the true nature of every human being is superpositivity. The true nature of every darkness is light. The true nature of every sorrow is hope. The true nature of every defeat is victory. The true nature of every poverty is wealth. The true nature of every destruction is creation. The true nature of every weakness is strength. The true nature of every part is whole. And acceptance simply means the part accepting the whole. And all that it brings.

Many years ago, when i started meditation, i'd seek solitude. Places of complete silence. Where i could hear the rhythm of my own movement, the music of my own breath, the flow of my own energy. For the first few years, that's what i sought to meditate: solitude. But then one day, when i was fairly advanced in the art of meditation, i decided to go to the next level: meditate in the midst of noise. I began to sit in the verandah of my parents' house which is along one of the busiest roads in Jammu. I'd sit continuously for three hours, in the midst of what others would consider cacophony. Within days, i could meditate there with the same intensity as i could in solitude.

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You know the reason? I accepted the noise. In fact, i loved it! I didn't just make peace with it; i made friends with it. So long as i held it at bay, it affected me. In fact, it was a deterrent on my path. But the day i overcame that resistance, it gave me a quantum inner leap. Today, wherever i am, in whichever city, in any room, in noise or away from it, i meditate right there. Without seeking any specialness. Because i have realised that specialness exists not outside me. But inside. In my consciousness. And that is the only true specialness that exists in the world. And it can only be accomplished when you accept situations one by one. Accept challenges one by one.

I know what some of you are thinking: "If i keep accepting, then i will remain stuck in the same situation!" Let me give you an example to put your fears to rest. I had a lovely six-year marriage that ended in divorce. When i was married, i was really happy. We were in perfect sync and had accepted each other's distinctiveness. Yet, one day the situation changed. The reason could be anything, but the fact is that it still changed. I am a living testament to the fact that things change when they are meant to. Sometimes with an inkling. But mostly without a warning. Sometimes when they're anticipated to. But mostly when they're least expected to. Sometimes when you desire them to. But mostly when you don't want them to.

The Universe has a way. And it has its way. Always. We've got to accept that. Superpositive people do exactly that. They accept life in its entirety. And stay happy nonetheless. If a situation is bleak, they don't resist it. Rather, they create a way out of it. But first, they accept it. For, acceptance precedes transformation.

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I'd like to emphasise here that acceptance doesn't mean resignation. Resignation is when you drop. Acceptance is when you rise. Resignation is seeing the part. Acceptance is seeing the whole. Resignation is i, me, mine. Acceptance is us, we, ours. Resignation is bleak. Acceptance is boisterous. Resignation is exhausting. Acceptance is energising. Resignation is No. Acceptance is Yes. Resignation is "But why!" Acceptance is "So what!" Resignation is seeing your will in the divine. Acceptance is seeing the divine will in you. Resignation is when what you wished for didn't happen. Acceptance is when you make what happened your wish. For, if you look at it, what happened is the wish of the Universe. That is what should have happened. And one day, in the journey of life, you will realise too: all that happens, happens for the best.

FLOWINGNESS

A human being is not designed to follow. A human being is designed to flow. I often hear people say, they follow this, they follow that. That they follow a routine. Waking up at the same time. Going for their morning walk at the same time. Going to work at the same time. Eating at the same time. Sleeping at the same time. It is great. Leading such a disciplined life is superb. But i have also seen that over time some people become so set in their regimen that if it is "disturbed" even slightly, they become upset. If a guest comes over and it is their eating time, they get very fidgety. If a meeting is slated and it gets delayed, they get very angry. If it is

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time to go for a morning walk and it starts raining, they start blaming the weather.

You see, if the realignment of things in your life makes you anxious, then you need to reflect. I know someone who has been eating the same breakfast for the past thirty years. That person often quips: "I have such simple tastes — I just eat the same thing every day!" Now, his wife is very fond of trying new things. Whenever she tries to, he just keeps it aside and "requests" for the same dish. Unbeknown to him, his wife feels disappointed every time he does that. Every time she wants a change. Now, maybe not every time, but once in a while, every week or so, this man could have altered his routine. To keep his wife happy as well. To see beyond himself. More than the food itself, this person is blocking himself from change. From newness.

I have observed that most people are bothered by their five senses: what they hear, what they see, what they touch, what they smell, what they taste. Change these five whats — customise them to their preference — and most people are pretty okay with the world. Wow *only* five things! That's not much, right? But if you observe carefully, these five things constitute the entire physical cosmos! How can it be custom-designed to suit every individual's performance? It is but natural that every individual would have to customise their performance. Adapt their performance to the world. They'd have to go with the flow rather than insisting that the flow go with them.

See, unlike the sun and the earth, zero human being has ever been doing the same thing since birth. Whether an

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Arnold Schwarzenegger, a Mother Teresa or a Mahatma Gandhi, when they were a few months young, they were all drinking from a milk bottle. When they were one, they were all pooping in their diapers. When he was five, Arnold was eating pancakes, not protein shakes. When she was seven, Mother Teresa had roses in her hands, not rosaries. When he was twenty, Mahatma Gandhi was training to be a lawyer, not a legend. You see, a human being is like a bottle on an assembly line. When it starts, plastic is stretched into a bottle, drink is poured in it, cap is placed, label is pasted, and the bottle is put in a carton. These are stages — additions and alterations keep happening all the time.

In every entity's life, breathing is the only constant. All the other senses and sensations keep shifting from birth to death. When you speak of breath, too, an average human being takes 550 million breaths in their lifetime. And none of them is ever the same. The molecules and particles that you are breathing are shifting all the time. Within a year, you breathe air from all over the world. One day from Guyana, one day from Australia, one day from China, one day from Argentina. Hindus are inhaling breaths exhaled by Muslims, Jews are inhaling breaths exhaled by Christians. Just that they are unaware of it. But in reality they are.

So, why a fixation on familiarity? If you have a routine, or you are in a comfortable situation, great. But don't be fixated on it. Anyway, independent of who you are, life will present you with surprises every now and then. It is best to be prepared for them. And even more so, to practise them. Before a road blockade impels you to take a new route to work, consciously

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try a new one once in a while. Before a weather change impels you to skip your morning walk, consciously go for an evening walk once in a while. Before the neighbour's party keeps you beyond your normal bedtime, consciously sleep a little late once in a while. Life has taught me an invaluable lesson: a human being is designed not to be a slave to routine but its master. What happens is that we develop a very worthy habit or routine and then follow it for years. And then become its slave. That's not true power. In a way, that's fear. For example, some people go to the gym at the same time, say six in the morning. They fear that if they don't, they might not be as fit. Now i'm not saying that you should not adhere to a routine. You must, if you want to. All i'm saying is that if you've done something for years, try altering it periodically and then come back to it. If you do it consciously, you will feel more powerful. I assure you. Because i am speaking from experience.

I applied that lesson first of all to my own routine: meditation. Something that has empowered me more than i can express. For many years, i had the same routine. Meditate from eight to eleven in the morning. I'd use the same rug, sit in the same place. Then one morning, just as i sat for meditation, i had a powerful epiphany. From nowhere, and without giving me a warning, the voice of consciousness told me firmly: "I am within you. Stop tying me in knots!" Without hesitation, i got up and resolved to do a Superconsciousness Forty. To go for forty days without meditation. Now i have made some really brave decisions in my life. But this was the bravest of all. At that time, forty days without meditation seemed like forty years. Plus, i was not

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disillusioned by it at all! In fact, far from it. I was happiest while meditating. Daily meditation used to fill me up with the elixir of life. When nothing else was working, it was meditation that had saved me. To keep it aside was like relinquishing one's life-support system. But i realised at that moment that dependency is dependency. Even if it is on something as divine as meditation. Also, by then i'd grown to believe that an act of consciousness only empowers you. So, i consciously kept meditation aside. The same day, i made a few more adaptations.

I resolved to be completely silent. Now, imagine someone who could talk for forty-eight hours straight: i *loved* to talk! But i decided to go past that too. It was like stripping off my clothes. And making myself bare. Completely bare.

Over the next forty days i just watched. Observed. Never followed. Only flowed. It was very difficult for the first few days. But i knew i had to cross the final frontier. That i had to go beyond all "forms", all patterns.

One by one, i broke away from every habit, desire and routine. I freed myself from conditioning as well as condition. Instead of going to sleep at four in the morning, i started going to sleep at midnight. Living on my own for fifteen years, i'd abstained from watching TV. In fact, i didn't even have a TV set at home! If i so much as looked at one, i felt i was wasting my time. But now i could sit through a soap opera (yes!) and not get flustered. It was a major turnaround for me. Whenever food was ready, i ate. Whatever was made, i had. In fact, i ate everything i'd deliberately not eaten for over a decade. I just wanted to see how it felt to live without preference. Yet, with a conscious choice.

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I also looked at any signs of specialness. There was a copper bottle which i used to carry with me everywhere to drink water. It had been my companion for several years. That very day, i gave it away. And started using regular bottles. Essentially, that day, i resolved that there isn't going to be anything "special" in my life. Rather, everything is going to be special. Every moment is going to be a festival. Every change too.

It's been over five years now, and i feel more empowered than ever before. I am always in the zone. Now i don't need to meditate for three hours. Three seconds are great for me too. Because i am now meditative. Rather, i *am* meditation. I am the energy i was accessing in meditation. By removing the barrier between the meditator and meditation, i have become what i was seeking all along. In perpetual contact with my source, the Universe. Today, i chant when i am nudged to, i meditate when i am nudged to, i write when i am nudged to, i perform anything else when i am nudged to. The only constant is consciousness. I perpetually listen to the voice of consciousness.

Above all, i realise now that my work is not just the work that i am doing. Rather, it is also the work that is given to me. If i am writing, and in the next moment someone comes over to talk to me, to the Universe they are both the same. I might attach more importance to the former but the Universe imparts the same significance to both. When we activate our consciousness, we impart the same significance to both too. And we flow from one moment to the next, from one action to another with the same perfection, the same significance and the same energy. And we accomplish more than we otherwise would.

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Let me give you the example of this book. I completely flowed while writing it. And followed absolutely zero pattern. Earlier, i'd assign myself a desk or a room where i'd finish the book in toto. But *Superpositivity* was written sitting in the garden, standing in the driveway, at the dining table with four people talking around me, on the toilet seat, on the iPad, tissue paper, one-sided paper, watching TV, listening to music, in the mall, at a wedding reception, at a traffic signal. I did not know where the next line was coming from. But it all just kept coming. In torrents. While writing this book, in fact, i had more stoppages than my previous books. But the interruptions did not interrupt the flow. In fact, the gaps made my insights even more coherent. As i was so actively conscious, i realised that even a random conversation would lead me onto an invaluable nugget of wisdom. Or, maybe speaking to someone over the phone would give me an excellent observation. I kept flowing absolutely freely and so did the inspiration and ideas. As a result, this book literally wrote itself. All thanks to the power of flowingness.

From time immemorial, humans have assigned strength to iron. "He has an iron will." "Her determination is ironclad." While greatly alluring, that visual is also symbolic with stiffness. Plus, over time, iron will corrode and rust. Eventually, it will crumble and fall away, its strength notwithstanding.

True strength is something else. It is of air, ever so gentle, ever so light, that will keep working its magic on the iron. It is so flexible, you gently caress it with a sweep of your hand, and it goes the whole distance with your caress. It is formless. It is sizeless.

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It just is. And behold its strength: over time, it can level the most formidable mountain. It can raze the mightiest monument. It can decimate iron, steel or any other sturdy material. Yet it does so in the gentlest, most unobtrusive manner possible. Now *that* is true strength. The strength of flexibility and not rigidity. The same applies to routine and to your life. Be malleable like air. Which is sometimes pleasant, sometimes unpleasant, sometimes calm, sometimes choppy. But at all times, it is. Ever united. Ever free. Forever flowing.

PURPOSEFULNESS

When i was ten, i didn't know exactly what i'd "do" in life. When i was twenty, i still don't know it. When i was thirty, i still didn't know it. But one thing i knew all along: i wanted to inspire others.

I come from a regular social milieu. Where the highest aspiration for a boy was to join his father's business, be a member of the local club, get married and have two kids. Among all my friends and family, i was the only one who dreamt so big. Not that i ever compared myself to anyone else or disapproved of their choice. In fact, i loved them all. But then, the way i saw it, i wanted to charge them up. To think big. To act big. And live big. All my growing years, i heard everyone gripe: "Oh but we are from such a small town!" "How can we compete with the big-city guys!" "Where are the opportunities!" I took it upon

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myself to demonstrate that with the power of belief, anyone anywhere could do anything. All my goals, all my pursuits in life, have been driven by only one ideal: to reach out to the highest in myself. And every time i touch it, i see a still higher point. And i reach for that too. Without any fear, encumbrance or attachment.

When i started, i just knew my destination. The path kept unfolding on its own. And the stations kept showing up on their own. Including the present one. Let me admit to you truthfully that till 2013, i did not know that this is a path i'd walk upon. From where i was to where i am is light years removed. It took me fifteen years and sixteen professions to finally reach here. During this time, i came full circle. From the point i left Jammu to when i came back. In a way, my coming back to Jammu was my homecoming to consciousness. Much as i'd like to take credit for it, i can't. Because i'd neither plotted nor designed or even envisioned it. In fact, i resisted the move back! For almost a year.

But i see it all so clearly now. Conditions became so difficult for me that i had zero choice left. Or, i should say, zero preference left. Except to offer myself to what life was offering me. Honestly, on the train journey back to Jammu, i had zero clue of what life had in store for me. I had the same confusion that teenagers have: what subjects to choose, which college to go to! But, yes, the upside was that i knew that it was the hand of the Universe leading me on. And lead me it did. To more bliss, energy and fulfilment than i'd collectively known in the past thirty-six years. I was always motivated. But i didn't know that i'd ever become a motivator. Here i am writing this book

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about consciousness. But, to be honest with you, three days before i started it, i didn't know i'd be writing such a book!

In 2015, i undertook a motivational campaign called Superpositivity India wherein i drove 20,000 kilometres across all 28 states and 8 union territories in 100 days and motivated over 1,00,000 students to be superpositive in life. Two days before i started the campaign, i didn't know i would be doing it! That's why i am so passionate about spontaneity. About flowing with the flow. Ever open to the flower of life. Read carefully the previous line: *Ever open to the flower of life*. Life already is an open flower. It's you and i that need to be open to see it and smell its fragrance. We have to be open to this moment, as well as the next. Open to all possibilities. Open to the strength of openness. And emitting the power of purposefulness. Like the natural elements around us do.

Fire, for instance. It does what it has to with firmness. It does not show any gingeriness in its conduct. It has a purpose, and it is superfirm in the discharge of that purpose.

Or air. If you close a room for thirty years, sealed and tightly shut, air won't mind at all. For, the day you open the room, it will rush in again and dislodge and cleanse all staleness, making it fresh again. Look at air's firmness. It has been held at bay for thirty years and in less than thirty minutes it undoes the blockage!

Or water. Stand on a beach and watch the coming in and going out of a tide. That is pure, raw energy at its best. Watch it attentively for a few minutes, and you'd be amazed at the beauty and firmness of that motion. One wave is as firm as the

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subsequent one. Imagine that motion has been repeated trillions of times since the start of this planet!

Or light. A single particle of light, the photon, goes from one edge of the observable Universe to another, travelling at a speed of 3,00,000 kilometres per second, over a period of 150 billion light years but does not lose an iota of its energy! The light that reaches us from the furthest galaxy is as firm as the light from the fixture on the ceiling right above our head. Just that the former seems dimmer. But then, that's an optical illusion. Not because of light's feebleness but because of the smog around us. Now, behold light's purpose. It illuminates whoever, wherever and whenever it touches. Even if happens to be billions of years apart!

Now, if plants, animals, fire, air, water, light, stars are all so firm — not just in their physicality but in their purpose — then we human beings should be as well. For, their qualities reside in us. Their purposefulness resides in us too.

When people are driven by a strong purpose, wonderful things happen. One can claim credit for them later. But the fact is, they happen. Let me give you my own example. There are many people who have read *Yes Thank You Universe* and written to me, saying it has transformed their life. Honestly, i can (or should) claim zero credit for it. Because i had zero plans to write it in the first place! I was magically guided to the chant by the Universe. Months later, the book just flowed from it. Similarly this book. Truth be told, i did not want to write it. Or another book for at least two more years. But then, even if subtle, it was a want again. My want. And what always happens is what the Universe wants. I wrote it not because i

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wanted to but because i *had* to. It just happened! That is the honest truth of this book.

You see, the beautiful thing about Superpositivity is that it always accomplishes its purpose. Water always finds its level. River always meets the ocean. Actually, water from everywhere does. Every drop of sweat in your brow will get dissolved in the air, will get amalgamated in the cloud, will drop on the earth as rain and will eventually reach the ocean. Not because of your actions. But because of the energy of water. You neither stop the water nor push it there. It reaches on its own. Water is aware, absolutely aware, of its destination. And is willing to go through its destiny to reach its destination.

We human beings need to learn from that drop of water. We are only preoccupied with our destiny. But not with our destination. The former makes us run to fortune-tellers and soothsayers. The latter makes us go inwards. Because, independent of who we are, how we are, or what we are, our destination is the same: the infinite energy of the Universe. We come from that energy and we will flow back into that energy. The only thing is whether we do it consciously or unconsciously. So, if you are a homemaker, doctor, cop, steward, actor, in the larger scheme of things, that's a what. And the what is a form. An identity. Which is of way lesser importance. Than the how. The superpositivity. The important question is: are you a superpositive homemaker, are you a superpositive doctor, are you a superpositive cop, are you a superpositive steward, are you a superpositive actor? If the answer is yes, then whatever you are doing is your true meditation. Your workplace is your

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monastery. Wherever you go, your place of worship goes with you. Because you are driven by a strong purpose.

The way i look at it, Superpositivity is, above all, firmness of purpose. It is a path that has to be walked upon with complete focus and devotion. So that roads might change; path would not. Directions might change; progress would not. Results might change; passion would not. Signs might change; spirit would not. Shoes might change; steps would not. Footprints might change; stride would not. Fortunes might change, focus would not. Milestones might change; momentum would not. Conditions might change; purpose would not. Because that purpose is why we are born in the first place: the purpose of being a conscious expression of infinity.

INEXHAUSTIBLENESS

In life, everything is meant to be used fully. We often say none has ever taken their money and material possessions with them. And that is true. But has anyone taken their body with them? Or any of its organs? All has to be left behind. Whether one's form or feelings. Consciousness is all that is. And consciousness is all that leaves. From birth to death, the true purpose of life is: fullness. You can't use the body enough. Or the mind enough. Or feelings enough. Or even "too much". For, the more you use, the more you still can. The more fully you activate them, the more they will grow. Everything is

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meant to be used optimally. Fullness of existence is life. And fullness demands that you meet every moment head-on, with vitality and totality. Leaving nothing for later.

I do admit that it's a very delicate art: to be passionate yet detached, to be full yet free. To give your all yet be unaffected by the giving. Because i know most people want to give but are scared that the effort of giving will deplete them. Let me put your fears to rest. After years of stretching myself on every level, as well as observing thousands of others do so, here's what i have understood: it's never the giving that depletes you but the ungiving! When you meet the Creator after this present journey of yours is complete, the only question you will be asked is: did you give your all? And if the answer is unaffirmative, then you will be sent back. It's like this: you were given one trillion dollars to spend on the earth by the Creator. The only rider being that you *have* to spend that amount. But you went back after spending only a few hundred thousand. Or a million maximum. That's 1/10,000th of that amount. 0.0001 percent! Your potential is that trillion and your performance is that million. The Creator will keep sending you back till you spend it all.

The distinguishment between superpositive people and all others is very simple: the former live their lifetime spending that trillion dollars and the latter spend their lifetime accumulating that trillion dollars! Superpositive people realise that they are already endowed. That if they don't spend, they will have to come back to finish their job. And will have to keep giving till they spend their trillion. That's why

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superpositive people give, give and give. And keep doing so joyfully. Always.

In the game of life, Always is a very important state. Always is the whole. The Universe is Always. Sometimes or even many times is the part. It's not enough to sometimes be happy and grateful or even often be happy and grateful. That's not Superpositivity. But to *always* be happy and grateful. For, one could be healthy often and yet one lapse, one ailment, could be lethal. Perpetual is the Universe's state. Unlimited. Always. That's what Superpositivity has to be too.

With many people, even positive people, it is a tendency to think: "It's enough!" "We've done enough!" But at the level of Superpositivity, one won't fall into that trap. This book could have been just about positivity. But that's for the self. For one. Superpositivity is for the superself. For all of us. The whole cosmos. Positivity draws from the in-between. While Superpositivity draws directly from the source, the Universe.

And the truth of the Universe is that it is infinite. In all its forms and potentialities. There was a time when it was thought that the sky has a few thousand stars. Then that estimate grew to a few million. Then a few hundred million. Then a billion. Then a few hundred billion. As per the latest estimates, there are at least thirty billion trillion stars in the sky. As our observatories become more sophisticated, as our telescopes become more advanced, every celestial estimate is continually being revised. But they all show us one common thing: the Universe is unlimited. And as the whole, so is the part. So, if the Universe is unlimited, then a human is too.

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Now, if you think on the level of the human body, you will encounter innumerable limitations: how high you can jump, how fast you can run, how much you can spread your arms. One could say: "Eyes down, a human being is limited." But at the level of Superpositivity, there is pure unlimitedness. One could say: "Eyes up, a human being is unlimited." The only limitation there is the one you put on yourself. People often tell me: "But there's a limit to how superpositive one can be!" Let me make it clear: if one is setting limits, one is not superpositive in the first place! One is keen to explore but not really exploring. One is doing but not daring. One is looking but not seeing. One is hearing but not listening. One is contemplating but not committing. Essentially, one is living but not alive. Or, one is not exploring the full spectrum of one's potential.

Make the possibilities of life inexhaustible. I live every moment of my life by the credo: "Anything can happen." I say to myself: "I am superpositive, and i can do anything." That passionate belief is the secret of my energy. Only if you believe something, will you live it. Believe also contains in it the word Live. Once you make your belief inexhaustible, your life will automatically become inexhaustible.

When i look at my life today, i find that there are zero limits to my positive energy. I find that every day, i am going from strength to strength. Every day, i am travelling a journey from endowment to enrichment. From largesse to largeness. From abundance to unlimitedness. From power to superpowerfulness. From positivity to superpositivity. Or, a journey from a lot to more.

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Come to think of it, every breath that you've ever breathed is gone, every meal that you've had is gone, every heartbeat that you've had is gone. Similarly, every positivity that you've ever displayed is gone. Let's say you are married to the same person for fifty years. If you think you've complimented them "enough", you've hardly complimented them at all! There are thousands of actions one commits every day. If you notice and applaud even a few new ones every day, you'd have enough appreciation fuel to last you till the end of time, not just the end of your life!

Too often, we get so caught up in the qualities of a person that we start ignoring their personhood — the energy that still lives in them. That energy is more beautiful than any form or action. You see, action is good but the energy that drives that action is supreme. If you've complimented the times that were, then why not the times that are? With many people, especially elders, there's a tendency to appreciate the has-been. "Oh, our times were so nice!" While the fact is that in those times they used to appreciate the previous ones! And so on. They have exhausted themselves living in the past. On the other hand, it's truly wonderful if someone says: "Oh, the times are great! And they will be greater." Superpositivity is not Superpositivity unless it is unlimited. If you've praised life, and what it has given you, do that again and again and again. Once is never enough. One million is not enough. One billion is not too much either. (Though rest assured, you're not going to reach that mark in your lifetime even if you kept complimenting in every breath!) So keep up your superpositivity, knowing two things: a) it's never enough and b) it's not going to deplete but enrich you.

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Consider the superpositive elements: rain has dropped trillions of times on this planet. Yet has it ever got exhausted? Has it ever said: "I've given enough, and i am not going to give anymore!" Waves have touched the ocean's shores trillions of times but have they ever said: "Enough, not anymore!" Earth has spun over a trillion times on its axis, but has it ever said: "Enough, not anymore!" Now, you might look at these examples and say: "But they are elements — i am just a human!" While the truth is that you are composed of the same energy as them. Anyway, it's not these elements but the energy that drives them that is inexhaustible.

Similarly, it's not you but the energy that drives you that is inexhaustible. It is not your body but the energy that drives your body that is inexhaustible. Over three years, i treated my body as a lab. I underwent a lot of endurance experiments. And here's what i have learnt: if you are superpositive, then your body can handle much, much more pressure than you imagine. Done with attentiveness, any changes — even the adverse ones — your body undergoes are reversible. Each one of us is born with tremendous control over the way our body responds to stimuli. We can control its parameters any time. But then once in a while, you have to push it. For, unless you push a machine, how will you ever gauge its optimal performance! Let's say a company has made a sports car that is capable of going to 300 miles per hour. But if the test driver does not take it to 300 miles per hour during trials then how would the company offer it to a customer? Some of us have to push our body to the "limits" to see how it performs. Many people do it with fuel, fully loaded. Some do it

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without fuel, fully emptied. Restraint belongs to the latter category. For instance, i fasted twice a week for over a year. And lost a lot of weight in the process. But i gained a lot of insights. At times, you have to let go of the form to access the formless — accessing it deeply rather than just skimming the surface. The form can be corrected anytime. But the formless is passing us by. It has to be tapped. Or else, the form by itself is vacuous and shallow.

Superpositivity connects you to that formless energy. In fact, Superpositivity is that energy. The sun does not select which part of the cosmos it is going to touch, which stretch of space it is going to pass through. Invisible to us, it is hurtling through space at a speed of 7,20,000 kilometres per hour. It seems static but is far from it. Maybe the space the sun touches is the same site where a few million years ago, an entire galaxy was destroyed. Where the residue of that stellar debris still remains. But look at the sun's positivity: it is unaffected by who it meets or what it touches. In fact so unaffected that in one hour, it produces more energy than all life forms on earth (including human beings) have collectively used since the beginning of time! At all times, it is committed to its own energy and simply lives out the fullness of its existence.

Fullness of existence is the reason we all exist in the first place. What is the point of having a sports car if you're going to drive it at five kilometres per hour? Or an aircraft if you're going to pull it with a crane? Or a supercomputer but using it for simple addition and subtraction? It's the same with life. Each one of us is blessed with infinite potential. But we let it lie idle. Most of us are afraid that if we use it too much, it will deplete. While actually

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the inverse is true. First of all, it's never "too much". And secondly, even if we use it too much, it will only grow. In fact, the more we use, the more it will grow. That's the beauty about Superpositivity. It is ever-growing, ever-expanding. And at its core, superpositivity is Superpositivity only if it is inexhaustible, unlimited. Like the Universe. And its infinite possibilities.

Part Two

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How to Activate Superpositivity

Now that we have learnt what Superpositivity is, the next step is to learn how to cultivate it. The how. The most critical step. Because whoever practises the how then whatever they are doing and wherever they are, they will benefit. Whether one is in India or Mexico, France or Senegal, whether one is a lawyer or a chef, a shopkeeper or a housekeeper, with the how in place, one will live the most amazing life any human being has ever lived. With Superpositivity, where and with whom does not matter much. What truly matters is how: how we speak, how we listen, how we feel, how we think, how we eat, how we touch, how we give. Or, how we live.

Which is also the question the rose asks itself: how should i live? It chooses superpositivity and spreads fragrance in the garden. That's also the question the sun asks itself. It chooses superpositivity and spreads light in the solar system. That's also the question the river asks itself. It chooses superpositivity and quenches the thirst of all along its banks. If we ask ourselves the same question, then our life will start getting aligned with the plan of the Universe. For, this is the question the Universe asks

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itself too: how is every life form going to take my message further?
Or, how is every life form going to live?

Essentially, the process with which Superpositivity is created has four aspects: remembering, restraining, releasing, repeating. It is the same process that the earth uses. It remembers its source, the sun; restrains itself from straying from its orbit; releases the fullness of its motion; and repeats the process. Over and over in an endless cycle. Which is why the earth is superpositive. The jewel in the crown of the solar system. Which is also why it creates and sustains life. And is the aspiration of other planets in the cosmos.

The beauty is that what the earth does, we can too. For, as the mother, so is the child. And in order to do that, we just have to flow with four simple steps, the creative quartet. Starting with its first and most significant aspect: remembering.

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Remembering

An entity is strongest when it is closest to the source. The light of the sun is strongest closest to its source. The glow of the lamp is strongest closest to its source. The river is purest closest to its source. The plant is firmest closest to its source. Similarly, every human being lives optimally when connected to their source. Which is also the source of all creation: the Universe.

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Some of us wonder, what really is the Universe? Look around. Whatever you see is the Universe. The sky. All stars. All planets. All particles. All spaces in between. The earth. All plants. All animals. All insects. All buildings. All appliances. All automobiles. Close your eyes. Whatever you think is the Universe. All thoughts. All beliefs. All ideas. All imaginations. Whatever you hear is the Universe. All sounds. All words. Whatever you touch is the Universe. The ground. The chair. The shoe. The jeans. The air. Whatever you taste is the Universe. The food. The water. Whatever you know is the Universe. All wisdom. All insights. Whatever you are entertained by is the Universe. All movies. All TV shows. All social media. Whatever you interact with is the Universe. All family. All relationships. All society. All cultures. But all these are what you know. The forms. What has existed. The Universe is also what you don't know. All possibilities. All futures. All scopes. All scenarios. What could exist. But truly, the Universe is beyond that too. What always exists. The energy. The sum total of it all.

It is the energy that has created trillions of stars in the sky and trillions of life forms on earth and centillions of probabilities in between. It is the energy that spins a galaxy and spins a fan. It is the energy that electrifies a thunderbolt and electrifies an appliance. It is the energy that charges one and charges all. It is the energy of the whole that resides in every part.

You see, throughout life, one is faced with two principal choices: either one looks at the whole or one looks at the part. The former is the higher choice and the latter is the lower choice.

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In every situation, in every relationship, in every transaction, in every moment, that's the choice that everyone everywhere is presented with. And everyone everywhere is exercising one of these choices. Right now.

Negativity arises whenever one looks at the part. And *only* the part. Mine. I. Me. You see, regardless of how glorious a human being is, she or he is just a part. Never the whole. I say that for every human being that has walked upon this planet. Whether an avatar, guru, saint, prophet, master or a "mere mortal". Every human being is just a part. The only thing that makes them rarefied is that they've seen the whole. But even then, they've not been the whole. Only *seen* the whole.

A superpositive person realises what i truly is. I is the voice of consciousness, the voice of the Universe. And you are you. Or, the rest of I is you. For instance, as i write this, there are two entities at work. I, the real i, the voice of consciousness, and you, Vickrant Mahajan, through whom this book is being written. In that pure sense, Vickrant Mahajan is not important at all. He is just a conduit. Like a wire through which electricity flows. Or a receptacle through which water flows. Vickrant is just a messenger. He is not so important. The message is. It is never the messenger (i repeat, never the messenger) but the message that is being relayed through them that's important.

What has happened with human beings is that they have attached too much importance to messengers. And very little to the message. And that is what has spawned religions, cults, societies and gurus. Where we are obsessing with forms. And ignoring the message. Of oneness. Love. Superpositivity.

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Every human being has all shades. All characteristics. A saint has a sinner inside her or him. And a sinner has a saint inside her or him. A human is the Universe in a micro form. The Universe is composed of all its parts. All the parts are the Universe. But the Universe is much more than each of its parts. To explain this more clearly, let me give you the example of milk. Cream is a part of milk. But milk is much more than cream. Or water. Ice is a part of water. But water is much more than ice. Your personality is a part of you. But you are much more than your personality. Each habit of yours is a part of you. But you are much more than each of your habits. I am a part of the Universe. But the Universe is much more than me. Each galaxy is a part of the Universe. But the Universe is much more than each of its galaxies. Every religion is a part of the Universe. But the Universe is much more than every religion.

As I write this, the human world is burning in the cauldron of divide: "My religion is better than yours!" Or, "My religion is older than yours!" One just has to step back a little to see how inane this debate is. You see, the physical age of the cosmos is 13.76 billion years. Humankind is 2,00,000 years old. And the oldest religion is 5,000 years old. Do the simple math. The Universe and its energy is millions of times older. If the life of the Universe is 3,15,36,000 seconds, then the life of all religion is merely 12 seconds! When you truly, deeply meditate on this fact, you will see religion in a clearer perspective. And if you want an even more powerful insight, then here's one that I shared in *Yes Thank You Universe* too: an estimated thirty million people

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all over the world have been killed so far in the name of religion. But in the name of the Universe not even one person has been killed! And how can they? For, you and i could have different shrines, we could have different scriptures, but how can we have a different Universe!? We are all part of the same Universe, living on the same planet, breathing the same air, drinking the same water, basking under the same sun. We are all drops of the same ocean. A superpositive person just realises that oneness. And puts their faith in the entire Universe rather than a mere aspect of it. They simply embrace the whole. And perpetually remember it. By invoking the name of the Universe.

The ancients believed that the power of an entity is activated by taking its name. "Take the name", as they say. The power of a deity's name or of a human image is the power of a form. And a form will always be limited. But invoking the name of the Universe activates the power of all deities combined. It activates the power of allness, of oneness. The power of formlessness. And formlessness is always unlimited.

Now, taking the name of any deity invokes consciousness. Every deity is an aspect of the Universe and taking its name connects you to it. Be it of any religion or denomination. Every religion is a river, and a river is very good too. But it is not the ultimate. It has to flow to the ocean. That's its duty. Every person who invokes the name of the Universe goes directly to the source, the ocean. They put their faith not in a tributary or river but the ocean. That's why it invokes superconsciousness. The former is positive. The latter is superpositive. The former is in-between. The latter is direct.

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Meditating on the name of the Universe has empowered me incalculably in life. And chanting its name has given me all that i have. I take the Universe's name thousands of times every day. That's where the Superpositivity Chant (Yes Thank You Universe) is truly amazing. (I will discuss it at length in the subsequent sections.) It gives me the collective power of affirmativeness, appreciation, gratitude, improvingness and infiniteness. Chanting Yes Thank You Universe is how my superconsciousness has been activated. And, above all, that's how i have become superattentive. Towards my actions. Towards my surroundings. Which is what Superpositivity truly means.

An unpositive person doesn't watch how they speak, how they eat, how they walk, how they listen, how they think. When people are low on consciousness, they drop things heavily, talk feebly or too loudly, eat too fast, walk stooped or with hunched shoulders, drag their feet, throw things around, don't smile, sleep a lot, laze a lot, and criticise a lot. While a conscious person seldom hurts anyone, an unconscious person does it frequently. And mostly without realising. Let me illustrate that with an example. Two people are talking across an open door. The person inside has their eyes closed. While the other has kept their hand on the door frame. The former bangs the door without seeing. And hurts the other person unmindfully. On the other hand, a conscious person has their eyes fully open. And waits till the other person removes their hand from the frame. Only then closes the door. Firmly. Consciously.

Consciousness is the most beautiful act in life. It introduces one to the true magic of life. Which an unconscious person perpetually misses. Let's see how.

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In one's lifetime, on an average, a person blinks 400 million times, eats 1,00,000 meals, takes 25,000 showers, walks 200 million steps, breathes 550 million times, drinks 2,00,000 glasses of water, speaks over 400 million words, hears over 1.3 billion words, meets 70,000 new people, smiles 4,00,000 times, watches 50,000 hours of TV and changes clothes over 50,000 times. But does all these acts unconsciously, sleepily.

Do one small experiment. One day of your life (today), do each of these actions consciously. Just once.

Blink consciously just once. Open and close your eyes with awareness just once. Breathe consciously just once. Brush consciously just once. Eat consciously just one morsel. Drink consciously just one sip of water. Wear your dress consciously just once. Sit consciously and slowly on a chair just once. Now stand consciously just once. Walk consciously just once. Just a few steps. Touch consciously just once. A pen, steering wheel, tap, spoon, person, anything. Speak consciously just one word. Just say the word Universe with faith. Listen consciously just once. The first sound that reaches your ears. A car horn, a door, a bell, an airconditioner, a bird. Hear someone talking consciously. Just one word. Whatever it is.

You see, the biggest act in life is consciousness. An unpositive person is unconscious. A positive person is conscious. A superpositive person is superconscious. An unpositive person sees the lower in lower, lower in higher. A positive person sees the lower in lower, higher in higher. A superpositive person sees the higher in lower, higher in higher. Or, higher in everything.

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Or the energy of the Universe in everything. Or *the* truth. Because the energy of the Universe is also its biggest truth. It is everywhere, in everything and everyone. So, the first and the most important aspect of activating Superpositivity is to put your complete faith in the Universe. And to remember it constantly. With every breath of your being. It automatically prepares you for the next step: restraining.

~

Restraining

Anybody can go burgle another person's house. But a superpositive person does not. Anybody can jump a traffic light. But a superpositive person does not. Anybody can overeat. But a superpositive person does not. Anybody can criticise anyone. But a superpositive person does not. Anybody can end another's life. But a superpositive person does not. Anybody can spread uncleanliness anywhere. But a superpositive person does not. Because a superpositive person exercises restraint. Like the sun that can come closer to the earth, or bring it closer to it. For, the earth is governed by the sun's gravitational field. But it does not do so. Because it exercises restraint. It knows that it has the power to do so. But it also knows that it has a power to *not* do so. It knows that the greater power is in creation not annihilation. It knows that the greater power is in the higher, not lower. It knows that its true dominion is not over the earth but over itself.

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And the awareness of that power is what brings about restraint. Actually, the exercise of that power is what restraint is.

The entity that exercises restraint does it not for the other but for itself. It is not doing anyone else a favour. But is giving itself a furtherance. A person who goes to the gym and transcends the temptation of a chocolate brownie is not doing anyone else a favour. But is doing so to grow. Bigger than the temptation. That's the true purpose of restraint. If you see restraint as sacrifice, and that it weakens you, then you are not really restraining but leashing. The former is empowering while the latter is enervating. Let me tell you what the true meaning of restraint is.

Restrain is composed of two wonderful words: Rest and Rain. Rest and let it rain. When it is raining, you can't stop it. So, just rest, be patient and when it clears up, go play again. Or, you could see it as re+strain. It is not the same strain as stress. It is the same straining as sieving. When you prepare tea, you strain the leaves before serving it so that it is more presentable as well as palatable. You clarify it. Or, you strain the ore from the metal so that you get a pure metal. That's straining. And when you do it recurrently, that's restraining. For a superpositive person can't restrain just once. The sun cannot let go of the temptation to pull the earth to it just once. But again and again. Every second. In fact, the more it grows, the more it has to restrain. Quite like countries that have amassed nuclear weapons. They can singe their neighbours at the press of a button. But they are careful to exercise restraint. For, they know the ramifications will go far beyond the press of a button.

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I know restraint from very close quarters. You are familiar with some of my experiments from the Introduction. Let me emphasise here strongly that i don't recommend the same experiments to anyone else. I was meant to walk the long, laborious path alone. It was fun for me but might not be for you. Plus, it's not what i did but how i did it that's more important. By now you know my how was superpositive. Here's the what: for years, i went without any relationship, socialising, religion, career, money or success. The best part is, none of this was out of aversion. But out of diversion. I was diverting my energy to the highest pursuit of my life. To grow my endurance to the highest level. To go beyond the perceived limits of positivity. And to climb the highest summit.

The night i completed my Superconsciousness Forty was the climax of my three-year journey of extremity. I was so elated, so light! With all my writing skill i can barely express that feeling. It was immeasurable. I'd finally received what i'd been seeking all my life. Truth be told, a part of me wanted to stay there forever. But then the very next day, i was instructed by the voice of consciousness to start the climb back. To "normalcy". For, after climbing the summit, any summit, a mountaineer has to climb down as well. If one stays perched on the top, one is neither helping oneself nor those at the base nor the energy that sent one there. One has to descend, and, if one's ascent was pure, one will want to share the route with others. The ones who have truly gone always do that. Because their climb has purified them. The ones who haven't endeavoured to climb just speculate.

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They have heard the route from others and just talk about the possibilities of getting there. The dangers and the fears that lurk on the way. While the ones who have climbed talk about the glory and the splendour that abounds on the way. The speculators spread fear. While the climbers spread faith. And positivity.

I was reminded by the voice of consciousness that i'd ventured on the path of restraint to enable the world to become more positive rather than for my personal enlightenment. The former was the intent while the latter was incidental. I got the message and decided to share my route with others. To show them how to prepare. To share with them the roadmap as well as the precautions. For, if the former led me to the summit, then the latter kept me in check. Remembering the source is the roadmap. Restraining is the precaution.

You see, when you want to climb to the very top, you can't throw caution to the wind. You will need the ice pick, rope, carabiner, harness, ration. You can't just get up and go. If you do, you'll not get far. Restraining a few temptations is that preparation. If you don't, you won't go far.

Broadly speaking, a superpositive person has to restrain from only one thing: negativity. But just like water has many forms, negativity has many forms too. Here are the twelve aspects of negativity that a superpositive person consciously restrains from:

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NAYSAYING

It is estimated that a "normal" person says No at least 30,00,000 times in their lifetime and Yes less than 3,00,000. One-tenth! Could it just be a coincidence then that a "normal" person goes through so much unhappiness in their life? I have had the privilege of closely observing thousands of people. And without exception, their naysaying exceeds their yeasaying. Regardless of nationality, religion, economic background or success level. In a way, the entire world suffers from the No Syndrome. You hear it everywhere: "No, no, no!" "A no is a no is a no!" "No, but this can't happen!" "No, no, i don't want that!" It has been estimated that an average person says No 106 times a day and Yes just 11 times a day! Or, an average person says ten times more No than Yes!

Every word you say creates your destiny. Even if imperceptibly so. Sound is the most potent energy in the Universe. It exists even inside a black hole, where light doesn't! In the form of vibration. Quantum physicists believe that there are eleven dimensions of existence in the Universe and the commonality in all these dimensions is sound. Every word that you say creates a very powerful vibration. Capable of creating equally powerful matter. And when it comes to words, there are few that are as powerful as Yes and No.

I have devoted five years of my life just observing these two words and their effect on people. Like a scientist toils away

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in a lab, looking for a viral antidote, i have been probing this attitudinal virus for five years. Here's what i have emphatically come to understand: the yeasayers are at ease with the world while the naysayers are at loggerheads with it. Yeasayers embrace change. Naysayers block themselves from it. Yeasayers live in the present. Naysayers hanker for the past. Yeasayers are grateful. Naysayers are complaining. Yeasayers are celebratory; naysayers are depressive. And if you find that hard to believe, then just for one day observe attentively people around you. Watch how often they say Yes or No. You will see for yourself how true the above observation is.

Let me share with you my own experiments with yeasaying. Now, i've been a very positive speaker all my life. You'd never find me talk negative (neither now nor thirty years ago). For as long as i remember yeasaying was built into me. While it is estimated that a "normal" person says No over 100 times daily, i'd say 10 at the most. But still i did the math. When i was 36, i calculated that i'd have said No 1,25,000 times till then. Giving myself a huge margin of naysaying, i rounded it off to 2,00,000. I decided that just like a "normal" person says ten Nos for every Yes, i'd say ten Yeses for every No. I set to work, and over the next few months, i accomplished my target. And more. At the last count, i've said Yes ten million times. That is, fifty Yeses for every No i've said throughout my life! How!?

Very simple. I just keep saying Yes Thank You Universe, Yes Thank You Universe, Yes Thank You Universe throughout the day. And the Yeses keep adding up. On their own! Since September 2013,

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i've said over ten million Yeses, over ten million Thank Yous and over ten million invocations of the name of the Universe. Is it any surprise then that this book happened? It happened thanks to the energy of Yes. Or more precisely, thanks to the energy of Yes Thank You Universe.

Since naysaying comes naturally to most people, let me give you three simple tips to keep it in check. First tip is what we've practised throughout this book: replace No with Zero. For instance, rather than saying, "There is no reason to do that", you could say, "There is zero reason to do that." Zero is affirmative. Powerful too. Everyone likes the sight of zero in their bank balance. The more the merrier! Symbolically too, all stars are zero, all planets are zero, all satellites are zero. Zero sounds cool too. "Zero person is unwell!" "She has zero trouble!" "There is zero problem!" Lots of people who i know have started to incorporate it, and they unanimously tell me that they are in love with the zing that zero has peppered into their conversations, their attitudes and their life.

The second tip is: replace No with Thank You. Especially when you are asked a question and you want to reply unaffirmatively. "Do you want to go?" Instead of saying No, say "Thank You!" "Do you want some more pasta?" Instead of saying No, say "Thank You!" To make your response clearer, just wave your hands to show that you mean: No. Trust me, the listeners would love to hear the sound of Thank You much more than a flat-out No!

And the third tip is: if at all you have to say No, then every time you do so, consciously reverse it then and there.

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By saying Yes Thank You Universe ten times. It could happen at your workplace or when meeting a stranger unaccustomed to your "quirkiness". In that case, go with the flow but keep a mental count of how many Nos you've said. And, at the first available opportunity, consciously reverse it by saying Yes Thank You Universe ten times.

You see, consciousness is when you catch yourself doing an unconscious act. The moment you catch yourself saying No and replace it with Zero, Thank You, or (even better) Yes Thank You Universe, you'd be performing a superconscious act. The sheer effort involved will keep you in check and will reconnect you to the infinite energy of the Universe. Which keeps emitting Yes constantly and responds to the superpositive energy of Yes joyfully.

CRITICISING

Whenever we appreciate something, we increase its value. It's like a piece of property: who doesn't like to see its value increase? Similarly, everywhere, everything and everyone on this planet is a priceless piece of property. By appreciating them, we appreciate their value. Even a plant loves appreciation. An animal does too. They don't like to be criticised or humiliated. Neither does a human nor a house. In the Universe, there is an equal relationship between the giver and the taker. They are both equals. Just because the sun gives and the earth takes, the sun does not become superior. Neither does it consider itself so. The sun simply appreciates the earth. For accepting its light openly and

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transforming it into life. And the earth appreciates the sun. For giving it the power to create life. Theirs is a relationship of appreciation. Not of superiority and inferiority. The sun doesn't criticise the earth for being dependent on it. Neither does the earth criticise the sun for being overwhelming. They value each other's role. And appreciate it.

Every unpositivity is depreciation. Now, who likes to see their asset depreciate? Do you! By insulting, rebuking, hurting, criticising, one depreciates the other's asset. For a moment, let's consider a depreciating asset, like a car. Now, some depreciation is natural. And will happen on its own. The natural wear and tear. But, if you bang it against a wall or smash a hammer on it, it will atrophy much faster. Similarly, if a person has "wronged" you, let nature run its course. Don't lower your dignity by criticising them or speaking ill of them. Because, in doing so, you are bringing the hammer down on them. You are then participating in the perpetration. Which will have a boomerang effect one day.

The human world is a playground of "critics". Some professionally appointed, mostly self-appointed. People love to criticise. Neighbours, governments, spouses, friends, relatives, strangers, society, climate. Even the Creator! People have their own ideas on how a thing should have been. How a batter should have played. Notice how often they say: "He should have hit the ball that way!" An armchair player never quite knows how it is to play. Similarly an armchair "liver" doesn't quite know what it is to live. Only speculates. Like an onlooker watching from the

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base a climber go up a mountain. They watch more with scepticism than admiration. And if the climber slips — as once in a while all climbers do — rather than lend a helping hand, they put a smirk on their face and elbow another: "See, i told you!" Now, in their mind's eye, the onlooker is justified. But whether the climber needs a stretcher or sarcasm is anybody's guess. What one chooses when the other falls decides their eventual quality in life.

Every day, all around me, i see people doing unpositive things. Being superconscious makes you superobservant as well. Now, if i put my focus on their criticism, where would i have the energy to contribute to their development? Or, rather, their re-development? I offer people solutions, not my "advice". There have been times when i have tried to do the latter. But it has been very unproductive. So, here's what i do now: i notice the "flaws" in the other person and simultaneously i also notice their strengths. I keep my sustained focus on the latter. And if time comes, or if the other person seeks it actively, then i am always there to help them iron out their "flaws". But never unsolicitedly.

It is the same with people behind their back. Here's my rule: i never discuss someone behind their back. You will never find me talk about anyone else. So, where's the question of criticising them behind their back! If i am conversing with you, then you are my focus. If you ask me about X, and only as an inspirational example, i will talk about X. But even that too i won't do unsolicitedly.

A superpositive person consciously restrains from criticising other people's choices. I've repeatedly emphasised the importance of independence throughout this book, but if you

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notice, i've never criticised any religion or any religious person or their faith. Because i can't. Superpositivity asks of me only one thing: to be constantly accepting. All choices are a part of the Universe. And if the Universe, the eternal source, has allowed them to come into existence, then who am i to criticise them? I only know one thing: to appreciate. Even the criticism that comes my way.

Not everyone is as unshakeable though. Consequently, criticism works like acid in many a career and relationship. It damages. You see, every child needs to be nudged to walk. Similarly, you need to nudge your family, colleagues or juniors. Maybe they're "underperforming". Take a deep breath. And give them encouragement. Tell them that you see potential in them. That they could do better. For, there exists zero person on this planet with zero potential. And if one finds such a person, then the fault is with oneself, not with the other person. So, put in the effort to see and cultivate the positives in another, and it will grow not just their positivity but yours as well.

COMPLAINING

A superpositive person shows restraint not just outside. But inside as well. In fact, like the whole process of Superpositivity, restraint begins from within as well. Only then can it be implemented on the outside. Complaining, for example. A person has to stop complaining inside first. They have to turn

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off the victim track. That nobody understands them. That they are not loved. That they are the superiors in an inferior world. Only then will they stop complaining outside. "Why is it raining nonstop!" "Why doesn't the government do anything!" "Why don't you understand!" "Why are you so thick-skinned!" "Why is it hotter this year than the last!" The commonality in all this is a lack of acceptance. A superpositive person has restrained themselves so well inside that they check themselves before they can say something damaging. Like the government with its finger on the nuclear button, they are aware of the ramifications. By constantly filling themselves up with acceptance, appreciation and gratitude, they have propelled themselves light years above the complaint zone. Whether it's the weather or someone's behaviour, they never complain, either to themselves or others. When my marriage was ending, i never complained to my parents, friends or anyone else. People say: "You must share your problems!" But i believe everyone has their own list of woes for us to add to it further. And anyway, what you're meant to go through, you're meant to go through, whether alone or with the world at your bidding.

People usually have a long list of complaints. The common link being: "Life has not been fair to me!" The important lesson to learn is: life has always been fair to us, but have we been fair to it? Life is like a garden and we are like a tree. If wind blows and uproots the tree, is it the garden's fault? If the tree is strong, if its roots run deep, firm into the soil, then even a tempest can do it zero harm. The garden gives the tree birth and

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provides for it but the tree has its responsibility too. It can't be weak. And expect the garden to protect it, while it blatantly ignores itself. The garden does its bit, and the tree has to too. Similarly, life does its bit, and we have to too. By embracing all its forms and nuances joyfully. Uncomplainingly.

You see, given a choice, nobody likes to be hurt. Or "wronged". Everyone wants to have a smooth sail. But just because a ship wants a smooth sail, it can't stop a tempest from coming its way. When it's out in the ocean, it can control nothing but its own response to the storm. If a ship starts complaining about every turn and tilt, then how will it ever sail? What else is it built for! All a ship can do is strengthen itself and step out confidently into the waters. And then enjoy the sail. Enjoy whatever comes its way. Uncomplainingly.

Complaining, regardless of how valid it seems, affects you. And when you are affected, you perform way below your capacity. While, if you are unaffected, it fires you up to perform way beyond your capacity. Let me give you an example.

While i was writing the first draft of this book, it poured incessantly in Jammu, resulting in the highest rainfall ever recorded there in the month of March. There were severe power outages and often the backup gave way too. Human life came to a standstill. Most people were indoors. And perpetually complaining: "Such a wrong time of the year to rain!" "What will we do with so much water!" "Why don't the rain gods have mercy on us!" Many portions of this book were written in dim candlelight, or by the light of the mobile phone. In retrospect, it

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was the most appropriate setting. Because the way i have learnt, Superpositivity emerges in testing conditions rather than wonderful ones! Here's what i used to do: i'd keep saying Yes Thank You Universe through the day. Not to pray for the rain to stop, but to energise myself to keep going nonetheless. For, my focus was the book, not the storm outside. My focus was the superpositivity inside, not the supertests outside. That's why i was completely unaffected. While everyone was busy complaining about the weather, i was busy doing something else. I was busy writing a book called *Superpositivity*.

DISCRIMINATING

Ever since the dawn of humankind, we've lived a fragmented life. Me vs You. Us vs Them. His vs Hers. The caveman did so. And so does the contemporary man. The former fought for an extra ounce of flesh, and the latter fights for an extra ounce of "identity". "I am better than you!" "My religion is better than yours!" "Our culture is superior to theirs!" If you look at human inhabitation from nine kilometres above, everything would seem so small. That's the height at which an aircraft flies. You can't make out the houses, people or cities. Now pull back 350 kilometres. And you're in space. That's the visual you see in movies like *Gravity*. That's the height at which the International Space Station orbits. All the distinctive topographical features (cities, countries) on the earth are but a blur. Pull back 3,80,000 kilometres. And the

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earth seems from the moon what the moon seems from the earth. Pull back half a million kilometres en route from the earth to Mars. From there it seems like a small tennis ball. Pull back 225 million kilometres. That's the distance of the earth from Mars. From there the earth is a dot. Pull back fourteen billion kilometres. That's the edge of the solar system. You can't make out even a dot called the earth. At fourteen billion kilometres, we've not even touched 0.0000000000001 percent of space yet!

The point i'm trying to make is very simple: we've given too much importance to ourselves, to our "identities". While the fact is that in cosmic space, we are inconsequential. Actually, the way we humans live, we are fast becoming inconsequential on this planet too! The only thing of consequence that we ever do is when we rise above pettiness. Above discrimination.

You see, it will be very nice the day we find life on another planet. I am sure that day will come about. But greater will be the day when each one of us will find life within ourselves. The former is a proof. We will get that. Someday. The latter is power. We already have it. Today. Our search for life elsewhere is a bit like proving love exists. You need not prove it. It does. Similarly, life elsewhere need not be proved. There are sixty billion chances that human-like life exists in the Milky Way galaxy. Now there are at least 500 billion other galaxies like the Milky Way. So there are at least thirty trillion chances that human-like life exists in the Universe! Or there are those many chances of planets that host conditions suitable enough for humans to go and live. But ask yourself this: what if the *Interstellar*-like scenario comes true, and humans are indeed able to colonise another planet! Honestly: so what!? It'll

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be like conquering another country! Have we learnt to live where we are yet? Or, let's say, we find aliens. So what!? Have we learnt to live with humans yet? If we are superpositive, we will find that we have enough on this planet to last us for millennia. And for that we don't have to curb our needs but our unconsciousness. Once consciousness is there, needs will automatically get aligned. We will understand how to build our civilisations and how to welcome aliens when they come visiting us. Not with warships, but with handshakes.

"Let's save the earth" is such a glorious myth, fuelled by popular culture. Neither can the earth be destroyed nor can we save it. Even all our nuclear bombs fired together cannot do that. All that needs to be saved is: humanity. From its self-decimation. From its own discrimination. The day we transcend that, i envision that a species from space will come to visit us: "We've been watching from space. And learning from you. We came not to attack you. But to thank you. For teaching us the lesson of love and oneness."

Now, *that* is a wonderful scenario. A probability i treasure. A possibility i truly look forward to.

LAZINESS

The way i look at it: before life and after life one is going to sleep. One comes into this world sleeping and will go sleeping. What's the point of sleeping while one is here too! And by sleeping, i don't mean physically but existentially.

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Truth be told, life requires effort. And on any path, whether of commerce or consciousness, rewards accrue only with effort. The truly valuable gifts in life come only with effort.

Many people would look at Superpositivity and say: "Whoa! That's a lot of effort. I can't do it!" They will find unpositivity way more convenient. Which honestly it is! Climbing the summit is always a much more arduous task than sitting at the base. The latter is very, very convenient. But the experience of the climb is worth every iota of it. And can be accomplished only through effort.

The activation of sSuperpositivity is always inside out. First you energise the inside. Build the inside. It is the foundation on which the rest of you is going to rest. Make the foundation as strong as you can. If you observe carefully, most people lead their life very unenergetically. Very vaguely. Their thoughts are scattered, their feelings are underdeveloped, their bodies are brittle, their actions are nebulous. It is because most of us have not taken the time to ever work on the interior, to energise the interior. And i am talking of energy that comes not from stimulants, supplements, energy drinks or even food. I am talking of pure energy. Like the sun creates. From within. The energy of superpositivity. The truest energy.

The easiest way to turbo-boost that energy is to set goals. Shorter goals. As well as longer ones. Daily goals as well as forty-day ones. Fifteen minutes of meditation. Skipping a meal once a week. Giving a smile to five people daily. And so on. Goals that are pursued not to look fancy but to become firm. To harness

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the electricity within. I will explain goal-setting at greater length in the Repetition section later in this part. But for now just know that goal-setting is the biggest energiser in life. A greater rush than the hardest drug can give you. And if you are a beginner at this art, then let me suggest to you a very simple goal: do the Superpositivity Chant 1,000 times daily. I have worked with a lot of people who had very low energy levels. This one simple tip has worked with everyone. Lifting them easily out of their dormancy.

Let me give you my own experience with the chant. There have been times when i have chanted for twenty-four hours nonstop. Even forty hours. Yes, literally! In fact, that's how i prepared for the Guinness World Record speech. Five months before, i started chanting Yes Thank You Universe for six hours daily. Then took it to eight. And so on incrementally. One week before the speech, i chanted for almost forty hours straight. Just Yes Thank You Universe. That's it! Zero other training. I just built on the endurance. As for the content, i knew it'd naturally flow from inside me. Anyway, my talk was on Superpositivity and the amazing power it bestows upon a person.

I have lived my entire life suffused with the positive energy of goals. In fact, in 2019, i was inspired to create two words that express the spirit of goals to the fullest. The first word is Goaletics, which is a portmanteau of Goal and Athletics. The second word is Goalete, which is a portmanteau of Goal and Athlete. Simply put, goaletics is the sport of goals and goalete is an athlete of goals. As i looked objectively at myself,

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i realised that i have been a goalete all my life, and ever since i was a small kid, i've been playing goaletics: homework by six, topping class, becoming a school council member and so on. By the time i finished school, goaletics had become second nature. For over thirty years now, i have set and accomplished thousands of positive goals. Whether you meet me in person or through my books, i will always attest to the immeasurable energy that accrues from playing goaletics and becoming a goalete.

Till a few years ago, i used to put all my energy in the fulfilment of tangible goals. Or in "accomplishments". But now i have gone beyond that. Now, i am putting energy into the very act of life. Creating energy for the pure joy of energy. I have a one-point purpose, a supersharp goal: "I am going to go from this planet a much better person than when i came here." And for that, every moment of my life has to be better than the previous one. I bring the conscious awareness of infinity into every endeavour of mine, independent of its size and scale. Not because the world is watching. But because my consciousness is watching. And it needs only one thing from me: pure, beautiful, infinite energy.

In life, you've got to become energetic not just for you. But for all of us. Let me give you an example. Of a man called Dashrath Manjhi. Who cut a 360-foot-long mountain to create a road, working day and night for twenty-two years! He did that because his village in Bihar, India, was fifty-five kilometres from the nearest hospital and the road that took them there was very dangerous. A lot of people from his village had perished

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undertaking that daunting journey. Dashrath spent two years beseeching the local government to build a road through the mountain. But they raised their hands, calling it an "impossible" task. Dashrath took it upon himself to create a solution rather than beg for it. When his fellow villagers got to know of his resolve, they made fun of him and called him a lunatic. They said it was impossible for one man to cut such a mighty mountain. Unfazed, Dashrath sold off his goats and bought the only two tools he could with that money: a chisel and a hammer. And toiled away relentlessly, day and night. Two decades later, when the mountain was finally cut, everyone reaped the fruit of his labour. The new road shortened the previous one by forty kilometres and made his village easily accessible to medical facilities. His efforts benefited not just him but 60 neighbouring villages and 20,000 villagers too. Now what good what it be if Dashrath Manjhi too was a lazy person! Through his work, Dashrath beautifully demonstrates what superpositivity can do. For one as well as for all. Because even though Dashrath is gone, the road that he built lives on. And continues to energise many in the beautiful journey of life.

HANKERING

There's a wonderful saying: "In retrospect, everyone's wise." One could rephrase it a bit: "In retrospect, everyone's positive." Most people look back on their actions and wish they'd acted better.

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They wish they had not lost their cool or said the things they said. That they had given the other person what they were asking for. That they had taken better care of their health. That they had finished the work within the stipulated time. That they had not jumped the traffic light. That they had been more respectful towards their elders. That they had been more loving towards their siblings. That they had instilled better values in their children. That they had been more playful in life. That they had fulfilled their true passion in life. But you see, "wish it was" or "wish i had" is hankering. It is the stuff regrets are made of. Also, the stuff sadness is made of. By hankering for the past, or looking apologetically at it, people sorely overlook the present. Which is becoming the past really fast!

You see, what didn't exist then exists today. And what doesn't exist today will exist tomorrow. That's a given. We've got to be patient. When we are in junior school, we want to grow up quickly and become adults. Because we want to be taken seriously. When we become adults, we realise two things: a) people still don't take us seriously and b) there's zero fun in being serious! We then want to be children again. But we've missed the bus. In the tearing hurry to be an adult, the child loses its most wonderful years. And in essence itself. Be who you are. Enjoy that. Actually, first enjoy and then become. The axiom "Don't build till you can build right" comes into play here. Appreciate the now. Be attentive to the now. Accept the now. Most people do it in the future. When the event is over, the situation has changed or the person has gone. But that is contemplation. Not presence.

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Presence means living in the present point. Giving your attention to the present point. To the sound happening around you, the morsel you are eating, the chair you are sitting on, the drink you are sipping, the conversation you are having. If in the present point, you're a child, enjoy that. If you're a swimmer, enjoy that. If you're an eater, enjoy that. If you're a talker, enjoy that. If you're a server, enjoy that. If you're a magician, enjoy that. If you're a news broadcaster, enjoy that. The rest of you will happen. When you're covering a 100-kilometre journey, you can't see all 100 kilometres in one go. You'll see thirty metres, then the next thirty metres, and so on. Your present situation in life is those thirty metres.

Throughout life, the what keeps changing. You were riding the subway yesterday, you are in a Maserati today. You were eating sushi yesterday, you are eating tortilla today. You were doing twenty pushups yesterday, you are doing thirty today. It's the how that has been overlooked. How were you riding the subway yesterday and how are you driving the Maserati today? How were you eating sushi yesterday and how are you eating the tortilla today? How were you doing the twenty pushups yesterday and how are you doing the thirty pushups today? The implication here is not that you should have continued to travel by the subway. Or that you should have continued to eat sushi. Or that you should not have gone beyond twenty pushups. The thing is, even if you should have, it's not like you would have. I have learnt that in life just because you don't change, or don't want to change, it's not like you won't change. You will. Your conditions will.

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The how is just the enjoyment. Are you enjoying the present or not? And just because you are, doesn't mean that you will stay there all your life. Just because you enjoy school does not mean that you will stay in school all your life! Let me give you my own example. Twelve years ago, i was really enjoying making a film and fancied myself as a filmmaker. I had zero complaints while making it. And i have zero complaints now. But just because i was enjoying that does not mean that i did not move onto other things. In fact, these books and my present path are at a tangent to my station in life then. But then it changed, right? And how!

Superpositivity establishes you in the now. It takes the sting, the irritation out of a situation. Being in the now always puts you at ease. If there is a sudden development, you are open to it. If someone calls you and you're doing something, you don't fulminate. As happens with most kids. Even adults. When they are watching their favourite TV show, and they are suddenly asked to run an errand. They become angry. Because they are so immersed in the situation. You might think that since they are keenly watching the show, they are in the now. But nowness does not mean being immersed in a situation. Rather, it means being immersed in the energy of a situation. It is a bit like electricity. When it is running the heater, it doesn't just run the heater. If it is suddenly called upon to run the fan or the TV, it does that too. It is not involved in the appliance but in its capacity to run the appliance. Its now is not the appliance but its own energy. The former is the smaller now, the latter is the bigger now. Whatever you do, or are doing, is the smaller now and the awareness of

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the energy that drives that action is the bigger now. Superpositivity makes you ever aware. And keeps you firmly established. Yet freely flowing. From one now to another. Transcending all resistances and hankerings.

COERCING

Every now and then i meet people who have defiance hardwired into their DNA. People i smile at and they refuse to smile back. People i compliment and they scoff. People i talk to about faith and they want to talk only about religion. People i encourage and they resist. People i express gratitude to and they find it a meaningless act.

What should i do in that case? Should i force them to be positive? Force them to see that the easiest thing in the world is to smile, to appreciate, to say, "We are all one"? But if i do, then i will be committing the same mistake as them. Of coercing. So, i do the best i can. I give them my superpositivity fully and carry on my path. For, they are like the priest, who when caught inside a drowning shrine prays to the Almighty to save him. And expects the Almighty to come and hold him by the hand and save him. When a rescue team comes, he doesn't accept their offer. "But i was waiting for you, Almighty!" he laments. Now, who can save such a person? Nonetheless, i am happy to be like the rescue team. Which does its job nonetheless. To the fullest. And if someone still shows resistance, then i remember to clear the path between them and their choice.

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Coercion emanates from anger. From unpositivity. A superpositive person has restrained their anger from within first. Before they can control it outside. By sublimating it within, they are subverting it outside. They know occasional is not always. You see, a solar eclipse happens once in a while. For the sun to show us the value of its presence. Similarly, an occasional, rare outburst of anger has its place too. But the rarer it is, the more it is valued. If it happens with frequency, it will lose its edge and create unpleasantness. For everyone. Again, anger begets anger. I have seen that angry people find scores of reasons to be angry: uncleanliness, chaos, delays, variations, surprises, disturbances, and so on. You see, anger emerges from an inflated idea of one's own importance. "The world should function the way I want it to." Now, the Universe does not change its patterns and laws for the sun or for its trillions of stars. If it has kept them in an orbit, they are meant to stay in that orbit. They can't arbitrarily go and chastise a planet for being too small or criticise an exoplanet for being a rogue that runs free. They each have a job to do, whether the star likes it or not. Plus, the Universe is a past master of surprises. When a star is smugly thinking that it has its life sorted, maybe a black hole comes and devours it into oblivion. What can the star do? Resist it? It can't! Because, in the Universe, every entity is surrounded by other entities that have a stronger gravitational pull than its own. And the less powerful entity has zero alternative but to acquiesce.

At times, it appears to people that they are the centre around which things revolve. But you see, that's just an apparition.

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People can be powerful but not absolute. The sun is powerful but not absolute. If it was, then life on earth should have stopped functioning the moment it goes down the horizon, leaving half the world pitch dark. Or, subterranean creatures that have never seen sunlight should not have existed. But they do. So, the sun is not the absolute centre either. For every centre in the cosmos, there exists a greater centre.

You see, a human being is born from the earth. The earth is not born from a human being. Earth has carried on its life for 4.6 billion years and a human being for 2,00,000 years. Its life was existing for 4.5998 billion years before human beings, and it will continue for billions of years after human beings as well. We are born for the earth. Similarly, the earth is born for the sun. The sun is born for the Milky Way. The Milky Way is born for the Local Group. The Local Group is born for the Virgo Cluster. The Virgo Cluster is born for the Laniakea Supercluster. The Laniakea Supercluster (along with millions of such superclusters, each containing at least 1,00,000 galaxies) is born for the Universe. So, the Laniakea Supercluster, the Virgo Cluster, the Local Group, the Milky Way, the sun, the earth and the human, they all exist for the Universe. We all have to transcend our arrogance to see this simple truth. We all exist for the Universe. For it to carry its purpose. Of evolution. Of elevation. To see how high we all can rise and how deep within ourselves we can go. So, it is time to stop invoking the power of the Universe just for the self. To further our own petty gains. To fatten our own balance sheets.

We mistakenly believe that "profitability" is the way of the Universe. That it wants us to earn a handsome livelihood so

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that we can live a comfortable life, provide for our family and create a safety net for future. So, we are all forcing ourselves to be profitable. But that stems from the fight-or-flight lifestyle of the primitive human. To hoard because one never knew where the next meal would come from. Or, if it'd come at all! The primitive human was unconscious. And understandably so. Because there was all-pervading fear. Of attack, loneliness and ailment. They were at that point in human evolution, and they could not help it even if they wanted to. Wishing them to have been more aware is like wishing mobile phones to have existed 100 years ago or the Internet to have been around 60 years ago. They could not because technology has taken its time. We can wish for teleportation to happen today. But it won't. It will. But not today. There is a point that has been assigned for that. For that matter, let me ask you if we can send a manned mission to Jupiter today. I mean, *today!* The answer is unaffirmative. It will take time. NASA will tell you that, all astronomers will tell you that. It is not about pessimism. But about pragmatism. Just like it takes time for a child to go from seven to seventy, it takes time for things to come about too.

Nowadays, i actively guide people on the path of Superpositivity. To live a full life. But, you see, it hasn't happened overnight. It took me many years to first become a player and then two years of fulltime dedication, of superconscious practice, to make the transition from player to coach. It took time. Because it had to. Truth be told, i did not design it that way. If i knew it when i started, maybe i'd have had second thoughts!

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But that's the beauty about the Universe. It will show you something when you are ready for it. Not earlier. And, i promise you, not even later.

Coercion means wanting everything *now*. But if you look at it, all that we experience and enjoy today has been built on countless sacrifices, trials, experiments, triumphs and observations of billions of humans. People suffered the agony of yearning to hear another's voice from a distance before the telephone could have been invented. People suffered the fright of pitch darkness before electricity could have been invented. People went through many an uncomfortable trudge on foot before the automobile could have been invented. People went through the agony of organ failure before transplantation could have been invented. They didn't suffer for nothing. Each one of them has contributed. Every thought has counted, every wish has counted, every visit to the laboratory has counted, every scribble on the notepad has counted, every accident has counted, every analysis has counted, every admission has counted, every denial has counted, every reward has counted, every rebuttal has counted, every success has counted, every failure has counted.

Superpositivity is not rigidity. It is flexibility. Apply all sets of rules. But on yourself. Don't expect others to follow them. And don't impose them on others either, whether your children, spouse, friends or anyone else. For instance, i have not consumed a drop of liquor in my life. That's a personal choice i have made. But i have always been around people who drink. And still do. I have never tried to change them. Here's my number one rule for

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Superpositivity: i don't come between other people and their choice. If i worship the Universe, the whole, and you want to worship an idol, a scripture or a symbol, the part, then i won't come between you and your choice. Of course, i will show you the larger picture, but if you want to see only a corner of that picture, then that's your choice. And i happily accept it. My whole effort — indeed the whole thrust of Superpositivity — is towards acceptance. And not conversion. For millennia, that's what human beings have been doing: convert others. If not to their religion, then to their identity. If not to their apparel, then to their appearance. If not to their habitat, then to their habits. If not to their speech, then to their manner of speech. If not to their life, then to their lifestyle.

Just because electricity comes from a windmill instead of a thermal plant does not change the core nature of electricity. It is electricity still. Similarly, just because someone wants to convert someone not to their religion but to their way of thinking is conversion still. Be an enabler rather than a converter. Enable others to walk on the path. And the biggest enabler in life is self-reliance. Like a mother teaches a child how to walk. Now imagine if out of love for the child, the mother always kept protecting the child by holding it in her arms! Neither of them would be able to endure for long. Besides, it will subvert the natural process. The natural process says, let's just nudge each other along. Once a child is grown enough, they will walk on the path of their choice. And of their own volition. A mother is not designed to keep walking on it with the child. She has enabled the child by teaching

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them to walk. Or showing them how to balance themselves. After that, her role is over. She has enabled. She is free.

I apply the concept of freeness to this book too. I have done my bit by writing it. Whether to accept its energy or to reject it is your choice. I will not base my quality on your quality — the quality with which you read this book. My success is to reach it to you. And to reach it purely. The rest is your choice. And your success. In the house, if you're cooking delicious food, and others prefer takeaway still, then that is their choice. Please don't stand in their way. Acceptance is the key with which you gain access to unimaginable energy. "First accept, then access." Even in the dictionary, Accept comes before Access. Usually, one gets so caught up in the limitation of a situation that one is unable to open up to its opportunity. If one is unable to handle waiting at a traffic signal, one is unable to access the opportunity to be patient. If one is unable to handle failure, one is unable to access the opportunity to rise. If one is unable to smile at a stranger, one is unable to access the opportunity to give joy. If one is unable to handle humiliation, one is unable to access the opportunity to forgive. So accept, adapt and access. That's the sequence of Superpositivity. And that's the sequence of life too.

DISAPPOINTMENT

Given to me, i'm telling you very honestly, i'd be making films, right now. Should i be disappointed that i'm not doing so? When i was in Mumbai, reeling under the debacle of *Challo Driver*, i'd

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written a script that a leading Bollywood producer absolutely loved. He made me wait for six months and then backed out unceremoniously at the last moment, before signing the contract. That was one among my many failures. One among 700 rejections i received over a three-year period. Many big, many small. I should have been sorely disappointed at getting blow after blow. But i wasn't. And that's my truth. If i was, i'd have been brooding. Not been of any help to myself or my parents. Neither to the half a million people that i have tried to motivate in the past ten years (i am assuming some of them were listening!) nor to the few readers whose lives i have touched through the thirty-plus books that i have written during those years. Of course, there has been many a personal setback. But then, if i have been able to pull at least a few out of their morasses, then those setbacks have been worth it.

You see, life is like cooking a dish. We need not just one ingredient. We need vegetables, salt, chillies, turmeric, garlic, ginger, sugar. All flavours and textures. They are all equally important. And they all add to the nutrition of the food. Similarly, approval and disapproval, success and failure, appreciation and criticism, pleasantness and unpleasantness, they all add to the multiplicity and wholeness of life.

Superpositivity doesn't mean that just because you are saying Yes, only Yes is going to come your way! Sorry, but that's not how it works. What it truly means is that you will say Yes also to every No that comes your way. And then over time you will see that the No was also for your good and has eventually morphed into a Yes.

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At its core, Superpositivity is unshakeable belief. Like the river has. It is pure when it flows from the glacier. But when it reaches the plane, it is defaced and defiled by unconscious human beings who keep dumping their refuse in it. How does the river respond? It just lets people do their bit. It knows that the pollution is transient. And localised in areas where the damage is happening. Now, the whole river never gets polluted. And over time, even if takes hundreds of years, it will get clean again. It knows it will. Till then it keeps doing what it knows best. Flow freely, energetically and affirmatively. Demonstrating an unshakeable faith not in external conditions but in its own power to change them.

A superpositive person knows that every effort of theirs will not translate into an immediate result. In fact, many efforts take a long time to yield results. After i set out on the path of Superpositivity, i wrote to many institutions, offering my consciousness talk "Superpositivity" for free. Given my profile, you'd imagine that the recipients would have warmed up immediately. But let me share an interesting statistic with you: i wrote to 126 premier colleges and universities, and not a single one of them responded to my mail! And here's the interesting part: i was not asking for any money! Not even any travel allowance. Just an opportunity to come and talk to their students. Leave aside a polite "Thanks but no thanks", they did not even bother to write back! Can you imagine that kind of rejection? Coming on the heels of the failure of the film, and the dissolution of my marriage, it should have crushed me. But did it? Far from it!

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In fact, it made my resolve stronger. Much stronger. I believe nobody has the power to give you anything. Or even to withhold it from you. *You* have that power. And you alone hand it over to them. The exchange of life is between the Universe and you. Between the Creator and the creation. Everyone else is just an intermediary. And an intermediary can just delay. But never stop. The stoppage is always in your hands. As is the release.

By then, i had been chanting Yes Thank You Universe thousands of times daily. So, i had become unaffected by rejection or the possibility of it. I decided that if the elite colleges did not want me, there were many more that did. It was literally a case of making the best of what was presented to me. So, i started giving the message of Superpositivity at high schools and special-needs centres. As it turned out, these people needed me more than the ones i was running after. It all happened because i deflected all disappointment. Even when results didn't come. And in retrospect, it was the Universe's way of saying that if you are giving a program called Superpositivity, i want to see how superpositive you are in the first place! I want to test you. On my part, i fully rose to the challenge. As i write this, i am still a lone crusader. It's not like people are lining up wanting to hear me or my message. But whenever i conduct an engagement, whether it's once a day, once a week or once a month, my energy is intact. In fact, it is growing. And that is my true victory. My true success.

Let me give you another example. You see, a fruit contains seeds in it. So, the true nature of every seed is fruit. But when you plant that seed in soil, what emerges is not just fruit. What also

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emerges is a plant with roots, stems, bark, leaves, flowers and finally fruit. Now the plant is not always laden with fruit. In fact, fruits are few and far between. But it lives in the hope of the fruit. It knows that its true nature is fruit. But it goes through a long, arduous journey before it can bear fruit. It has to deal with a lot of unfruitfulness before it can bear fruit. When it looks at its empty branches, it can see that as its reality. But it can also see that as its reality at that moment. Its transient reality. Its ultimate reality is the fruit. But to reach there, it has to pass through barrenness. The plant is born with that acceptance. That's why it withstands all adversities. The plant is a prime example of superpositivity. Even when its fruit is plucked, it doesn't react. Neither is it resigned to its fate. Because it knows that its fate lies not in the removal of the fruit but in its regeneration. That's why it keeps birthing life after life. In a concert of love and joy.

On the other hand, humans are prone to complain: "Everything is fine, but i don't want to talk to that person!" "I understand but she doesn't!" "I thought he'd be more caring but he isn't!" In all these cases, "but" is always the deterrent. You see, the Universe is always chiselling each one of us into perfection. What we want to have happened is not always what the Universe wants to. Sometimes it does. Mostly it does not. My credo is: "If you get your heart's desire, great; if you don't, even better." The point is: you have to accept both. If someone has acted to your liking, fine. If not, that's fine too. Because it is as much for that person's growth as it is yours. Superpositivity is acceptance: of your true nature and of the situation. The former gives you power

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and the latter loses its power over you. And that is true evolution in life. And what the Universe has truly birthed us for.

FEAR

There are some quantum physicists who hypothesise that one day, the Universe will undergo a phenomenon called the Big Crunch and will collapse on itself. That day is estimated to be at least one trillion (10,00,00,00,00,000) years later. Now, i am neither a quantum physicist nor do i claim to know about the fate of the Universe. But, like a quantum physicist, i too use analysis and observation to understand a scenario. So, let me give you five examples of fear and what eventually came of it.

When my parents shifted to their present house thirty-six years ago, in front of their house stood a vast expanse of empty land. All residents were scared that the government would build a cemetery there. Today, there stands a beautiful road on which flows the busiest traffic in Jammu. And there are statuesque bungalows on both sides of it.

When i was five, i was a very shy kid. At the school annual day, i was to do a two-minute skit enacting the role of a hunter. But at the last minute, seeing a 100-strong crowd, i started crying and ran away from the stage. My parents were scared that i'd be a communication wreck. And today, give me a 1,00,000- crowd, and i can engage them for hours.

When humankind dawned on this planet, life expectancy was twenty years. Most humans were consumed by natural

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elements or devoured by ferocious beasts. Mothers were scared that their children would never reach double digits. And here we are today. Average life expectancy is seventy-one years. And increasing.

When the earth came into existence some 4.6 billion years ago, there were only poisonous gases and water everywhere. Leave aside life forms, even oxygen was not born on earth for two billion years! If an alien was crossing, they'd be scared of such a "hostile" planet. Look at it now! There are an estimated one quadrillion (1,00,00,00,00,00,00,000) life forms dwelling on it as we read this. And growing.

There were hundreds of people who prophesised, and millions more who speculated, that the world would end on 21 December 2012. There was mass hysteria in the world. But, years on, let me ask you: did it end!?

Were any of these fears conclusive? Or constructive? Fearing our "fate" billions of years later is not what we are born for. In fact, we are truly born to not even worry about the next instant. For, you and i know we are born to die any moment. According to some (maybe correctly so), a trillion years later we might be dead. But i can tell you, a moment later we might be dead! Should it stop us from living? A pessimistic person wonders glumly: what's the point of living if one has to die anyway! An optimistic person smiles and says: i am born to add to the glory of this already beautiful creation before i die.

Consider it objectively: a force that has taken 13.76 billion years to bring you into existence has not done so to uproot you

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arbitrarily. It has created a pattern, a design for everything. If you flow with it, then it is going to flow with you too. Smoothly. Like a tributary being led into the ocean. So, have zero fears. Empty yourself of everything but superpositivity.

Imagine this is your last day on earth. How would you live it? Fearfully? Or Fully? People who are scared never live their life fully. And what's a full way? Here's the simplest one: take a deep breath, stretch your arms wide, smile fully, look at the allness around you with appreciation and say Yes Thank You Universe. Then even if one has to go this very moment, it'd be a positive way, a full way to go. Going appreciatively, generously.

A few years ago, astronomers found out that there are trillions of solar systems in the Universe. Just imagine: trillions of earth-like planets with possibilities for life! There is every chance that on a planet out there exists eternal life. That is a fair possibility. If a photon, a particle of light, can exist forever, a human being can exist forever too. Or, life forms far more sophisticated than a human being can for sure. A life form that vibrates on a frequency way, way higher than a human being. Technically, that's possible. See, a photon is pure. It vibrates very fast. And is very conscious. A human has to be like a photon before it can aspire for immortal life. A human being has collected a lot of impurities and lower frequencies that need to be transcended first. A lot of unconsciousness. A lot of fears. And a lot of unpositivity. By starting on the path of Superpositivity, one will start becoming as pure as the photon.

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And then immortality will take care of itself. In other words, by starting on the path of life, the afterlife will take care of itself.

Truly, it's time for human beings to start living and stop obsessing about death. Look at it this way: even if one has a month left to live, one still has 2.6 million seconds to live. Honestly, one second of superconsciousness is enough to know what life truly means. Or, what it truly means to have lived. You could activate that superconsciousness right now. Take a deep breath and with a smile on your face, say slowly Yes Thank You Universe. Now close your eyes and let Yes Thank You Universe resonate powerfully inside you. That's all it takes. Zero expenditure or technology involved. You still have hundreds of thousands of opportunities left to feel that. By following this simple process, i have activated the elixir of life so powerfully that this book has emerged from it. You can taste that elixir too. But for that you have to awaken. To life. Not to its dangers. See, when you accept the rose in its totality, the thorn will come too. But do you look at the rose or the thorn? Similarly, life will have its dangers too. They are inherent in it. But then they should never dissuade you from living life fully.

It is fear that makes you unaffirmative in life. Fear of the unknown. Fear of future. Fear of decay. Like i've said earlier, what is meant to happen will happen nonetheless. Independent of whether you like it or not. Nobody likes to die. But it is going to happen one day whether one likes it or not. The important thing is not to live forever. But to live *like* forever. Like eternity.

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To live an eternal life. Immersed in the energy of yesness, love, joy, youthfulness, passion, growth, abundance and oneness. In the spirit and energy of Yes Thank You Universe. In the spirit and energy of Superpositivity.

ENSLAVEMENT

Superconsciousness is a direct exchange between an entity and the Universe. It is meant to be pure, undiluted. If one starts associating it with forms and symbols, then one is activating it partially. Like climbing with a weight on one's back. Or walking with a tether on one's feet.

Superpositivity means freedom from followership. There was once someone who came to meet me from Pune. He'd read *Yes Thank You Universe* and had been deeply moved. He said he'd like to make me his guru. He kept insisting and i kept refusing. He asked me why. I asked him if he'd read the book. He said yes. Fourteen times. I politely yet firmly told him: "I've made it clear that i am writing this book to help you become independent. If you've not got that message, i've not written it effectively enough." He understood. And did not push any further.

I am a coach. Who helps players perform better. By themselves and as a unit. If you are really inspired by me and want to help me, then do this: imbibe the message of Superpositivity and share it with the world. Why come to me?

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Go to the world. Who am i? Just an ordinary person. But then so is everyone else. Every human being who has ever lived, is living or will ever live. Whether in the skin of a saint, guru, prophet or avatar. None of them was "special". And if they were, then you are too. None of them wanted to be a cut above. It is you that have placed them a cut above. The only thing special about them was their awakening. Their consciousness. We've spun lores and fables around them. To make them rarefied. And rare. And to avoid our own responsibility. We say: "They were Gods. I am just a mortal." We've assigned them to a pedestal. While we continue to fall off it. I am ever respectful of every place of worship, but as a personal choice, i don't go anywhere to seek or connect with the divine. My pact with the Universe is: "I will be conscious of you every breath of my being. I will see you everywhere. But, if i need a particular place to remind me of you, then i am not remembering you too well!" It has been over ten years since that resolve. My faith and my devotion have increased infinitely. And also my acceptance of those who "follow" every religion. It is their choice. And, like i said earlier, i have now learnt to never stand between a person and their choice. My motto is to let them be and set them free.

Apart from followership, another form of enslavement (and a paradoxical one) i see in the world around me is: renunciation. Fixation upon the idea to give it all up. Now, many people confuse freedom with renunciation. But, you see, freedom does not mean renunciation. Freedom means changing the how. Renunciation means changing the what. Freedom is to do with

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the interior. Renunciation is to do with the exterior. Changing one piece of clothing for another. Associating with one clan instead of another. Living in one habitat instead of another. Seeking one state instead of another. Becoming a sadhu instead of a senator.

Many people associate awakening with seeing how "meaningless life eventually is" or "how shallow the world is". The way i see it, if this world was not the way it is, then i'd have never known what it means to be "enlightened". It is the world that has led me to where i am. My approach to it is not of disdain but delight. I find it not melancholic but magical. How can it be otherwise! If the Universe intended me not to be a human, then it'd have happily made me an extraterrestrial organism on a planet billions of light years from earth! But there is a reason why the Universe has sent me as a human into the world of humans. And if indeed the "bad" world has led me to this point, then i am eternally grateful to the bad. And if at all i have become "good", then why not share it with the "bad"! Why run away from it! A mouse runs away from the lion. Rather than the lion from the mouse. The sun does not run away from the dark. It is the dark that runs away from the sun. Positivity does not run away from negativity. It is negativity that runs away from positivity. So, above everything else, stop being enslaved to the idea of running away from this "vain" world. Of resisting it. Of relinquishing it.

There is a beautiful Zen saying: "Before enlightenment, chopping wood, drawing water. After enlightenment, chopping wood, drawing water." What it means is that the outer life does not change after awakening, after becoming conscious. All that

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truly changes is the inner life. If you renounce, you've changed the outer life. Maybe now you live in a cave instead of a house. Maybe you have a band of followers instead of a family. Maybe you eat leaves instead of burgers. These are wonderful transitions. Brilliant renunciations. But maybe they've happened without changing the inner. While if you change the inner, you truly don't need to renounce. You will still speak over the phone, check your emails, drive your car, watch TV. But with so much more meaning. And, above all, joy. I have a simple theory: wherever you go, whichever part of this planet, the Universe always goes with you! Whatever you do, the Universe is always present. If you don't connect with the Universe in this lifetime, then who knows about the next? If you don't establish access to the Universe in this room, then how will you establish it in a cave? If you can't feel the energy of the Universe now, then how will you feel it later? The Universe is oneness, including oneness with wherever you are, whatever you are doing. With whatever you are wearing. And whatever the other person is wearing. Whether it is Levi's jeans or a priest's robe, whether you're eating in a monastery or at McDonald's, whether you are a monk or a mason, the Universe is always present. With you. And within you. Be free. And connect freely. Ever aware that the final destination is within you. Independent of all chains and enslavements.

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DISCOURAGEMENT

I am what i am thanks to the encouragement my parents gave me in my formative years. When i was five, my mother would tell me: "You are born to do wonderful things in life." She taught me to dream big and to reach out for those dreams. And, at the peak of my life, when i fell with a thud to the ground, they are the ones who helped me get up again. They saw me through a phase which is heartwrenching for any parent. Now imagine if they'd said: "You are wasting your time!" "Go earn some money!" "Look at your friends, they are all doing so well!" They could have. But full credit to them, they did not. They put their faith in me. And kept it going through the "darkest" phase of my life. I attribute my revival to their support and encouragement. In fact, you are reading this book thanks to them. For, they are the ones who sustained me while i was doing nothing but "observing life" for two years!

When i gave the 48-hour speech, i had to have a support team. To keep a close watch on the proceedings. Their contribution to the success of the event was as much as mine. Rather more. There were numerous power failures. Now, imagine if i was the one running to the generator every time there was a power outage! Or if the audience had discouraged me: "We don't want to hear about gratitude. Could you talk about rap music instead!" In life, each one of us can be someone's support team. And a support team's objective is very clear: to encourage the

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athlete. So that the athlete in turn can stretch the boundaries of human potential.

When i look around, i find that most people suffer from the Discouragement Syndrome — discouraging themselves and others. Actually, the principal reason they discourage others is that they've led a discouraged life themselves. The reason i motivate everyone is that i've motivated myself since childhood. Had i demotivated myself, then that is what i'd be giving the world. Simple as that.

The "can't do" people belong to that category. "You can't do this!" "Are you mad!" "That's not possible!" They are the impossibility givers. Imagine telling a 100-year-old man that you can't run a marathon. You'd be right, in fact "normal", if you said that to every 100-year-old you met. But maybe, just maybe, that one person among them would be Fauja Singh. Who would run a marathon at 102 and prove you wrong. Where would your practicality or "normalcy" go then?

Or, imagine telling a blind man that you can't fly an airplane. "That's impossible!" A "normal" person would see perfect sense in that assertion. But, if that person happened to be Miles Hilton-Barber, then he'd go ahead and prove you wrong. And not just become the first blind pilot to fly halfway across the world but also run endurance marathons on all continents of the world. Marathons that "normal" people are scared to even contemplate.

Superpositivity is supersensitivity. To the self. And to the others. Sensitivity here does not mean susceptibility to hurt.

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Or an offence to the self. But a receptivity to the calls. Of others' soul. Of others' energy. Superpositivity is not just about nursing your own wounds but about healing those of others too. Superpositivity is not just about living your own dreams but about helping others live theirs too. A superpositive person believes that not just she or he can do anything but others can too. Because a superpositive person knows that the same potential resides in each one of us. What exists in one exists in the other. Just the forms are different.

The beauty about human existence is that we are all born with the same potential. The same infinite potential. Some people find that assertion contentious. Why then, they ask, is one person successful and the other person not? You see, the answer lies in the question itself. Rather, it lies in the word Success. Because I have observed that the moment I talk of potential, in their mind, most people replace it with success. They equate potential and success. Though potential leads to success, it is not the same as success. Let me give you an example.

Many years ago, there was a boy, Pradeep, who tended my parents' garden in Jammu. He had never been to school and did not know how to read or write. One day, he saw me writing in the garden. He came up to me and asked me if I could show him how to write his name in English. I scribbled it on a piece of paper and gave him. He looked at it for a few moments, took the pad, and wrote his name. Perfectly! Now, if you were to write my name in Swahili, a language I am unfamiliar with, I'd practice it a dozen times to write it as well as Pradeep. Just because I've

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written thirty-six books, is my potential any more than Pradeep who had not written thirty-six words in his entire lifetime? Absolutely not! So, what's the distinguishing factor? I'll tell you what it is.

I have consciously worked on my craft. I have trained for almost twenty-five years to be a writer. I am sure if writing excited Pradeep as much, even he'd have gone ahead and written these books and more. But let me tell you where his interest lies. He loves the garden. If you were objective enough, you'd notice that what he accomplishes with the mower is the same as what i accomplish with the pen. The crafts are different, the recognition is different, the scale is different, the "success" is different. But is the potential any different? He is as conscious about his work as i am about mine. He enjoys it as much as i do. And in my eyes, he is as much of a success as i am, because he is doing the work assigned to him by the divine as well as i am. He manicures a garden as well as he can and i write as well as i can. But there is zero comparison. Because neither of us is better than the other. We have the same potential.

And to give you a drift of why i encouraged him that day: it's not because i thought that he'd become a writer. But because he wanted to try something new. For the pure joy of it. And i wanted to enable that. For the pure joy of it too. Don't ever discourage someone just because you think they can't be successful at what they are doing. And don't encourage only those who you think are going to be the "next big thing", but also those who want to experience this moment to the fullest. To give them the strength to face the next. Encourage your Dad if

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he wants to make something in the kitchen not because he is going to be the next MasterChef, but because he wants to. Encourage your Mom if she wants to try a pair of frayed denims not because she should look like a supermodel, but because she wants to. Encourage a friend if he's tried an "outlandish" colour not because he wants to be a rockstar, but because he wants to.

Encourage everyone. Those on the ascendant as well as those that are down. I know how much it hurts when you fail. In fact, i can tell you more about failure than success. How lonely one can feel. If you can motivate someone at this point, then you have done the greatest service to that human as well as to humanity. Encourage the old, the young, the haves, the have-nots, the children, the children-at-heart. For, in the journey of life, we can all do with a pat on our back and some wind in our sails. And if you help someone get back on their feet, then one day that person will help someone else too. And on that day, as the Universe will watch that exchange, it will be happy. It will be smiling from within. I know it will.

IRRESPONSIBLENESS

Independent of our present situation in life, we all have experienced negativity. Sometimes it is glaring. An act of terrorism, for instance. It is easy to see negativity when an extremist group blows up a civilian habitat. Or when a vandal loots a shop. Or when someone humiliates you. It is all too easy

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to spot it in others. In neighbours, family, friends, relatives, governments, societies. We are ever so quick to spot that. More so to point it out. Just closely observe two people confronting each other. Invariably, you'd find them finding fault with the other person. With what they said or did. With how "wrong" the other person is.

It is a rare person that is responsible enough to find fault with themselves. With one's own attitude, actions or thoughts. The thing is that most people are asleep to their own weaknesses. To the negativity that resides in them. And the fact is that it does. In each one of us. Even in the most positive ones among us. Let me give you my own example. I have been a positive person all my life. When i was twelve, i read *The Power of Positive Thinking* by Norman Vincent Peale. And that book set the tone for the rest of my life. I resolved to be positive throughout my life, come what may. One by one, i kept achieving every single goal that i set. Success came to me. In copious heaps. I attributed it to my positivity and thought that i had myself sorted. Till the day my film failed. And i found myself with my back to the wall. In retrospect, that is the day i truly looked at myself. Or, i should say, *within* myself. And i found so many layers, so many nuances, so many chambers! I realised that negativity is not always what it seems to be. Many a time, we are perfect on the surface. As well as on many levels inside. But deep, deep, deep inside, there's still a lot of work to be done. That day, i saw the work that was to be done. And i set out to attain dominion over my innermost domain. A domain unknown to the world. A domain only i could see.

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It was like looking at the ceiling of the Sistine Chapel. It is so high and the fresco work so intricate that from the ground you cannot make out that there's a cobweb. Or a tiny chip of paint. But if you climb a hydraulic lift, you can see it clearly.

Or, when you look at a bowl of curd, you can't see live culture or bacteria moving about. But when you see the same bowl under a microscope, you can see clearly.

Or, when you look at the ground, you don't see what's going on underneath. But with a seismograph, you can look fifteen kilometres below and know exactly what's going on.

Or, when you look at the sky, you don't know if it's going to rain the next day. But with a navigation satellite hovering 100 kilometres above, you will know exactly what the weather is going to be like a week later.

In all the above cases, what helps is the lift, microscope, seismograph or the satellite. But what truly enables is the awareness. Which enables probing into levels hitherto unseen. And know the hitherto unknown. Superpositivity is that tool. Which shows you things about you that you never knew existed. The chips, the bacteria, the tectonic movements, the weather disturbances that go on deep inside you.

After the failure of my film, i went through many processes, probes and experiments. Unrelentingly. One after another. Though the processes kept changing, the feeling inside me intensified. Or, i should say, the resolve inside me strengthened. From positivity, i went to Superpositivity. And only then did i see the crevices that lay deep inside.

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I realised that i was dependent on relationships. You see, women have been responsible for the most wonderful things that have happened in my life. I have the deepest love and respect for all women, including my mother, grandmothers, sister, ex-wife and some extraordinary women i have been blessed to know. I've learnt immeasurably from all of them. But the one thing i never quite learnt was how to function without a woman in my life. I never admitted it to anyone but i was scared of one thing in life: being alone. When my marriage ended, the first few weeks were very difficult for me. I couldn't even eat because i was always used to sharing my meals with someone or having someone by my side. Truth be told, there were many chances for me to move on. To give in to my "needs". But before i could, a realisation dawned upon me. A very strong one. That if my life had taken that turn, surely it was not a fluke. There had to be a deeper reason. A lesson i had to learn. Unfortunate as it seemed, life was presenting me with a chance for growth. I clearly had two choices in front of me: continue to stoke my compulsion or claim my freedom. I went against my instinct (and habit) and chose the latter. I decided to be alone for at least a year. And see what comes of it. I knew that the path i was going to walk on needed me to be as strong as i could. That time had come to fully stand by myself, rather than using another shoulder to lean on.

I also realised i took things for granted. Not the big things but the smaller ones. For instance, i'd get up from the bed, touch my forehead to the ground and thank the Universe for a

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superfortunate life. I'd look all around me and express gratitude for what i had. But i conveniently overlooked the bed! I remained oblivious to the blanket that lay sprawled on it. Leaving it for the maid to clear. Or, i'd carry my own dishes to the kitchen sink. But i never washed them. Leaving them for the maid to do.

These are things which most of us males growing up in India take for granted. We have caring mothers and spouses and house help who manage these details for us ever so efficiently. Even now i could overlook these "trivialities". Who cared about them anyway! But then i'd made a conscious choice: i'd rise above the obvious. And seek the not-so-obvious. I saw that it was not enough to say Thank You to the maid and let her do my dirty dishes. It was a nice state. Rather, it was positive. But then there was a level beyond. The level of Superpositivity.

It made me responsible. It made me sensitive. To how much we hurt others. Consciously as well as unconsciously. We all do. When we walk or drive, however much we dodge, a few ants or insects are bound to be trampled upon. When we travel, either by car, bus, train or plane, there will be carbon dioxide emissions. When we eat live plants, we must be causing them hurt. When we breathe, we inhale live microbes and cause them hurt. All of this is unconsciously done. Which is fine. It is part of transaction of life on this planet. But then the moment we consciously hurt someone or something, we become perpetrators. Rather than participants. Perpetration is where we have to restrain. Participation is inevitable. The moment you are breathing, you start participating and it continues till your last

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breath. Perpetration is something you can always control. It's like there's a bag on the table in front of you. You know it has a million dollars. But the bag is not yours. The owner has gone to the restroom. You have two choices: to perpetrate the theft or participate in its safeguarding. The former accrues by crumbling to the temptation while the latter comes about with restraint. The perpetration is unmindfulness of others. The participation improves with restraint.

The reason i don't follow organised religion is that i am flowing with something much bigger: Superpositivity. It has made me much more responsible. My commitment to the Universe has increased. To every human being has increased. To the incremental progression of positive energy on this planet has increased. Whether you are a Sikh, Muslim, Christian, Hindu, Jew, atheist, believer or anything in between, i am equally committed to give you positive energy. To make you feel how special you are. And we all are. To make you love life more is my only aim now. And if you still insist, appreciation of life and love for all it contains is my religion. And my responsibility too. Yes Thank You Universe for that beautiful responsibility. A responsibility that naturally prepares me for the next step in the creation of Superpositivity: releasing.

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Releasing

A superpositive person practises restraint with only one intent: to release superpositivity. The most beautiful part about the restraint is always the release, the activation. Release is every entity's ultimate destiny. Its purpose. Just like the river is born to release its water. The sun is born to release its light. The air is born to release its oxygen. The flower is born to release its fragrance. And the bow is born to release its arrow.

If you look at it, the release of the arrow is also its activation. However, while the arrow is being retracted along the bowstring, the archer has to practise restraint to not release it in a hurry. There is a lot of effort involved. The archer's upper body is tensed, the bow is arched, the lower body is still, the arrow has to be patient. Now, if the bow is released hurriedly, the arrow will fall limply by the wayside. And its purpose will go unfulfilled. But, if the restraint is done with completeness, the arrow acquires a lot of potency. If it is then released, it will hit its mark with precision and force. The point of release is critical. The archer knows. It comes with instinct. And instinct comes with practice. Through a simple process called Superpositivity Activation. Which has four beautiful parts: Superpositivity Chant, Superpositivity Affirmation, Superpositivity Meditation and Superpositivity Exchange. Let's start with the Superpositivity Chant.

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SUSUPERPOSITIVITY CHANT

Superpositivity is synonymous with the Superpositivity Chant: Yes Thank You Universe. For over ten years now, i have patiently observed its effects on myself and thousands of others. And, every day, my faith in it has become stronger. Over the years, i have experienced lots of techniques for wellbeing and consciousness but the best of them all has been this four-word elixir: Yes Thank You Universe.

The way i look at it, i came to this world just to give it the message: Yes Thank You Universe. Everything before that led me to the message. And everything after that has been to strengthen that message. I put that message out to the world with *Yes Thank You Universe* — a book that emerged from superconsciousness. And so has *Superpositivity*. But this book is not any different from the previous one. It is merely an extension of that. It's like you've built a beautiful house which has a lot of open space around it. A year later, you climb a hill and see that you could do beautiful landscaping around the house which will make it look even more majestic. And will complete the picture. Yes Thank You Universe is the house and Superpositivity is the land on which that house is built. Essentially, Superpositivity is the philosophy and Yes Thank You Universe is its message. Superpositivity is the practice and Yes Thank You Universe is its facilitator. Superpositivity is the path and Yes Thank You Universe is its vehicle. Superpositivity is the energy and Yes Thank You Universe is its activation.

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I say Yes Thank You Universe as often as i can. As fully and lovingly as i can. I say Yes Thank You Universe to a chair, the floor, the walls, the sky, as many human beings as i can. Wherever i look, whatever i hear. While i am showering, eating, wearing my clothes, driving, and so on. Every day, i open my eyes with this chant, and i say it while going to sleep. It just keeps me perpetually immersed in superpositive energy. Over the past ten years, my biggest endeavour has been to suffuse my thinking, listening, speaking, doing, feeling and all my senses with the energy of Yes Thank You Universe to optimise superpositivity. I let it resonate within me silently throughout the day. I often close my eyes and let Yes Thank You Universe fill me up. It is my conscious endeavour to suffuse this energy in every breath of my being, in every moment of my life. When everything i do or everything that happens in my life is wrapped in the energy of Yes Thank You Universe, how can negativity affect it? Rather, it has zero choice but to become superpositive naturally and unlimitedly.

Doing the Superpositivity Chant has revived me from the brink of absolute despair and filled me up with the elixir of life. It has enabled me to reach out to hundreds of thousands with the message of oneness. It saved me when i had zero other hope in life. When my life was in tatters and nothing else was working. I give all credit to wherever i am today to this chant. And it is with the purest intent that i share it with you. Because i know for sure: it has the power to free you from every ailment and unpositivity in life.

Within a few days of the revelation of Yes Thank You Universe, i set a five-year goal to chant it twenty million times:

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ten million times spoken and ten million times silent. In September 2018, i joyfully completed my goal. It used to take me approximately five hours every day. I used to chant two-and-a-half hours at a stretch in the morning and two-and-a-half hours at a stretch at night. My goal was 11,000 chants every day: 5,500 spoken and 5,500 silent. I'd perform the spoken chants in the morning and the silent chants at night.

Over 1,826 days, i accomplished my goal unfailingly, every day, come what may. Because i'd simultaneously keep a mental count as i chanted, it entailed gruelling discipline, putting a tremendous mental strain at times. On occasion, i had to get up at 3 in the morning to start chanting. On occasion, i didn't sleep all night because my goal of 5,500 silent chants was unmet. When i'd started this journey, i'd pledged to not sleep unless i fulfilled my goal for the day, till i completed twenty million chants. There was a day when i finished the 5,500 silent chants at 6 in the morning, and then immediately started my quota of 5,500 spoken chants for the next day, without a break. Yet, the demanding regimen also enabled me to perfect the art of goal accomplishment. Today, people ask me how i created scores of Guinness World Records, or how i travelled to every state in India and the US to share the message of Superpositivity, or how i became a mentor to Olympic athletes or how i became blessed to inspire people all over the world to come out of negativity. I tell them of my five-year goal of twenty million chants. Doing so gave me the gift of consciousness. It made me aware of the fact that every time i said Yes Thank You Universe, i was giving superpositivity to the world,

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to the very breath that i was breathing, to the room that i was in, and to whoever i was with in that moment.

Now your activation of the Superpositivity Chant need not be of a level as extreme as mine. Honestly, my goal was to share the message of Superpositivity with the whole world, so i prepared myself accordingly. Plus, i made a lot of personal sacrifices during those five years in my singular devotion to the development of the Superpositivity philosophy. But you don't have to. In fact, anyone can get to activate Superpositivity through a much easier and normal way. You just have to do the Superpositivity Chant a minimum of 1,00,000 times. Giving you an estimate, if you chant at a normal speed for 30 minutes continuously, it will be 1,000 chants. So, it will take you 100 days or a little over three months to get there. If you chant for one hour daily, you will get there in a month and a half. You could chant 1,000 times in one continuous go or you could do 10 sets of 100 chants each spread out over the day. You could do these sets of 100 while going through the morning chores, while taking a shower, while getting ready, while doing dishes, while going to work, while taking a walk, and so on. Trust me, you'd start enjoying every activity so much more, once you touch it with the magic of Yes Thank You Universe. And once you've completed 1,00,000 chants, keep going naturally beyond. Because that continuity is where infinite power exists.

You can chant any time of the day for as long as you want. And the more you do it, the better it works. You could paste post-its or printouts at strategic places in your house or

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workplace, with Yes Thank You Universe written in bold letters on them. Also, it could be your computer, laptop or mobile screensaver, or your WhatsApp status. You could start setting unusual things as consciousness reminders — the banging of a door, a loud thud, honking of a car, the ringing of a phone — to bring you out of your train of thought and into doing the Superpositivity Chant.

In September 2020, to celebrate the seventh anniversary of the Superpositivity Chant, a musical track devoted to the chant was created. Visit www.superpositivity.org, and you'd be led to the track, which is available there as a free downloadable file and also as a streaming file on multiple online music platforms. At my parents' home in Jammu, the Superpositivity Chant plays on a long loop. Whether we are eating or working, it just keeps playing in the background at a low volume and keeps us suffused in the energy of superpositivity. To say that it has added immeasurably to the joy and harmony at our home would be an understatement. Take a listen for yourself and you'd know what i am saying.

By practising the Superpositivity Chant, i keep connecting with the fount of infinity within, and as a natural result, my life keeps becoming better forevermore. If you'd met me eleven years ago, you'd have thought it impossible that i'd be doing all that i am doing today — singular credit for this goes to the Superpositivity Chant. Best of all, thanks to the chant, that has built a reservoir of positivity inside me, i have been working on myself diligently during the past ten years to develop all the qualities of Superpositivity (as mentioned on the facing page).

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SUPERPOSITIVITY QUALITIES

- ~ Love for the Creator
- ~ Love for all creation
- ~ Love for one's own life
- ~ Love for superpositivity
- ~ Living consciously
- ~ Infinite in one's approach
- ~ Driven by purpose
- ~ Resonating Yesness
- ~ Grateful
- ~ Appreciative
- ~ Universal
- ~ Joyful
- ~ Energetic
- ~ Healthy
- ~ Enjoying the present
- ~ Improving forevermore
- ~ Selfless
- ~ Confident
- ~ Honest
- ~ Harmonious
- ~ Disciplined
- ~ Compassionate
- ~ Humble
- ~ Focused
- ~ Inspired
- ~ Inspiring
- ~ Loyal
- ~ Abundance minded
- ~ Giving
- ~ Beautiful
- ~ Respectful
- ~ Visionary
- ~ Diligent
- ~ Helpful
- ~ Contented
- ~ Brave
- ~ Strong
- ~ Flexible
- ~ Generous
- ~ Accepting
- ~ Ever striving for excellence
- ~ Ever striving for success
- ~ Creative
- ~ Goal setter
- ~ Goal achiever
- ~ Dependable
- ~ Organised
- ~ Fit
- ~ Smiling
- ~ Open
- ~ Youthful
- ~ Sensitive
- ~ Inexhaustible
- ~ Optimistic
- ~ Devotional
- ~ Participative
- ~ Encouraging
- ~ Enthusiastic
- ~ Allocentric
- ~ Peaceful
- ~ Driven by faith in the Absolute
- ~ Determined
- ~ Attentive
- ~ Independent
- ~ Corrigible
- ~ Undiscriminating
- ~ Relaxed
- ~ Simple
- ~ Unitive
- ~ Solution seeker
- ~ Forgiving
- ~ Unshakeable
- ~ Dignified
- ~ Clean
- ~ Clear minded
- ~ Magnanimous
- ~ Inclusive
- ~ A constant learner
- ~ A willing mentor
- ~ Celebratory
- ~ Polite
- ~ Initiating
- ~ Unprocrastinating
- ~ Patient
- ~ Aesthetically refined
- ~ Forward looking
- ~ Upward looking
- ~ Understanding
- ~ Persistent
- ~ Dutiful
- ~ Objective
- ~ Lighthearted
- ~ Law abiding
- ~ Protective
- ~ Self reliant
- ~ Punctual
- ~ Timeless
- ~ Rational
- ~ Expressive
- ~ Consistent
- ~ Friendly
- ~ Empowering
- ~ Responsible
- ~ Responsive
- ~ Unconditional
- ~ Endurant
- ~ Courteous
- ~ Decisive
- ~ Progressive
- ~ Introspective
- ~ Outgoing
- ~ Caring
- ~ Versatile
- ~ Playful
- ~ Careful
- ~ Practical
- ~ Self controlling
- ~ Cooperative
- ~ Unsuperstitious
- ~ Tolerant
- ~ Unjudgemental
- ~ Fresh
- ~ Flowing
- ~ Soothing
- ~ Articulate
- ~ Unreactive
- ~ Transparent
- ~ Resourceful
- ~ Uncoercive
- ~ Trusting
- ~ Hospitable
- ~ Active
- ~ Spontaneous
- ~ Uncovetous
- ~ Volunteering
- ~ Efficient
- ~ Inquisitive
- ~ Adventurous
- ~ Uncomplaining
- ~ Self motivated
- ~ Team player
- ~ Exercising regularly
- ~ Giving zero excuses for anything
- ~ Free from all overpowering external influences
- ~ Unwasteful
- ~ Conserving nature
- ~ Original
- ~ Balanced
- ~ Seeing oneness in all
- ~ Sharing positivity with the world

SUPERPOSITIVITY

As we discussed earlier, Superpositivity is the sum total of all the positive qualities in the Universe. Now there are around 150 positive qualities, so Superpositivity essentially is the sum total of all those 150 positive qualities, which are mentioned on the previous page. There is also a link to all the qualities of Superpositivity at www.superpositivity.org. Download that list and display it on your device or paste it in a place at your home or workplace where you can frequently see it.

I went over all the 150 qualities of Superpositivity, one by one sequentially, and tick-marked the ones i naturally had. And for those qualities that were missing in me or were my weakness, i put a circle next to them and started putting concerted attention on each of those qualities, one at a time. Research says that it takes between twenty and forty days of sustained, incremental practice to develop an attribute that becomes ingrained in our consciousness. I made it my goal to improve just one quality over twenty days at least, and longer if needed. I took progressive steps daily, and moved on to the other qualities only after fully developing or strengthening the one quality i had identified. It is said that energy flows where attention goes. The more attention you give to every aspect or quality of Superpositivity, the more it will grow within you. The idea is to develop every quality of Superpositivity to a highly active degree rather than just have a nodding acquaintance with it. Even if it takes you years to develop all these qualities, persist with it. If you make it your goal, then you will eventually develop Superpositivity. Because remember that Superpositivity is a goal

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rather than a gift. And that goal is not fulfilled till we develop all the 150 qualities of Superpositivity, and then keep improving them forevermore. Essentially, Superpositivity is a combination of celebration and improvement. Keep saying Yes Thank You Universe, keep building a reservoir of positivity within yourself and keep channeling that energy towards an ongoing celebration and improvement of life forevermore.

You will find more detailed explanations and rationale about the Superpositivity Chant in the book *Yes Thank You Universe*. But for now, you can take my word for it. It works like magic. In fact, better than magic!

SUPERPOSITIVITY AFFIRMATION

I know that your intent is in the right place. The very reason you are reading this book and have come this far is because you intend to be very positive. Or, even if this book has been gifted to you by someone, then it means that your intent has drawn it to you. Intent is the first step in the journey of Superpositivity. The foundation on which you build the rest of your building.

Intent is the force that works on silently in most people. The soft voice, the barely audible one. Which, ironically, is also the reason intent remains so fragile, so feebly expressed, in most cases: it remains forever in the silent domain. Like a brilliant gemstone that one keeps stashed away in the locker and never takes it out for fear of it being stolen. Or, food that one keeps

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sealed in the fridge for fear of it getting finished. Or, a sports car which one keeps locked in one's garage for fear of it getting scratched. Or, a designer suit which one keeps hanging in one's cupboard but never wears for fear of it getting dirty.

See, the very reason we've been given this body is to use it. Or, to activate its potential. What if we never kept our feet on the ground for fear of our soles wearing out! Or if we never opened our eyes for fear of dust motes going inside them! Or if we never stood up from a chair for fear of our back getting strained! Each of our gifts has been given to us by the Universe so that we optimise them. We've been equipped so that we emit. We've been given so that we gift. We've been endowed so that we express. If someone has been endowed with the skill of painting, it is so that they express it; if someone has been endowed with the skill of writing, it is so that they express it. And if someone has been endowed with the gift of superpositivity, it is so that they express it.

Researchers have found out that the brain readily believes something it is presented with over a long period of time. And processes it into a "reality". If you keep giving it wantingness, then that is what it will construct as your reality. And if you give it affirmativeness, then that is what it will construct as your reality. Actually, affirmation is the art of telling the brain that you already have something rather than entertaining a mere possibility of having it sometime in future. Wanting to be healthy is a possibility. But proclaiming that you *are* healthy brings it into the realm of the present. There is a lot of difference between "I want to be healthy" and "I am healthy". The former is beseeching, while the

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latter is bespeaking. The former is an imploration, while the latter is a proclamation. The former is iffy, while the latter is certain. The former could be, while the latter will be. The former is groping, while the latter is affirming. It is my abiding belief in life that "You become what you say." And if you say what you wish to become, then that is what comes to be. An affirmation is quite simply that declaration of power. A solidification of that intent. A firm expression of the state you wish to experience.

I have been a lifelong practitioner of affirmations. From the time i said my first one at the age of twelve: "I am always happy!" To the many that i do till date. When i deeply understood the power of the Superpositivity Chant and started walking on the path of Superpositivity, i was guided to create an affirmation that best expressed my intent. I call it the Superpositivity Affirmation.

Yes i am superpositive forevermore and i am giving superpositivity to the world forevermore, Yes Thank You Universe.

Let me share with you what it means. Through the affirmation, i pledge affirmatively to the Universe that i am the energy of superpositivity. I have created that energy thanks to my pure, eternal source, the Universe. And i also pledge to give my superpositivity to the whole world. To everywhere, everything and everyone. Now, most people think that our interaction in this world is just with other human beings. But the world includes places and things as well. In fact, we are thanks to a physical place. The city we live in is not because of us. But we are because of the city we live in. Earth is a place. The sky is a place. The world

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is a place. We are because of the world. The world is not because of us. It's everywhere. Similarly, in the journey of life, we often disregard things: phone, books, keys, clothes, utensils. We throw them around. Learn to treat everything you interact with like an independent entity. A key is an entity like you. Don't fling it carelessly. Replace it where it belongs, firmly yet gently. Most positive people have learnt to give positivity to other human beings. Which is great. But a superpositive person must give positivity to every atom of the Universe. Starting with the room where you are sitting. Look at it appreciatively. Love it. Enjoy it. Then to the thing you are touching right now. The floor, the chair, the bedsheet, the book, the table. Appreciate it. Love it. Enjoy it. Then finally to everyone. Including plants, animals and humans. For, a tree is an everyone, a dog is an everyone and a person is an everyone too. Any entity that breathes and has animate life in it. Be it any form, shape, size or colour. We must first of all learn how to give superpositivity to the lifeless. Once we do that, we will automatically learn how to also give it to the ones with life. Finally, I believe that Superpositivity, like the Universe, of which it is a part, is not retrogressive. It is progressive. And it needs to be proclaimed so. "Forevermore" serves that purpose. I end the affirmation by proclaiming that Superpositivity is not a one-time dalliance but an eternal process. And I am happily releasing it again and again. for the benefit of all creation. Forevermore.

I practise the Superpositivity Affirmation scores of times daily. But I request that every practitioner of Superpositivity say this affirmation a few times every morning

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upon waking up and a few times before going to sleep, and as many times throughout the day as one remembers. The Superpositivity Affirmation will reinforce one's inner resolve and will ensure that one practises Superpositivity naturally, freely and incrementally.

SUPERPOSITIVITY MEDITATION

The Universe has endowed us with a lot. More than we can ever measure. Or even imagine. But then along with the endowment comes the entrustment. The Universe has also entrusted us with the task of activating these gifts. And the best way to do that is to focus. Focus is the facilitator of manifestation. It is the process of making your intent concentrative. Since it is very easy to go adrift in the distractions of the outside world, a superpositive person needs to keep their focus sharp. Like the beam of a laser. What would help them tremendously is a simple technique called Superpositivity Meditation. Let me share with you how to do it.

Sit straight. Turn your chin slightly upwards, and close your eyes. Keep a soft, gentle smile on your lips. Take a few deep and conscious breaths. Breathe as slowly as you can, as lovingly as you can, as joyfully as you can. And just enjoy your breathing for a while.

Now, while still keeping your attention on your breath, mentally say the words "Yes Thank You Universe". Let these four magical words resonate within you slowly, softly. Just feel

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acceptance, gratitude and appreciation for your life and a pure connection with the Universe. Don't ask for anything and don't seek any special experience. Focus on the beautiful energy that the words "Yes Thank You Universe" are creating with you. Feel that you are the luckiest person in the world, the happiest world in the world — simply because you are the most grateful person in the world. Keep a smile on your face throughout, and just celebrate your life as much as you can during these beautiful moments. And if your attention drifts, silently, firmly repeat "Yes Thank You Universe" and bring your focus back on these beautiful words. If you want, you can even watch these four words bathed in a golden light, illuminating your inner being.

Be in this state for as long as you like. Whenever you are ready, rub your palms together and press them softly on your eyes and face. Fold your hands and say aloud: "Yes Thank You Universe". Open your eyes gently. You've experienced the joy and magic of Superpositivity Meditation.

On my consciousness journey over the past decade or so, i have experienced many forms of meditation, but i have found the Superpositivity Meditation to be the simplest and the most effective. You could do this meditation as often as you like. But i request that you do it for at least five minutes every morning. And whenever you feel like throughout the day, even if for a few moments.

This is, in fact, an active meditation that can be performed even with open eyes while working, or spontaneously, whenever you remember or have a quiet moment by yourself. Just let "Yes Thank You Universe" silently resonate within you — and you

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will be meditating without anyone knowing or without you having to carve any extra time for it!

Just one suggestion: while doing the Superpositivity Meditation, keep a smile on your face and with every invocation of Yes Thank You Universe, radiate appreciation. Pure appreciation for the opportunity to invoke the infinite energy of the Universe. To remember its all-powerful name. Just praise your life. And all other life forms. The past. And the present. Don't ask for anything. If you want the meditation, or the energy of Yes Thank You Universe to work, then this is the only requisite: you will not ask for anything. Not for yourself or even for others. You will only give. Pure gratitude and pure appreciation — appreciation. That's it. And you will keep reaching out to life freely, lovingly, joyfully, incrementally.

You are now ready for the final part of the activation.

SUPERPOSITIVITY EXCHANGE

A survey done in Britain found out that an average person has 27 conversations every day, lasting an average of 10 minutes each. As we've already ascertained, most of those conversations teeter on the negative. In order for us to neutralise the collective effect of all those conversations, we need to have at least one optimally positive conversation every day. Thus was born the Superpositivity Exchange — the best conversation that humanity can have. I have written a book *Superpositivity Exchange* (you can read it for free on www.superpositivitybooks.com) that delves

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deep into this topic, but let me present its distilled essence to you here.

Basically, Superpositivity Exchange comprises seven questions that are inspired by the Superpositivity philosophy and crystallise all its pivotal elements: consciousness, inspiration, gratitude, forgiveness, appreciation and improvement. All these questions are so simple that even a small child could answer them yet so rare that most grown-ups never ask themselves or each other these questions even once in their lifetime! Let us briefly talk about each of those seven questions, their essence and how to answer them simply yet originally.

1) *What are the positive things that happened in your life today?*

You see, there are 86,400 seconds in a day. How can it be that *all* those seconds are going wrong in a person's life! Even if we assume that many of them are, some would be going good as well: and if not in "their life", then in the larger life of existence: the sun is still rising outside, the birds are still chirping, the flowers are still blossoming, the moon is still shining, the stars are still twinkling. There is always so much going right, if people just care to look.

Honestly, the simplest and most answer to this question could give be: "The most positive thing that is happening in my life today is that i am alive and i have been gifted a chance to live another invaluable day on this planet." And since the question is exhaustive, one could mention an endless array of things beyond the fundamental answer of being alive — almost anything that you notice: "It's excellent weather today." "I am feeling healthy

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and active today." "It's our country's Independence Day today, and i am elated." "It's Diwali today, and i feel like celebrating." "I've been promoted at work today." "It's Sunday, and i've got a chance to relax today." "My boss appreciated me today." "My parcel arrived today." "My cousin called me today and we had a beautiful chat." "I am blessed to have a wonderful family." "I still have a job that I can go to." "There is peace and harmony in my neighbourhood." "We are all having dinner together." "This Superpositivity Exchange we are having is a positive thing happening in my life today." And so on.

The more you look, the more diamonds you will find. The deeper you dig, the more minerals you will chance upon. And the best part is, like the diamonds and the minerals, you don't have to "invent" anything but simply discover them. Because they are all there, waiting to be unravelled and cherished. The more you do, the more valuable your life will become.

2) *What are the positive things that you did today?*

The second question of the Superpositivity Exchange seems quite similar to the first one but there's a huge difference: the first one is about what positive things happened things to you today while the second one is about what positive things you did today. The first one is largely a recollection of all the wonderful things that are naturally happening, but you might not have actively noticed today. And the second one is a recounting of all the wonderful things you have consciously and actively done today.

The first one has an element of luck while the second one is a product of karma. It is all about your actions. Almost every

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human being does a lot of wonderful, affirmative, positive things on a daily basis. Just like they are oblivious to the magic and positivity of the present day, they are oblivious also to the magic and positivity that is latent within them. They take their life for granted — and they take themselves for granted as well.

You see, it is always an atom that leads to a molecule and the smallest that leads to the largest. The second question is designed to give us a chance to affirm and express the smallest goodness in us that would eventually lead to the largest fulfilment within us. My own experience during the lowest phase of my life confirms that. When nothing “iconic” was happening, when i wasn’t creating any world record or writing any transformational book, i started making a list of the smallest of beautiful actions i was consciously performing: “I woke up on time today.” “I hugged my parents in the morning.” “I went to the terrace to watch the sunset.” And so on. Trust me, it reinforced my wellbeing in a stronger way than i can express. It made me conscious of the smallest moments, the smallest actions, the smallest endeavours that we all so easily miss. The more i started giving my attention to them, the more my life started to blossom on its own.

3) *Who has inspired you today?*

The reason most people live such listless lives is that they are uninspired. In the previous two chapters, we highlighted the importance of looking for positives in life and in oneself. If one can’t find it in oneself, chances are one won’t find it in anyone else either. But once one has indeed found it in oneself, then one *has*

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to find it in others as well. What goes in must come out. Naturally. Once you've started discovering your own beauty, you must also start finding that beauty in others. In fact, in everyone else. And that is what the third section of Superpositivity Exchange is designed for: to look for beauty in others and allow them to inspire us.

Look around you. Behold. Inspiration is all-pervasive. Every person has the capacity to inspire you: parents, partners, siblings, friends, colleagues, celebrities, commoners. Try to seek inspiration from a fresh source every day. It will broaden your perspective and will nudge you to see the same spark in everyone. Don't overlook anyone just because they haven't "achieved" much. Look for qualities, not qualifications.

Take a moment when you are asked this question and think of who all you have sought active inspiration from today. It could be a liftman, a delivery person, a traffic cop, a neighbour, a relative, a passer-by, a mason, an athlete, an artist, a politician, a fictional character, a piece of furniture, a monument, a vehicle. Be generous in your expression of the inspiration you have received. And as experience tells me: what you express, you become. If you keep expressing on a daily basis the inspiration you receive from others, in due course of time, you will become a source of inspiration to others as well. Simple as that.

4) *What are you grateful for today?*

If i could share the best ingredient for happiness in life it'd be: gratitude. There isn't a happier person than a grateful person. Happiness has been one of my favourite subjects in life. I have

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travelled the world and interacted at length with thousands of people from all walks of life. I have observed them closely, talking to them at length about happiness. Though they all came from different cultures, backgrounds, aspirations, stories, skills and influences, yet there was a common denominator in those i'd consider the happiest among them: gratitude. They were all unexceptionally grateful for their life, however "imperfect" it might have seemed. Now please bear in mind that these are not kings, princes, heads of state or CEOs that i am talking about. Rather, i am talking about regular people, who were dealing with the same, or graver, concerns about life as you and i. Most of them were working-class people, holding 9-to-5 jobs. Some were cabbies, some porters, some concierges, some lift operators, some tourist guides, some air stewards, some servers, some cleaners, some bus drivers, and so on. One could say almost none of them had a rosy, comfy life. They all had the same insecurities about their life and most of them went through the same humdrum as almost anyone else. But among the thousands, the hundreds that i'd call happy were the ones who are grateful.

If you truly want to start living, then start saying Thank You from this moment on. As many times a day as you can. To as many people as you can. Say Thank You to people who have done something for you: family, friends, colleagues, clients. And say Thank You also to people who have not apparently done anything for you: strangers, fellow drivers, passers-by. Before you have a meal, and after you finish one, just stop awhile and say Thank You. You have zero idea how many people and energies have toiled to get that food on your plate. Start thanking the

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anonymous helpers: garbage collector, bus driver, cabbie, liftman, security guard, parking attendant, traffic cop. Ultimately, extend your circle of gratitude to one and all. And one day you will realise that the more gratitude you develop, the more amazing your quality of life will become.

5) *Who would you like to say Sorry to today?*

I have done hundreds of Superpositivity Exchanges since its inception, and i have discovered that the fifth question — “Who would you like to say sorry to today?” — is the most difficult one for people to answer. Even the most hardened souls will say Thank you, even if sparingly, but Sorry! I once had someone who was blank for a full two minutes but could not get himself to say Sorry to a single soul. Now, for people who feel like they haven't wronged or hurt anyone today, i request them to go back and acknowledge any past hurt they'd like to redeem. I did the same with that gentleman. He still drew a blank. I later on discovered he had arthritis, and ironically his situation started making sense. He held it all within, and did not release it. Consequently, the stiffness.

It is said that in retrospect, we are all wise. Looking back, many of us wish we should have said Sorry. Sometimes that realisation comes after days and sometimes after years. Sometimes when it is very late. Sometimes when the other person is gone, and sometimes when it is time for oneself to go. That's why i believe Sorry should be said as soon as possible — or instantly, if possible. Getting to that point is where Superpositivity Exchange is superhelpful.

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Whenever you are asked this question, reflect deeply on your actions that day, the people you met, the responses you got, the resistances that came your way. Invariably, the energy that people are giving us is a reflection of the energy that we have given them previously. If the energy of hurt is coming our way frequently, and people are telling us how affected or hurt they were by our actions, then we must step back and self-examine. If we keep probing, we will find that we did or said something that has triggered that feedback. Though we can't go back in time and undo a deed or a word, we can certainly dilute that harsh energy and soften it with a simpler one: Sorry.

6) *Who would you like to appreciate today?*

Normally, we don't ask others (or ourselves) directly who they'd like to appreciate. That's why most energy of appreciation never gets activated. But this question gives us a direct incentive to appreciate someone — anyone — for their qualities or actions. It could be an athlete, a politician, a teacher, a civic official, a fictional character, a colleague, a friend or a family member.

I'd request everyone to use the Superpositivity Exchange platform to generously appreciate three entities: your family, the larger world and yourself. Start with appreciating your family members. This is a glaringly simple thing but also one that people overlook the most. I have seen that most people are often critical of their relatives and family members. Bring about a change in that trend. Make it a point to compliment your family generously every day. Next, appreciate the larger world. There are so many wonderful people out there, doing such wonderful work!

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A scientist somewhere, a musician somewhere, a filmmaker somewhere, a social worker somewhere. Appreciate them today. Or look closer. Among your neighbours, friends, acquaintances and colleagues too you will find a wealth of qualities and virtues. Notice something good in everyone and express it generously. And the third entity that must be consciously appreciated is: oneself. People set forth the energy of criticism by first being critical of oneself. Every now and then, whenever you feel you've done something wonderful or just like that, give yourself a pat on your back.

Whenever we appreciate creation, we are actually appreciating the Universe. We add to life's value, and it becomes the most beautiful gift we can give to ourselves and the world. That's why we must do it generously. Because, the energy we give is the matter that manifests in our life.

7) What improvement are you trying to bring or would like to bring in yourself from today?

This very moment, we are born to improve and keep improving little by little every day. Like I have been saying in all the previous sections of Superpositivity Exchange, it doesn't have to be big, epic things. Small, everyday things are what truly count. If it is consciousness, it doesn't have to be for the ability to teleport but for the gift of life. If it is gratitude, it doesn't have to be for winning a million-dollar lottery but for the blessing of family. If it is inspiration, it doesn't have to be from an Olympic champion but from your domestic help. If it is saying Sorry, it doesn't have to be the Creator but to your partner. If it is appreciation, it doesn't

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have to be for a Grammy-winning song but to your friend for being who they are. Similarly, when it comes to improvement, it doesn't have to be towards doing 100 pushups today, but towards being a better human being today, a more positive human being today. In fact, *that* is what i truly call improvement — ever-wanting to keep improving as a human being. Because i believe that regardless of how rich or how “important” we are, what is going to truly matter when we are gone is how we were as a human being.

To make this section useful, mention small positive changes that you've consciously tried to usher today or those that need your attention but you've been postponing for a while. For example, “I went for a walk in the park today.” Or “I will chew food more mindfully from today.” Or “I am going to watch an inspirational video today.” Or “I am trying to be more nonjudgemental today.” Or “I will wake up at 5.30 am from tomorrow.” Or “I will stop bingescrolling social media from today.” Or “I will smile more from today.” Or “I will not be overreactive from today.” Or “I will do my work without being told to do so from today.” Or “I will be more supportive of my friends from today.” Or “I will be less critical of things from today.” And so on.

Above all, here's an answer that you could always give: “Today, i am being more superpositive than i was yesterday and tomorrow i will be more superpositive than i am today, and i will keep giving that superpositivity to the world forevermore.” It expresses your immutable commitment, your resolve to be a forevermore better human being, come what may.

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The Superpositivity Exchange is a simple yet powerful tool to address the anomaly that inherently plagues negative conversations. It is built on only positive questions that encourage and elicit only positive answers from others. It is designed not to leave any elbow room for negative discussions, because otherwise it'd defeat its very purpose. But for that to actually happen, there are five simple rules or caveats that must be honoured whenever or wherever the Superpositivity Exchange is held.

The first rule is: be regular. Like I said at the beginning of this section, to neutralise the collective effect of dozens of negative conversations we have every day, we need to have at least one Superpositivity Exchange every day. I, for one, do the Superpositivity Exchange with different people on an average 10 times every day — on some days a few more and on some days a few less. But i can say from my experience of 1,500-plus exchanges: the more i do them, the more i love them and the more others love them. You see, one can function without attending to one's personal hygiene every day, but the result would be a collection of toxins. That's why we must empty our bowels, brush or bathe — at least once every day. It just keeps us fresh and light. Similarly, if we don't do *at least* one Superpositivity Exchange every day, then the weight of negative conversations would just keep adding up and would keep growing in enormity.

The second rule is: be unlimited. Just like the Universe is everywhere, the Superpositivity Exchange too doesn't need a "special" or rarefied venue. It can be done in the bedroom, washroom, boardroom, classroom, playground, airport,

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restaurant, store, car or anywhere else. It can be done anytime: i do it over every meal that i eat with my parents or anyone else. It can be done with anyone: any group of two or more people (family, friends, colleagues, strangers) can do the exchange whenever they meet. I have done the exchange with complete strangers in the most unfamiliar of settings and it has led to deeply meaningful insights for all of us. Of course, having at least one more person is great but if you're willing, you can do it all by yourself.

The third rule is: be unjudgemental. The very reason this exchange starts with the word Superpositivity is that it should be done with the singular intent of enabling everyone individually — and humanity collectively — to be their highest version, whereby we let others express their feelings without any prejudice and with the assurance that they will not be judged for their answers or perspectives. This is the most important rule of the exchange, and i request everyone to uphold it with full fidelity. Whenever you ask anyone a question, don't smirk or snigger if the answer doesn't meet with your approval. Be patient and assume the role of a listener — rather than a preacher.

The fourth rule is: be flowing. This is an extension of the previous rule, and equally important. There will be many times and many answers where you will intrinsically want to stop and "correct" the "errant" ones. Once again, please resist that temptation by all means. Never stop the flow of the exchange at any point to dissect any answer. Just smoothly flow from one answer to the next, without ever stopping the flow of the exchange, even if you don't like what's been shared. And if at times a participant doesn't want to answer any question or wants

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to answer in a nod or a monosyllable, show respect to that resistance. Try to melt it superpositively by asking gently maybe one more time but if the resistance persists, unobtrusively flow to the next participant or question. As they say, the exchange must go on!

The fifth rule is: be selfless. The most important role in Superpositivity Exchange is of the one who initiates the exchange. And in my understanding, the most important part of any beautiful creation, whether a meal, a book or a movie, should invariably come last. In the context of the Superpositivity Exchange, the one who is asking the questions should *always* be the last one to answer them. If there is a group of ten people i am doing the exchange with, i take untold joy in being the last person to answer. It helps me consolidate the energy of the discussion beautifully and serves two functions. Firstly, if i have a unique answer, it expands the understanding and awareness of the others. Secondly, if someone has already said the answer i was going to say, it humbles me and gives me a chance to give credit to the person who has already mentioned "my" point. The whole point of this exchange is not one-upmanship but oneness. The former is about superiority but the latter is about equality — and that is the very premise of Superpositivity Exchange. And the core purpose of Superpositivity.

After all my answers, i fold my hands and simply say a heartfelt Yes Thank You Universe. It takes a few seconds, and it adds immeasurably to the sanctity of Superpositivity Exchange. You could do the same, or if not, just be silent for a moment and rejoice in the energy of the answers that have just been shared. Be grateful and appreciative that you've added value and beauty

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to the human species. Be grateful and appreciative that you've inspired yourself and others to be their highest version. Above all, be grateful and appreciative that you've just participated in the best conversation humanity can have. Simple as that.

SUPERPOSITIVITY ACTIVATION

Action is largely thought to be physical. But life is an amalgam of five levels of being: consciousness, spiritual, feeling, mental, physical. When we engage all these levels, the result is activation. In the context of Superpositivity, whenever we do the Superpositivity Chant, Superpositivity Affirmation, Superpositivity Meditation or Superpositivity Exchange, we touch all our levels of being. We release our superpositivity on all these levels, and that's why they are called Superpositivity Activation. We become conscious of infinity; we embrace the purity of our spirit; we vibrate with the highest feelings of the Universe, our mind becomes aware of its own infiniteness and our body is suffused with the purest cosmic nutrients. Superpositivity Activation happens whenever we do the Superpositivity Chant or Superpositivity Affirmation or Superpositivity Meditation or Superpositivity Exchange. We have already spoken about each one of them at length, so without comparison, i'd just say that each of them has its own contribution in our development of Superpositivity. They could be done individually or in one continuous go. You already

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know how to do them individually. Now, here's how you could do them collectively:

- ~ Do the Superpositivity Affirmation a few times.
- ~ Then do the Superpositivity Meditation for a few minutes (as long or short as you qualitatively can).
- ~ Then do the Superpositivity Chant for a few minutes (as long or short as you qualitatively can).
- ~ Then do the Superpositivity Exchange with a family member, a friend, a colleague or by yourself (it will take a few minutes).

Now if it is done collectively, then the Superpositivity Activation will take around fifteen to twenty minutes. I'd request you to design your activation around your life. Don't fall into the trap of having pre-designated times or specific times or "special places" to do the Superpositivity Activation, whether you're doing it individually or collectively. Otherwise, without realising, you'd start becoming symbolic, and as we should have understood by now, Superpositivity means freedom from all symbols or "specialness". Yes Thank You Universe is the only instrument of Superpositivity, and once again let me emphasise that it is an energy rather than a symbol. Anything else, including any time or place constraints must be consciously avoided at all times by all practitioners of Superpositivity. Remember that the truest activation of Superpositivity is in day-to-day life, where situations and challenges arise unannounced. We all must prepare

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ourselves from the very outset by being flexible with our activation. But yes being firm with it, whereby we do it every day without exception.

You see, the truest purpose of Superpositivity Activation is to establish the will of the Universe within you. I repeat: not your will in the Universe but the Universe's will in you. Not imposing your wish on the Universe. But instituting the Universe's wish in you. Not telling the Universe what it should do. But listening to what it wants you to do. Let me be honest with you: not everything has gone my way since i have been doing the Superpositivity Activation. In fact, many things have not. And they still don't. But let me tell you this: everything has gone the Universe's way! *Everything*. A constant awareness of that is my superconsciousness. And my superpositivity.

You see, nothing worthwhile in life can ever be accomplished by just doing it once. Rather, it needs fervent cultivation. And repeated activation. Let's look at our own body. Our heart beats 2.5 billion times in our lifetime. The Universe could have designed it in such a way that it'd beat just one long time, at the end of which it'd go static. Or breath. We breathe 550 million times in our lifetime. Wouldn't one long breath have been enough? Or, wouldn't one rainfall have been enough? What was the need to rain again and again? If you look closely, whether it's the earth's rotation, sun's radiation, or a galaxy's spin, its power comes only because of its repetition. And the more the repetition, the stronger it vibrates and the higher it rises. And the higher it rises, the freer it gets. From distractions, stresses, tensions,

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anxieties, fears and all lower energies. And, on a core level, that's what all of us are seeking in the first place.

Do the Superpositivity Activation every day of your life. For a few minutes at least, whether individually or collectively. It amounts to less than a few seconds every hour! An average person spends at least five hours a day watching TV or streaming content on their smartphone. While the Superpositivity Activation is just a few minutes of pure "you" time. Of everyday bliss. Of pure feel-goodness.

Still, due to any reason, if you are unable to do all the elements of Superpositivity Activation on any day, then at least do the Superpositivity Chant every day. That is one thing you *must* do daily — for at least five minutes every day. And let that be my only insistence to you: do the Superpositivity Chant — for *at least* five minutes — every day of your life, come what may.

Essentially, keep walking on the Superpositivity Path every day rather than whenever you remember. Look at it this way: when you go out of the house, or before sleeping at night, you turn off the light. But then you turn it on again when you return. It's the same with Superpositivity Activation. You've got to switch it on again and again. For at least twenty minutes every day. Only then will you continue to receive the infinite benefits of Superpositivity.

After about forty days of doing the Superpositivity Activation, it will start becoming natural. You will get to know that you are on the path of Superpositivity: an ever-present joy and an ever-present energy inside you will be the telltale signs.

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But don't stop. One is never too superpositive. In fact, Superpositivity is never too much. Keep moving. Keep growing. Because Superpositivity is forevermore.

~

Repeating

One must remember that Superpositivity is not just an activation. It is a path. Of which the activation is just a small, tangible part. The bigger aspect is a way of life called the Superpositivity Path. Which has three beautiful precepts one should flow with every day.

SUPERPOSITIVITY PATH

- ~ The first precept of the Superpositivity Path is to keep all the 150 Superpositivity Qualities incrementally active within oneself and to improve forevermore in all five levels of being: consciousness, spiritual, feeling, mental and physical. (*We've already shared this precept at length on page 168.*)
- ~ The second precept of the Superpositivity Path is to practise the Superpositivity Standard at work and the Superpositivity Lifestyle in one's personal life. (*Both these elements are shared at length on pages 254 and 260 respectively.*)
- ~ The third precept of the Superpositivity Path is to share Superpositivity forevermore with the world,

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without any expectation whatsoever. (*This precept is shared at length on page 272.*)

Very simply, this is the Superpositivity Path. The path of continually becoming a better human being. Or the path of giving superpositivity to everywhere, everything and everyone forevermore. The truest purpose of the Superpositivity Path is to enable you to strengthen all your strengths and transcend all your weaknesses, ultimately bringing you to the point where you have developed all the 150 Superpositivity Qualities in a balanced proportion and are in a continuous state of improving them forevermore.

Write the Superpositivity Path in big and bold letters on a blank page. And paste it in your house, workplace or wherever you can prominently see it. And then consciously walk on that path every day. Let me tell you, over the first two years of my journey of Superpositivity, I went through some really challenging circumstances. But walking on the Superpositivity Path created an impenetrable shield around me. And eventually coasted me through every difficulty. I attest to its superpositive energy and its power to help one rise above every trial.

Now, most people wonder: "How long will it take me to develop Superpositivity?" Let's be honest: it takes time. Doesn't happen overnight. One has to wait for it to mature. But the best part is you don't have to go to any special place to find Superpositivity. Wherever you are, in whichever part of the world, however unsettling it seems, Superpositivity is right there, waiting to be found. Rather than going on a pilgrimage to find Superpositivity, all one has to do is to go within and find it there.

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Now i am naturally assuming that if you've come so far in this book, then you are not a hobbyist, who is here to skim the surface of life but a devotee, who is here to deep dive into the ocean of infinity. Honestly, it seems like a lot of effort but a true student of Superpositivity must never be disillusioned by the effort involved. Because that effort is in itself one's biggest reward on the path of Superpositivity.

It is estimated that by consciously developing even a single positive quality, one experiences a 10 to 15 percent surge in one's overall happiness levels and wellbeing. And this is deep, long-term happiness rather than the one that comes from instant gratification like eating a good meal or receiving a compliment. Now imagine if one were to consciously develop all the 150 positive qualities, how much happier, and in turn empowered one would get. As my own life experience attests, it makes a person infinitely happy and infinitely empowered. Honestly, it's all about developing a single positive quality consciously. Once a person can do that, then they can develop 150 as well. It's as simple as that. And once anyone develops all the positive qualities in creation, then that person naturally gets access to all its glorious possibilities as well. It awakens the infinite power of the Universe that resides in each one of us. And it activates our own unlimited ability to rise. Above every situation, condition and limitation. That's the reason we call Superpositivity the best way to live. Because, essentially, it is the way of the Universe.

Part Three

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What to Do With Superpositivity

Superpositivity, once activated, has to be implemented. That's its destiny. After a car has been manufactured, it has to be run on the roads. That's its destiny. Or, a suit once tailored has to be worn by somebody. That's its destiny. Superpositivity is not just for those twenty minutes or so that you are activating by yourself in your house. That is the cultivation. The implementation happens in everyday life situations. In your daily transactions. In your exchanges with the outside world.

In Part One of this book we learnt how one becomes the rose. In Part Two, we learnt how one creates the fragrance. In Part Three, we are going to learn how one emits that fragrance to the outside world. How one performs. For the entire cosmos.

You see, everything and everyone in the Universe is a performer. Billions of light years from us, a star is performing too. Its sparkle attests to that. It knows someone is watching.

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Maybe just a solitary person looking forlornly at it from the rooftop of a house. It performs for that person. With full fidelity. With superpositivity.

I live my life inspired by that level of performance. I imagine that a gigantic camera is fitted in the sky — the eye in the sky, that is watching my every move, every word, every thought, every feeling. I am always performing for that camera. And it makes me ever conscious of my performance. It's a bit like an actor's performance. When the camera is switched on, the actor becomes superconscious. Of the lines, the marks, the movement. The more conscious the actor, the better the performance. The camera records every bit of that actor. Their eyes, face, gestures, makeup, hairstyle, costume, pitch, projection, everything. So, the actor has to bring their whole attentiveness to their craft. Not just bits and pieces.

Similarly, the performance of life is not just about bits and pieces. But the whole. Whoever i am with, wherever i am, whatever i am doing, my breath, my speech, my listening, my feelings, my thoughts, all of that put together, is my performance. The fascinating part though is that the performance does not control me. Rather, i do. Every aspect of it.

Sound is as much a part of that performance as silence. Appreciating the world is as much a part of it as accepting its criticism. Thanking the Creator is as much a part of it as thanking the creation. Doing something is as much a part of it as not doing something. Sitting in a car is as much a part of it as standing on the road. Giving a smile is as much a part of it as receiving a frown.

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Facing the sun is as much a part of it as being in the shade. Motivating the self is much a part of it as motivating the other. Loving one is as much a part of it as loving all. Restraint is as much a part of it as release.

All this and much, much more, "mine" as well as "yours", constitutes my performance. Just like the fidelity of the sun is to its light, the fidelity of the river is to its water, and the fidelity of the flower is to its fragrance, my fidelity is to Superpositivity. To my performance. Every aspect of which i consciously harness. I often remind myself: "The quantity of my performance the Universe decides, the quality i do." The what the Universe takes care of, the how i do. Together we are a who. Together, we make the happiest performers. Together, we make Superpositivity.

And if i can, then so can you. That's the whole beauty about Superpositivity. Just that you have to watch the twelve actions with which we all touch the outside world, the physical cosmos. The twelve actions of life. Let's meet them one by one.

BREATHING

Nowadays, most people are at least intellectually awakening to the knowledge that we are all one. But how does one feel it experientially? The greatest proof is the breath that we breathe. It *is* one! The richest and the poorest, the slimmest and the fattest, the tallest and the shortest, the virtuous and the not-so-virtuous, all breathe the same breath. There hasn't been, neither is nor will

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be anyone who can build walls to segregate their share of breath! It is the most free-flowing, life-giving resource on this planet. One with all, and one in all. The quintessence of oneness.

Nonetheless, most human beings are wont to sleepwalk through life. When they are eating, they pay zero attention to their food; when they are walking, they pay zero attention to their steps; when they are speaking, they pay zero attention to their words; when they are sitting, they pay zero attention to their posture; and when they are breathing, they pay zero attention to their breath. Superpositivity means giving attention to every nuance of the Universe. To every unit of life. And the most basic unit of life is breath. To give you a figure, if you're 50, you've breathed about 400 million breaths so far. But be honest: how many of these have been conscious breaths! Can you remember even a few thousand? Or even a few hundred? Or even a few?

Most people are gripped wholly by their thoughts to give any attention to their breath. Consciousness of breath simply means retrieving consumption from your thoughts. See, you can live without thinking. There are many advanced practitioners of meditation who are able to go without thought for long stretches of time. For days and weeks. But out of the 108 billion humans to have graced this planet, not a single one has ever lived without breath! One could prolong one's breath or hold it, but in reality one is never breathless. For, respiration is ever flowing in the body. Traces of breath are flowing in your body even when you are holding your breath outside. Breathing is the most fundamental physical action we all do throughout our lives. And

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once we become conscious of our breathing, we become conscious of all other actions.

Since breath is the first act of life, a superpositive person breathes with consciousness. Slowness is its first aspect. While a normal person breathes sixteen times a minute, a conscious person breathes five to six times a minute. Aware of the fact that the slower one's respiratory rate, the more optimal one's life functioning. Stress increases one's respiratory rate and relaxation lowers one's respiratory rate. The inverse is true as well. The slower you breathe, the more consciously you breathe, the more relaxed you will be, the more glowing your health will be.

Fullness is the other aspect of superpositive breathing. For instance, if you are in a dusty room, don't breathe fearfully, as your instinct tells you to. Take a firm, deep breath, mentally keep chanting Yes Thank You Universe and keep breathing fully. Trust me, you will be absolutely perfect. For, you are establishing yourself in the infinite energy of the Universe. I have learnt that dust, like bitter food, has to be befriended. Conventional culture and even medical science makes you morbidly scared of dust. But, you see, we are made of dust! Our planet is. The entire solar system is. Rather, the whole galaxy is. We are all composed of dust, resulting from an interstellar explosion billions of years ago, trillions of kilometres from us. How can something we are made of be bad for us! For years i meditated for three hours daily, sitting ten metres from one of the busiest roads in Jammu. You can

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imagine the dust and smog. But let me tell you the beauty of Superpositivity: my health has been perfect and my breathing has been perfect too. Only because i am not selectively breathing but superpositively breathing. In every breath, i am activating Superpositivity and giving it unlimitedly outward.

Like the sun radiates its light optimally wherever it goes, a superpositive person breathes optimally wherever they are. Even at a traffic signal. You could practise it too. Turn off the AC and roll down the window. Be calm. You've got to trust. Suspend your fear for just a minute. Take a deep breath, mentally say Yes Thank You Universe; hold and mentally say Yes Thank You Universe; exhale, say Yes Thank You Universe aloud; hold and mentally say Yes Thank You Universe. Do it three times. That's it. Now close the window. It will take less than a minute. Gently. Not abruptly. See how it feels. The biggest enabler of Superpositivity is to try. Once you try earnestly, the rest happens on its own. And through the day, every now and then, keep taking this optimum breath. Suffused with appreciation, gratitude, joy, love, health, energy and growth. It is the breath of life. The breath of superpositivity.

One often hears others say: "Please let me be!" Now, if they were practising superpositive breathing, they would realise how easy it is to just be. Just breathe. And be. If you take the first and the last letter of the word Breathe and remove all there is in between, it simply comes to: Be! That's the simplest and the greatest human experience. And the true goal of human life. Just be.

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SPEAKING

Let me tell you the secret of my superpositivity: i have spoken positive words throughout my life, ever since i was a small kid. That is before i knew about meditation, mudras, asanas, pranayam, chanting, analysis, mindfulness and every other technicality. In fact, without knowing what consciousness is, i knew how to pay conscious attention to my words.

Even when i was a little child, i had the awareness that i was born to spread love and joy. And i figured out the best way to do that was to speak positive, loving, happy words. At a very young age, i became what you would call very expressive. Rather than keeping the good feelings inside me, i would bring them out by saying them aloud. Especially when appreciating. I've written about appreciation in Part One. But let me repeat it, like all beautiful things in life are supposed to be. I saw then (and i know now) that the one thing almost every human being looks for is appreciation — for their form, their actions, their accomplishments, their presence. I saw that so much human potential was going waste because people were not being appreciated much. The fault lay with the givers more than the ones who were seeking. They were not expressive enough. So i'd make it a point that before going to school, while having breakfast, i'd say: "Wow Mom, yummy breakfast!" In school, i'd make it a point to appreciate my friends: "Wow, your writing is so good!" I'd tell my sister: "Wow, you're looking so pretty!" Every day, since i was seven or eight, i have been vocally appreciative.

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And i'd extend that to myself too. Standing in front of the mirror, i'd say to myself: "Wow Vickrant, you're looking good!" "Well done, Vickrant!" Very generously. Bizarre as it sounds, i treated Vickrant as another person, just like i treated my sister Niddhi. The result was that i've never felt the need to receive appreciation from anybody else. I've patted myself on the back so much that even bushels of criticism or unpositivity have never affected me. Appreciation has been my shield. And i can say with both humility and confidence: i have used appreciation more than most other human beings on this planet. I have written a book, *Uppecciation*, on this subject and have given multitudes of compliments in my life. To myself and others. And this has been the secret of my superpositivity, more than anything else.

I see everything as an entity, a living being. Whether a place, person, thing, situation or even an act. And i appreciate its presence. I make it feel valued. The best part is, it keeps my appreciation perpetual rather than occasional. But appreciate all entities at all times i must. Just like people train to be a doctor, chef or lawyer, i have trained for years to be an appreciator. Like a commando. In fact, you could call me an appreciation commando. Always on the lookout to appreciate. Always alert. Always active.

For instance, if i am taking ice out of the fridge, i say to it: "Wow, ice you are amazing!" If i am in traffic, i say to it: "Wow traffic, you are amazing!" Sometimes aloud. Sometimes silent. I look at the night sky and give it a pat too: "Wow night sky, you are beautiful!" Even while writing, i say to my imagination: "Wow, imagination, you are brilliant!" When i read something,

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i say: "Wow language, you are wonderful!" I speak to places and things too: "Wow, house, you are gorgeous!" The way i see it, appreciation is to speaking what oxygen is to air. Billions of years ago, air existed without oxygen. But it was lifeless. Dry. Similarly, for speaking to be alive, you've got to suffuse it with appreciation. Give it, give it, give it. Even if it means not getting it in return. In fact, you could implement superpositive speaking right now. Look around and appreciate the first thing you see. "Superb dish!" "Wow, gorgeous colour!" "The sofa is so comfortable!" "The sky looks splendid!" "Lovely day!"

It is estimated that an average person speaks 15,000 words every day. Out of which positive words account for 10 to 15 percent. If i say Yes Thank You Universe 3,000 times daily, then i have spoken 12,000 words of superpositivity. 80 percent. In nutrition, this is called the 80/20 rule. If 80 percent of the time you are eating healthy, you have 20 percent leeway to eat what you like. Your body has already derived optimum benefit. But you know the wonderful thing? Conscious eaters seldom stray the remaining 20 percent. Rather, they go the whole hog. Similarly, with a superpositive speaker, like me, it is 100/100. You will never find me say any unpositive word ever.

The reason for that is very simple: i am aware that the words that i am speaking are the words that others are hearing. I see every life as a garden. My superpositive words are the water i am giving each garden. The more i water, the more each garden will flourish. Like sea breeze naturally moisturises the plants, i imagine that my words are making the listeners naturally positive.

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Driven by that faith, i put all my power, all my passion in speaking, and as this book attests, my energy and life keeps peaking. Naturally increasingly always.

LISTENING

Everything in life is an exchange. If you inhale, you have to exhale. If you awaken, you have to sleep. If you eat, you have to excrete. Similarly, if you speak, you have to listen. If an average person speaks 15,000 words every day, then an average person listens to 50,000 words every day. Or, an average person performs almost three times more listening than speaking!

As i have been emphasising throughout the book, everything in life has to be activated inside out. Listening too. First, you have to listen to the inside. To the voice of consciousness. In that specific sense, listening becomes an even more significant process than speaking. In its simplest sense, Superpositivity is listening to the voice of superconsciousness. Listening to the voice of the Universe. At the time you were born, and even before that in your mothers' womb, you couldn't speak. But even when you were a foetus, you could listen. To your mothers' movement. To her words. In Part Two of this book, i shared with you the beautiful art of Superpositivity Meditation. That is listening at the purest level. Listening to the all-powerful voice. That dwells within us.

But even on the inside, there are two voices that go on: the voice of consciousness and the voice of the ego. The voice

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of the soul and the voice of the mind. The voice of superpositivity and the voice of thought. Most people confuse the latter with the former.

Just because one is quiet in a conversation does not mean that one is listening too. When you are speaking to some people, you think they're listening to you, but they're not. They're thinking! Just giving an ear while the other talks is not listening: it is hearing. One is just hearing the noise that words are making. That's why Superpositivity Activation is so important. It will make you listen. Truly listen. To the inner voice. Only then will you be ready to listen to the outside voices. Which, like all faculties, must be trained. Let me show you how.

Close your eyes. Sit or stand still. And listen to the first sound that's reaching your ears right now. It could be a car horn, the hum of a bee, a door opening, someone talking, a child chortling, a kitchen appliance running, someone shouting, a siren, a TV show or the sound of your own breath. Anything. Don't select. Just listen. Your first reaction might be resistance, disillusionment or even agitation. But stay with it. For ten seconds to start with. That's it. Just ten seconds. For those ten seconds, just listen. Don't judge. Don't resist. Pay complete attention to the sound that you are hearing. Stay with that sound as long as you can. Mentally say Yes Thank You Universe. And move your awareness to the next sound. Do this just for sixty seconds. With a smile on your face, come back to your routine, whatever you were doing. Repeat it as often as you can, through the day. With practice, it will make you attentive. And also accepting.

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Some people have a strong aversion to certain sounds: the sound of traffic, the sound of music, the sound of a certain language. Even the sound of humankind. As i have said before, the Universe is a collection of sounds. The ones that you make through your speech are one part, but the ones you listen to comprise the other part. Together, they make the whole. So, whether it's arguments or approvals, appreciation or rejection, just listen to those sounds joyfully. Just by listening superpositively, you will start becoming superpositive. And whatever is left, you always have the greater power, the vetoing authority: your speech. You can always transcend and overcome any sound you find unpleasant. Let me give you a small example to show you how it works.

I have all my life heard sounds that have been unpositive: people quarrelling, naysaying and criticising. Growing up in Jammu & Kashmir — which, back in the day, was one of the most disturbed geopolitical zones in the world — i continually heard voices of dissent, extremism, angst, war, discontent. Our college used to be closed for eight months every year because of strikes and curfews! As you can gather, i did not grow up in a monastery but in the heart of a very angry world. Yet i did not allow myself to get affected. Because i did two things: a) I used to practise the art of talking to myself through auto-suggestions and affirmations. So that, regardless of what raged around me, i predominantly heard sounds of my own positivity. For every word of unpositivity that fell on my ears, i balanced it with another word of my own positivity. And b) I just let the dissenting sounds be.

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You see, what truly bothers us in life is not sounds per se but our own lack of approval. I have basically developed a very simple approach to all i hear: if the Universe has allowed it to be, then who am i to disapprove of it? I just accept it and enjoy the energy every sound brings me. By listening joyously to all voices around me, i am ever listening to The Voice. The voice that transcends it all. The voice of superpositivity.

TOUCHING

The one sense with which we are and always have been the closest to the Universe is: touch. We have always been touching the Universe. In this lifetime. And even before any of our lifetimes ever began. Let's see how.

The Universe began its physical journey 13.76 billion years ago as a small atom. But its superconsciousness kept getting concentrated for billions of years prior. That was the Point of Concentration. Then there came a point when the Universe decided that it had to express itself outwardly. That it had to grow and expand. That was the Point of Decisiveness. At that point, it contained within it all the information, all the wisdom, all the matter, all the atoms that it was going to release. Then came the Point of Release. Which lasted all but trillionth of a second. In which it grew trillions of times its original size. And created all that was to create. The physical substance. Then came the Point of Expression. Or the point of expansion.

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Whereby the principal atom, the Universe the Creator, has simply expanded. To become the Universe the creation. And all the created atoms reside in it. All matter resides in it. You and I and all galaxies too. Simply put, we were a part of all the previous points and we are a part of the present one too. That's why we are here. We were neither separate from it earlier, nor are we separate from it now. Not at the Point of Concentration. Not at the Point of Decisiveness. Not at the Point of Release. Not at the Point of Expression. We were touching it then. We are touching it now. We will keep touching it forever. Just that we have never felt that touch.

That's where Superpositivity steps in. It reminds you of The Touch. Of the Universe's touch. Which has to be felt on two levels: inside and outside. In the Superpositivity Meditation, every time you invoke Yes Thank You Universe, you are touching the Universe. Within. You are touching the energy of oneness. Of faith. Not just of form. Not just of religion. But then of them too. You name any religion, any deity, any form and they are all included in the Universe. They are a part of the Universe. Like butter, cream, cheese, ghee, yogurt, buttermilk are all a part of milk. But milk is much more than all that. Similarly, galaxies, constellations, stars, planets, black holes, light, air, water, fire, neutrons, protons, electrons, vacuum, plants, animals, humans, Jews, Sikhs, Hindus, Muslims, Christians, believers, nonbelievers, they are all a part of the Universe. But the Universe is more. A lot, lot, lot more. Infinitely more. It is the oneness, the singularity that unites the multiplicities. It is a concert of the

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parts touching the whole. Now, whether a part realises it or not, whether it accepts it or rejects it, it is always touching the whole. It is derived from the whole and constitutes the whole. By touching it within, one learns how to touch it outside too.

I shared with you in the previous paragraph that we are always touching the Universe. Physically too. If you find that hard to believe, then let me show you how. Do one thing: put your complete attention on whatever you are touching right now. On any one object. Could be the laptop, the floor, a cushion, this book, the chair you are sitting on, a table, a glass, your dress. Breathe in, say Yes Thank You Universe aloud, breathe out. Feel that touch. Enjoy its sensation. You are touching the Universe. Yes, you are physically touching the Universe! For, by touching the part, you are touching the whole. To give you an example, when you are asked to touch a machine, if you touch any part of it — the lever, the nut, the frame, the motor, the chamber, the shaft — is it not considered as touching the machine? For, what else is touching the machine!

Or, when you are asked to touch a person, if you touch any part of their body — hair, arm, ankle, face, shoulder, leg, hand — is it not considered as touching them? What else is touching that person! Small as a machine, or diminutive as a person might be, you never touch them in entirety any way. There is just one or a few points of touch. Or, points of contact. Similarly, when you are asked to touch the Universe, touching any of its parts means touching the Universe. For, everything is a part of the Universe. There is nowhere or nothing that is not a

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part of the Universe. Do one thing if you want logic for that: close your eyes and think of one thing, anything, that is not part of the Universe. Any entity or any form. You could take a lifetime yet not be able to. Because what you think and what you don't, what you can and what you can't, are all part of the Universe. This pen i am writing with and the paper i am writing on are as much a part of the Universe as the ideas that are flowing inside me as you that are reading this book. By touching the present with fullness, with awareness, i am touching the Universe. I am, in fact, touching all of you right now, without ever meeting any of you. I am touching you with my words, with my energy. I am touching you with the power of Superpositivity.

Most of us associate touch with our hands and fingers. "Don't touch it!" we say. Assuming that if we don't touch something with our hands, we are not touching it at all. Now, it is a fact that we breathe not just through our mouth and nose but the entire body. Similarly, we touch things not just with our hands but with the entire body. The ground that you are standing on, sitting on, sleeping on, has been your ever-present touch. The air that you are breathing has been your ever-present touch. The sunlight that you are basking in has been your ever-present touch. The water that you are drinking has been your ever-present touch. The heat, the rain, the seasons, they have all have been your ever-present touch. Now, have you really touched any of them? Be honest. You have used them, but have you truly touched any of them! Your body has touched the winter air for sure. But you have not befriended it. You have not touched the outside

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world as an equal. You've been scared of it. Try to change that. Right now. If you approach it as a friend, it will not bother you. For, it is not here to bother you but to befriend you. To strengthen you. To make you its equal. By touching and shaping you into perfection.

When it comes to touch, all non-human entities accomplish one of these three functions: mating, eating, surviving. Whether they are on the ground or under it, in the sky or clinging to the wall, they accomplish one of these. But a human being is designed for a lot more. To perform a function called superpositive touching. Oneness touching. Inclusive touching. Whereby every time you touch an entity, it is not to mate with it, eat it or survive on it. It is appreciative touching. To celebrate the existence of the other. To make it feel that it is safe in our presence. Rather, it is growing in our presence. When you bring that quality to your touch, then even when you perform one of these three beautiful functions, the other entity will be happy to allow. Willingly so. Because you will be doing so with equalness. It will cooperate with you. It will enter into a concert with you. Because you have approached it like a friend rather than a poacher. You have approached it with awareness rather than absentness. You have enabled its growth as much as your own. Because, above all, you have touched its very core. You have truly touched the Universe.

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SEEING

"Beauty lies in the eyes of the beholder." We've all heard this beautiful quote but only a superpositive person knows its true meaning. Since a superpositive person is focused on giving more than receiving, they derive more joy from the sight than the spectacle, and from the seeing than the scene. Most people often confuse the two. Mistake them to be the same. But they are not. They are two very beautiful but very distinct things. The seeing is entirely in your control, the scene is not. Like you have (hopefully) learnt by now, the how precedes the what. Seeing is the how, scene is the what.

Before you start with what you see, you have to work on how you see. It will happen on two levels: inside out. With your eyes closed. And with your eyes open. Most people think you see with your eyes open. But that's the outside. The more significant is the seeing you do with your eyes closed. The connect you do with your eyes closed. Many people get anxious when they are asked to close their eyes. Because they see darkness. But meditation teaches you to see light with your eyes closed. That's why it's called enlightenment. Superpositivity Meditation shows you that light. It shows you that energy. The energy of sameness.

If you're conscious enough, you will realise that on the physical dimension, too, everything is the same. Different yet same. It is composed of the same atoms. Just that those atoms are realigned. They are reshaped. Consequently, what changes is

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shapes, forms and sizes. Constantly. Nothing has a permanent shape. Not a galaxy, constellation, star, planet or anything else. Even a star is born as a lump of nebulous gas and dust. It then becomes a protostar, then a red giant, then a white dwarf and finally dissolves back into the cosmic energy from which it came. Similarly, take a look at yourself. Do you look anything like you did as a child? Or an adolescent? Or even a few years earlier? You might think that you do but biologically you don't. You can't! Every second your body creates ten million new cells. You have a new body in seven years! If you see yourself under a powerful microscope just one week apart, a lot would have changed. All forms are subject to that change. To that flux. If you base your sight on what you are seeing, you will be disturbed by how things atrophy or seeing the atrophied ones. Anyway, on an average, a person sees over 400 million visuals in their lifetime. The scenes perpetually keep changing but there's one constant: your sight. If you keep your focus on that, and if you learn to see sameness beneath the apparent differentness, then you will be ever happy.

Wherever i look, i appreciate the very gift of sight. When i look at an object or a person, i do three things concurrently: i celebrate the gift of sight, i see the beauty of the Universe expressed in that form and finally i see the beauty that form is expressing in the Universe. That's why Beautiful is a word i use very generously. Because i find everywhere, everything and everyone beautiful. And to keep reminding myself, i often look around at any object, let's say a chair, intently, and i say Yes Thank You Universe. Then i shift my sight to the

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next visual, let's say a crack in the wall, and i say Yes Thank You Universe. Then i look at the next visual, let's say the sky, and i say Yes Thank You Universe. The key is to retain the same feel-goodness throughout. Not to vary it with the visual. But to see and celebrate oneness everywhere.

The way i observe it, everything in the physical dimension is a point. The Universe itself started as a point. And it is now a supercluster of points. Spread supergenerously throughout the cosmos. You are trillions of points. Your skin, your hair, your organs, they all have multitudes of points. The pen i am writing this book with is making points on the paper and those points are being woven into words. People around you are points. Earth has centillions of points. The sky is centillions of points. Water is points. Air is points. When you see something, you have two choices: either you could see many points at the same time. Or you could concentrate on one point, any point on it. Let me give you an example how it works. In photography, you can make any visual aesthetically pleasing by opening the lens aperture to its maximum, focusing on a point and blurring the rest of the background. By sharp focusing on a point, you can make any object look beautiful. Similarly, there is a lens in your eyes too. Which can sharp focus or broad focus. You choose. In any visual that you see anywhere in the world, there is something aesthetic, something to be liked. Depends on which point you focus. Train your eye to see that point, and you can see beauty everywhere.

Like every other transaction in the Universe, seeing is an exchange. It involves two entities too. The one who is seeing and the one who is being seen. Both are looking at each other.

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When two humans look at each other, they are aware of this exchange. But the moment a human looks at an inanimate entity, like a wall, the floor or an object, they lose that awareness. They think: "What's the point; it is not going to look at me anyway!" But you see, every entity has energy in it, even if not "life" the way we know it. Research has proven that when you observe even an electron under a microscope, it becomes so aware that it begins to change its properties. It is because as you watch it, the electron is watching you through the microscope too! Now, every atom has electrons. And every object is made of atoms. So, essentially, whenever you look at any visual, be aware that the visual is looking back at you too. For instance, when i look at a painting, i might have noticed it for the first time. But the painting has been looking at me all along. When you look anywhere, know that it is not just you that are seeing. What you are seeing only now has been seeing you always. The painting might have already looked at me hundreds of thousands of times. Only i was oblivious. But now, on becoming superpositive, i see it appreciatively, fully aware that it is seeing me too!

Here's my simple credo: inside is all and outside all is good. I "see" the whole Universe inside me as the voice of consciousness. And outside the expressions of that voice. The better the voice resonates inside me, the better the outside forms, the outside expressions, seem to me. Which includes my physical form, as well as all physical forms. For, when you stand in an observatory, the cleaner the glass, the better you are able to see the outside world.

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Superpositivity has taught me to see beauty in the self, beauty in the other and beauty in the world. Beauty in all. It's easy to see beauty in a garden but not so easy to see it in garbage. It was a very difficult transition for me too. Because all my life i'd trained my eye to see and appreciate visual refinement. As a photographer, that is what i was paid for: my "tasteful" eye. But then, i trained myself to see not just properly but positively. Not just superlatively but superpositively. The former sees beauty in beauty. The latter sees beauty in all.

In the context of Superpositivity, seeing has another meaning too: perspective. You see (i use this phrase quite often, to remind you to observe), energy is the creative force of the Universe. It is the building block of the Universe. Not hydrogen or helium or plasma. But energy. Which pervades the entire cosmos. Which creates galaxies from dust and gas. Which creates one brilliant star after another. Thousands of stars in a second. How can that energy be anything but positive? What is negative anyway? The night!? If you look at the night sky, actually look at it, it holds way more beauty than you have ever seen. I was once driving in New Zealand from Mount Cook to Christchurch. It was nine in the night. I parked the car on the side of the road and turned off the headlights. There was zero human habitation for miles. I looked straight up. There were innumerable stars twinkling in the sky, spread like the most radiant jewels. I've yet to see a more ethereal sight. Or look at it another way: night is when billions of human beings and trillions of other life forms rest and recoup for the next day. How can it be negative?

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Or for that matter, how can dark be negative? Of course, many dangerous creatures lurk in the dark. But then, dark itself is not negative. It's like saying everything that lives beneath earth's surface is negative. But then, if subterranean creatures like snakes and scorpions live under soil, so do roots of plants and all the fossil fuel that runs human civilisation! Similarly, electricity drives all our gadgets, but try touching it with your bare hands. Is it positive then? Or fire. It cooks. But be careless and you know what it does! What would you call it? Positive or unpositive?

Everything in the Universe is spun from positive energy. Nothing is negative. Just our viewership of those elements is unpositive. Or, our relationship with them is unpositive. Many people die from sunstroke every year or many people who live in the desert are affected by the harshness of the sun. Does that make the sun negative? Water nourishes and gives us all life. But every year, more people die due to floods than any other natural phenomena. Does that make water negative? Air is the biggest life sustainer of all. But every year thousands of people die from airborne diseases. Does that make air negative?

Negativity is what you don't understand. Or what you don't befriend. Or what you don't properly transact with. Money is not negative. Your obsession with it is. Food is not negative. Its unconscious consumption is. Failure is not negative. Your contempt of it is. Death is not negative. Your fear of it is.

Every nuance of every life has positives in it. Every sight has positives in it. Just that your viewership has to improve. That's where presence comes in. Everything you are viewing is now.

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Wherever, whoever, whatever you are looking at is in the here and now. You can never be looking in the past. The more consciously you are looking at the sight in front, the more clearly you will look at it. And the more clearly you look, the more you will be able to appreciate it. And the more you appreciate, the more positive energy you will generate for yourself and the world.

THINKING

An average person speaks 400 million words in their lifetime. Breathes 550 million breaths. And thinks two billion thoughts. Isn't it ironic that what bothers people the most in life is also the thing they use the most: their thoughts!

I have worked with some of the wealthiest people in the world. They have all learnt to control their vast empires with firmness, yet very few of them have learnt to control their mind. They are the masters of their empires yet slaves of their own thoughts. In fact, almost all of humanity suffers from a common condition: uncontrolled thought. You see, the dilemma never lies with thought in the first place. It lies with uncontrolled thought. Or, unconscious thought. Actually, in every facet of human existence, the dilemma exists not with the facet. But with one's unconscious relation with that facet. If it is breathing, it is not breathing per se but unconscious breathing. If it is eating, it is not eating per se, but unconscious eating. If it is speaking, it is not speaking per se but unconscious speaking. Similarly, the

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dilemma is not with thinking per se but with unconscious thinking. Unthought thinking.

Zero human being is ever designed to be without any facet of life. If it was, then the masters would have been able to go without breathing. But even when they seem to be not breathing, they are. Only breathing so consciously that you are not aware of it. Similarly, superpositive people are thinking so consciously that you are not aware of it. See, the only distinguishment between superpositive people and "normal" people is that they are activating their thought while thought is activating the latter.

Let me share with you a simple technique i use a lot to consciously rise above my thoughts. It is meditative yet free from the restrictive formality of sitting meditation. You could call it active meditation. Every now and then, i shift my focus to any point in the "real" world: sound, sight, touch, smell, taste or breath. One of these six things. Anything. They all work effectively. These points are energy emitters. A sound is live, throbbing energy. So is touch. Or sight. At times, i concentrate on several things at the same time. While sitting on a chair, i am also listening to the sound of the traffic outside, seeing the table, feeling the coolness of the fan, feeling the touch of the floor under my feet, taking a deep breath and smelling the summer air. Yes Thank You Universe resonates inside me throughout and helps me stay focused. By becoming conscious of them, i am giving each of these things energy. And they are giving me energy in return too. And the cycle is completed. The result is energy.

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Somewhat different from the energy that comes from food. But much purer. It is the energy of consciousness.

In my experience, most people throughout the world are seeking one thing in particular: peace of mind. Or: "How do I control negative thoughts!" Let me share with you three very simple tips with which you can accomplish that. Without having to go for expensive therapy or to a psychologist.

The first tip is: watch your eye movement. People who think involuntarily either have a stoned look in their eyes or they blink too much. Research has proven that when one is stressed or anxious, one blinks a lot. Over twenty times per minute. Similarly, blinking too less, maybe once a minute, is a sign of boredom. And, in turn, of lower thought. Both extremes. While a conscious thinker usually blinks between six to ten times per minute. If you want to have active control over your thought, it's very simple: consciously control your blinking. Focus on your blinking rate. Do an exercise: don't blink for ten seconds. Then close your eyes. Open again. Once again, don't blink for ten seconds. Keep increasing gradually till you can go unblinking for sixty seconds. Once every day, do one unblinking of sixty seconds. Call it Superpositivity Unblink. I have seen that most people are unconscious of two b's: breathing and blinking. Consciousness of one will make you conscious of another. Consciousness of the latter will make you conscious of how you are seeing. Absently or with awareness. It has been proven that your sight is directly linked with your brain. How you see is directly linked with how you think. Or, how you blink is directly

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linked with how you think! Just become conscious of your blinking. Slow down your blinking, and it will automatically slow down your thinking. It will help you even more if you silently keep saying Yes Thank You Universe. Your whole focus will then consciously be on consciousness.

It is a fact that when people are watching an interesting program on TV or a movie, they blink less. It is because they are focusing. And they focus because they are interested in what they watch. But the inverse is true as well. If you become interested in what you watch, you will focus. You will become attentive. And attentiveness is the superkey to a superlife. Just imagine that life is a spectacular movie theatre with eye-opening audiovisual effects: 10K visual projection (let's stretch the possibilities!) and 9.1 surround sound (let's add two channels for the roof and the floor too). Phenomenal, isn't it? Now, bring that quality to wherever you look and whatever you hear in the "real" world. You will automatically start focusing on the very act of life. On your thoughts. And the games they play.

The other tip is: look upwards. With your eyes, make an imaginary straight line parallel to the ground. This is the neutral axis. The area above this is the higher axis. The area below this is the lower axis. Every now and then look up into the higher axis. Towards the ceiling or just higher. When you are sitting, listening to music, eating, taking a short break from work and so on. I have observed that people who are depressed look a lot at the ground or downwards in general. While upbeat people look up a lot. The art of mechanically training your vision will help you

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monitor your thoughts. For, as i said a while ago, your vision is the window to your thoughts.

The third tip is: look at the sky. Not just the stars or the sun or the moon. But the vast empty expanse. The unlimited, formless stretch. Just like i smile a minimum number of times every day, i use another consciousness tool as well: i look at the sky at least 100 times daily. I do it at different times: early morning, afternoon, evening, late night. To remind myself consciously of the oneness beneath the differentness. And, above all, to remind myself of the world beyond the one that we inhabit with its confined, restrictive, finite lines. For, whenever i look at the sky, i immerse myself in its unlimitedness. And i activate the unlimitedness in my thoughts too.

Every now and then, combine the three tips i have just shared with you. Go out into the open, or to a window, and, with a smile on your face, look up at the sky. Don't blink. For as long as you comfortably can. Let Yes Thank You Universe resonate inside you. By doing so, you're filling yourself up with superpositive thought: oneness, love, joy, peace, enthusiasm, sharing, gratitude, acceptance, appreciation, healthfulness. This is a simple yet wonderful technique of superpositive thinking. To not just empty the garden and weed it out but to sow it with lush green grass. Lots of people think that emptiness is conscious thought. But that's like emptying the garden and leaving it fallow. Weeds will grow again. To check that, you have to plant grass. Only then will it be beautiful as well as purposeful. Similarly, unconscious thought has to be replaced

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and supplanted with conscious thought. Superconscious thought. Superpositive thought.

You see, the biggest fallacy of thought is its smallness. People think too small. Superpositive thought is not the absence of thought. Rather, it is the awareness of thought. The awareness of lower thought: jealousy, covetousness, anxiety, fear, paranoia, scant, depression, doubt, separation, judgement, criticism, rejection. For, as i have experienced, it is not thoughts per se that bother you but lower thoughts. When you learn to activate your thoughts — and with sustained Superpositivity Activation, you will — then you will establish a true friendship with them. Not dominion or enslavement. But friendship. A relationship of equals. Like with all other entities in the Universe.

FEELING

If the body is a vehicle, then feeling is the seat inside that vehicle. Take out the seat and you are left with cranks, springs, cables and harnesses. The mechanical part. Or the functional one. The vehicle will drive nonetheless but you can imagine how rickety the ride would be. The more comfortable the seat, the more enjoyable the ride. Similarly, the more positive the feeling inside you, the more enjoyable your life experience.

Or, you can say the body is a garden and feeling is like the plants and flowers in that garden. Take out the plants and flowers, and the garden would be left with grass. The functional part. It'd be

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a garden still. But not complete. The more blooming the plants and flowers, the more beautiful the garden.

Or you can say the body is like a house that is beautifully plastered and painted. Take out the plaster and the paint, and the house is just brick and stone. Empty shell. The functional part. It'd be a house still. But not complete. The more smooth the plastering and the paint, the more beautiful the house.

Feeling is the juice that flows inside your body. The essence. In the context of superpositivity, the feeling is superjoyfulness. Not just partial joy. Or somewhat joy. But total joy. Unlimited joy. Superpositive feeling is like oxygen. Ever present. Oxygen flows in a meadow and it also flows in a desert. It never deserts the desert. It is independent of the territory. Ever activated. Similarly, the feeling inside a superpositive person never leaves. It is always activated. It is never dependent on external situations. Neither on pleasantness nor on unpleasantness. Neither on "feel-good" situations nor on "feel-bad" situations. While in a lesser positive person's life, their feelings are always hinged on these two triggers: feel-good and feel-bad.

Feel-good triggers are: a wonderful compliment, an amazing workout, new clothes, delicious food, winning a match, hilarious people, an awesome movie, an uplifting book, spectacular scenery, a terrific vacation. These are triggers from the outside world. From the outside in.

Feel-bad triggers are: a traffic jam, missing a flight, an injury, a bereavement, a calamity, an accident, an alarming medical report, losing a match, power failure, a cancellation,

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a delay. These are again triggers from the outside world. From the outside in.

Actually, all these triggers are extrinsic. For that matter, seeing a loved one, or someone who evokes the feelings of love in you, even that's an outside trigger. You did not activate it. It just got activated on its own. Undoubtedly, all such outside activations are very good. Each one of us needs them. They are like formal education. We all need it. But there comes a point when formal education, regardless of how exalted or uplifting, has to end. And you have to go into the "real" world. Yes, that's a difficult transition. Because most of us are like students who have become so attached to our textbooks, our teachers and our school that we don't want to leave. We resist going to the next level. But once we do, we realise that the next level is the Real McCoy. That's why we had gone to school in the first place! The school is not the finality; it is a formality. The finality lies after the formality is over. Or one can say that the outside triggers are the bridge. At times, you start from one side and midway on the bridge you get enamoured with the sights. You want to stop. But you shouldn't. You have to cross over to the other side. The bridge is meant to be crossed. Its whole purpose is that you cross it. It is not a finality but a formality. Similarly, the outside world is not a finality. It is just a formality. The finality is what lies within. The inside world.

Now, let me tell you that i have received a lot of feel-goodness from the outside world, for which i am eternally grateful: i have travelled all over the world; i have been a

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Mr India first runner-up; i have been a school captain; i have been a topper throughout my academic years; i have worked as an editor in one of the best publishing companies in the world; i have been a highly paid photographer; i have written books that have created an impact; i have scripted, produced, directed and acted in a mainstream movie; i have walked the runway for top designers; i have worked with many amazing people; i have been a multiple Guinness World Record holder; i have mentored a rookie sportsperson to become an Olympic medallist; i have motivated thousands of people all over the world; i have been complimented a lot; i have had some deeply fulfilling relationships; i have had loving parents, friends and a sister who absolutely loves me; and above all, i have had perfect, medicine-free health all my life. In short, my life has been synonymous with the highest feel-goodness of the outside world.

But then here's what i am going to tell you with the fullness of my conviction: the finality is what lies within. The ultimate is the feel-goodness of the inside world. I have accessed it in meditation. Infinitely more than the one outside. It is the feel-goodness of superpositive energy. The energy of pure joy. Consequently, i am always contented within. I am always smiling within. There is an ocean of bliss within me. My approach is: the outside world is great. Very, very beautiful. It makes me feel very happy. But the inside world is even purer. And makes me feel happier.

I used to feel good when i was earning five lakh rupees a day; i felt good not earning a single penny in two years. I used to feel good driving a luxury SUV; i felt good travelling by public transport.

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I used to feel good when i was married; i felt good being single. Neither was any of the former "good", nor is any of the latter "bad". I have always felt the same. For, i realise today that the feeling was never in any of these things or situations. It was inside me. The day i learnt that and started building on it, superjoyfulness has never left me. Rather, it has grown within me.

Today, my biggest activator of inner happiness is when i chant Yes Thank You Universe. Imagine saying Yes 3,000 times daily, Thank You 3,000 times daily, invoking the name of the Universe 3,000 times daily. Throughout the day, i keep saying Yes Thank You Universe inside and outside. Appreciatively. Gratefully. Onefully. For, that is my feeling: oneness. Not just love. Even greater than love. I suggest you try this happiness activator too. While driving, if your car goes over a bump, say Yes Thank You Universe. Whenever you feel like complaining, say Yes Thank You Universe. When you hear someone has insulted you, say Yes Thank You Universe. If you hear "bad" news, say Yes Thank You Universe. Then and there. Not later. Don't participate in negativity. Only activate positivity. Wherever you are, at whatever point in life.

Besides the Superpositivity Chant, let me give you two very simple feel-good tips, which always work. First is: smile. A few years ago, i saw on YouTube a TED talk called "The Hidden Power of Smiling" by Ron Gutman. Some amazing facts emerged from this talk:

- ~ 1 smile gives you the same brain stimulation as eating 2,000 bars of chocolate!

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- ~ 1 smile is equal to receiving \$24,000 cash!
- ~ People who have the best smiles live for seven years longer than people who didn't smile at all!
- ~ Children smile on an average 400 times a day. Adults smile less than twenty times a day. And most criminals and depressed people don't smile at all. In effect, children generate ten million dollars worth of cash happiness a day!

Wow! If smiling is so generous, i thought, then why not use it generously too. So i set myself a wonderful goal: to smile 1,000 times daily. It sounded bizarre, even by own "crazy" standards. Yet i resolved to try it nonetheless. It was awkward initially. Smiling by yourself — and counting it too! But within a week, it enabled me to start feeling a tidal wave of joy inside me. On my own. And easily so.

Research after research tells us that to the brain it doesn't matter at all whether the smile is triggered by an occasion or it is self-induced. The brain just works like a tracker. It receives messages from facial expressions and creates a corresponding emotion. The real player is the smile. The very act of contracting the facial muscles during smiling leads to an increase in blood flow to the brain. Which in turn releases endorphin, serotonin and dopamine, the three major feel-good hormones. Bathing it in a surge of feel-goodness. Plus, a smile represents a happy visual to onlookers too. Which stimulates the mirror neurons in their brain. Inducing a feel-good hormonal release in their brain and

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triggering an identical reaction in them too. Making them spontaneously happy. Now, considering the benefits and cost involved, isn't smiling then a true win-win for everyone!

The second feel-good tip is: clap. When you strike both your palms together, it activates over thirty-nine receptor points linked to almost all the organs in your body. As part of your daily goal of the Superpositivity Chant, try to set aside five minutes where you'd smile and clap along with the chant — even if at a low volume. It will generate a lot of feel-goodness. In the form of oxytocin, the fourth feel-good hormone from the brain — the same hormone that close physical intimacy ushers. By smiling and clapping consciously and joyfully, you essentially become a feel-goodness dynamo. For the self and for the others too. Like a child around whom everyone loves to be happy.

When it comes to feelings, here's what most people don't realise: feelings are in our control. Our conscious control. I can guarantee you that. In fact, the awareness of that gift has been the greatest revelation of my life. Do the Superpositivity Activation for forty days and see for yourself. And if at all you still hit a trough at any point in the day, just say Yes Thank You Universe 100 times while smiling and clapping. It will instantly lift you up.

Since becoming superpositive, i feel fully in charge of my own happiness, and i remind myself daily: "I am happier than ever before." Or i say: "I am at the best point in my life." I say it whenever i remember it. Which is very often. I say it, independent of where i am or at what point in life i am. The way

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i look at it: the past is good, the future is better and the present is best.

I walk on the Superpositivity Path, on the path of life, with a lot of love. Forevermore growing love. If you met me every day of my life, you'd find me more loving today than you did yesterday. And more loving tomorrow than you do today. That's my promise to you. My *only* promise to you. The promise of my own superpositivity. I don't know if you need it. Or if even the world needs it. But i am blissfully independent of needs now. I am just aware of the writ. The Universe's writ. Which is above mine, yours or the world's needs. I will just keep giving this world my superpositive feelings. Like a rose that keeps emitting its fragrance. Oblivious of who's watching. But aware that all are benefiting.

TASTING

Since their arrival on this planet, human beings have been obsessed with food. And have sought to draw their energy from food. From its vitamins, minerals and nutrients. But the thing is: it's been a one-way association so far. Why not make it a two-way exchange? Give and take. Like every other transaction. Why not venture to give energy to food!

The way i look at it, the best energy to give food is the energy of appreciation. Just like appreciating a person makes that person open up to you, appreciating a food makes it open

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up to you too. "Wow, you are looking awesome!" "I love your taste!" "Your aroma is superb!"

Superpositive eating is to be grateful for what's on the plate. Rather than what's desired to be on the plate. Almost in every household, i see this point amiss. Many people gripe and grumble over what's been made. "This dish looks crappy!" "You have made it all wrong!" "This is the same vegetable i had two days ago!" "I don't like turmeric!" Or, they make their relationship with food conditional. "I will have that dish only if you make it my way!" "I will have soup only if it is piping hot!" "I will eat sandwich only with ketchup!" "I will have only the chicken leg!" "I will not eat the crusty part!"

Superpositivity is unconditional. It is receipt of the whole. Not selection of the part. Or, only the "best" part, while cringing at the "not-so-nice" part. The chillies, turmeric, garlic, salt, oil, herbs are as much a part of the dish that you are eating as the main ingredient. As we all know, the air that we breathe is only 20 percent oxygen. Eighty percent is nitrogen, hydrogen, methane and other gases. How can we breathe only oxygen! And biologically too, it is not just the 20 percent but also the remaining 80 percent that contributes to our sustenance. Similarly, in the chicken dish that you are having, it is not just the chicken but the onions too that are playing their part. Don't look at them with contempt or treat them like a pariah. I have seen that many people pick on their food. They will keep the ginger aside. Or the chillies aside. Or the "not-so-nice" parts aside.

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Superpositivity does not come from saying: "I don't like aubergine!" Or: "Black lentils are the only dish i don't like!" Or: "I like everything but cabbage!" Keep going, keep growing till you befriend every dish, every condiment, every vegetable. And you get to the point where you say: "I love everything that's on the table in front of me." Now, that does not mean that you have to eat everything on the table in front of you. You see, a superpositive person will always be a sensible eater. And also a sensitive one. Sensitive to all that is. Even to things that they are not eating. I have seen many vegetarians cringe at the non-vegetarian food that's kept on the table in front of them. And repulse even the thought of their plate touching that of a non-vegetarian's. That puritan attitude is not Superpositivity. Just because you have transcended a certain food does not mean you condemn other people's choices. Give that person and their choice the fullness of their existence. "Let it be" is the credo, the centre of Superpositivity. Whatever you have gone beyond — fried food, cornflour, non-vegetarian, refined oil, sugar, sweets — don't ever turn your nose at any of that. "I hate that thing" sort of resistance. In a way, we've all grown up with this food. To be condescending to it is like turning your back on your family. Just because you don't approve of their choices should not stop you from accepting them, their qualities and their choices. And every food, naturally given to human or "invented" by human has some benefit, some value. Don't deny that value through denial. Like every human being, zero food is ever "evil" or even "bad". Every food has its uses, its goodness. It's like every profession.

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Just because you and i are not plumbers does not make plumbing bad. There are many people who like that profession. Similarly, there are many people who like a food that you don't. Respect that. I have seen that many health articles interestingly begin with titles like "The latest evil food" or "The newest superfood". The irony of food is that what's evil today will be a hero tomorrow. Or, what's a hero today was a villain someday. In the human world, bestowment is in a constant state of flux. Butter and cream were vilified yesterday and are being hailed today. It's good to know but even better to be aware. Knowledge keeps changing but awareness is ever constant. Zero food is evil, zero food is hero. A balance of both is optimum. An openness towards both is ideal.

After years of observation, here's what i have firmly come to understand: the ultimate state in a human being's relationship with food is friendship. Neither to resist nor to covet. But to befriend. I believe true friendship can only be between equals. Or, more appropriately, between entities who view each other equally. If one approaches the other more powerfully, or the other feels overwhelmed by the former, then that's not true friendship. And doesn't last long. You have to raise your power to match that of the other to activate the fullness of that partnership. Otherwise, it is going to remain a partial partnership: that of unequals. It applies to food as well.

Let's say, Robert's weakness is ice cream. Then ice cream has a sway over Robert, a grip over him. Honestly, Robert will not be able to fully enjoy ice cream. Because he will be too busy indulging his craving to really enjoy its essence. He'll be too overpowered by

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the taste to truly relish it. He will partake of it in an imbalanced way. In an intolerant way. And that's also the reason people develop food ailments. Because every ailment emanates from intolerance. In medical terms, disease is equated with intolerance. Sugar intolerance. Gluten intolerance. Lactose intolerance. And so on.

On the other hand, people who eat with consciousness are neutral to it. They are tolerant to that taste. Irrespective of how strong or overwhelming it is. Including bitter foods. Which are, from the health perspective, some of the best foods to have. Like bitter melon or goseberry. They are very bitter but excellent for health. Most people altogether avoid them or, if they eat them at all, they make them more "edible". Goseberry candies, for example. Actually, one is destroying its true essence and dousing it with sugar to indulge one's taste buds. Benefit accrues from truth, not from taste.

The truth of the goseberry is its bitterness. And its benefit lies in its bitterness too. That's its fullness. The fullness of its existence. Whenever you eat something, you enter into a partnership with it. From health and an evolutionary point of view, it is meant to be a partnership between equals. But have an objective look at humanity: it is reeling under the weight of food. It is allowing itself to be consumed by the assault of eating. People have learnt to covet food but not respect human beings. We hanker for a loaf of bread, but disregard the person sitting on the table next to us. For whom that piece of bread exists in the first place. You remember the mother and her three children from Part One? To the children, the slice of pizza is all-important. The food is the be-all and the end-all. To the mother, the

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fulfilment, the joy of her children is supreme. It is not just about what the food gives you but about what you give the food. Food can make you feel positive. But you can make the food feel even more positive! Till date, very few human beings have ever understood this dynamic. That food does not have any dominion over you. Neither do you have any dominion over food. It is not a conquest. But a consideration. Of each other's value. These days, we over-emphasise the importance of vitamins, minerals and supplements to sustain our bodies. While there have existed in the Himalayan caves and in Tibetan monasteries masters who would go without food for weeks. They attained longevity as well as independence. Some ate berries and leaves, some ate whatever their devotees got them and some didn't eat at all. They demonstrated that food is good but the energy that receives that food is even greater.

You see, food is beautiful. Always has been. It is a great blessing of the Universe upon us. But here's one thing we've never quite realised: we are a great blessing upon food as well! If we were not around to appreciate and accept food into our bodies, then what is the purpose of all that food? So, appreciate food. As an equal. And, believe me, that's the day food will start appreciating you as well.

SMELLING

Superpositivity is acceptance. Of elements and entities the way they are. It does not mean submission to them. Rather, their sublimation.

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In fact, Superpositivity is not about elements at all. But your relationship with them. It is not about improving your relatives. But your relationship with them. Smell is perhaps the one relative, the one faculty, that "bothers" people the most. In our lifetime, on an average, we inhale over 50 million smells and are capable of discerning over 1.7 trillion more. Some pleasant, some not so pleasant, some neutral.

In the context of Superpositivity, the art of optimal smelling is very simple: just smell like you breathe. Fully and consciously. Rather than gingerly. If you're smelling a flower, don't do it just a bit. Do it fully. Take the fragrance inside you. Not just to your nostrils. Let it travel deep inside you. It has emerged from the cells deep inside the rose. Let it also travel to the cells deep inside you. A smell, too, is an entity. Like a human being. Give it the same respect as you do a person or a place.

Next time you hold a rose, don't just smell the petals. Hold it upside down and smell the stem. And also the sepals: the green leaves on which the petals rest. They have a distinctive smell too. Be conscious of that smell too. Till now we've only thought of smelling the petals as "smelling the rose". But we're just smelling the nicer part. Smell the whole, not just the part.

Similarly, while cooking, don't just smell the spices. Smell the vegetables, the grains, the oil, the utensils too. Once in a while. Do it consciously. Now *that* is smelling the food. Smelling the experience. Rather than just the dish. Before eating, once in a while, pick up the spoon. And smell it. You will smell the metal.

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It might be pleasant or unpleasant. But if you're truly aware, you will realise it is just a smell of the Universe. Accept it, just like you accept the aroma of a spice.

We all have a natural proclivity towards pleasant smells and an inbuilt resistance to unpleasant ones. Everyone likes the smell of a rose. But who likes the smell of rotting food! When it comes to the context of smell, I have seen that the biggest superpositivity we can accord it is bearability. Threshold. Acceptance. Rather than denial. Rather than giving in to the urge to kill those smells with room fresheners, deos, perfumes and incenses. The very instant they occur. And that urge is what a superpositive person transcends.

Do a superconsciousness exercise right now. Take a deep breath. Focus on the smell present around you in that moment. If it is the smell of boiling milk, then that's the smell. If it's the smell of fresh flowers, then that's the smell. If it's the smell of damp clothes, then that's the smell. If it's the smell of hot soup, then that's the smell. If it's the smell of old furniture, then that's the smell. Don't twitch your nose. This smell is not about cloaking. Or covering up. But about giving your approval.

You see, every smell is a part of the Universe. A lesser positive person wants an unpleasant situation changed then and there. But a superpositive person knows that the unpleasant situation will change on its own. Or, at its appointed time. But at present, the more important endeavour is to accept it. The moment one denies the existence of anything, it goes against the tenet of Superpositivity. We have to accept it. And give it the fullness of existence.

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The smell of factory fumes is different, the smell of perfume is different, the smell of cotton is different, the smell of oil is different. None of them are unpositive. In fact, they have never been. They are just different. But how can different be bad? Yes, it can be unnerving. It can be affecting. But then the smell per se is not in your control. The response always is. To a superpositive person, the response always is in their control. And that's what they put their focus on.

I've already shared with you that i used to consciously meditate in a spot close to busy traffic. Close to the smell of traffic fumes. The reason was not clear to anyone who saw me do so. But i did it because of superconsciousness. And i am sharing with you the honest truth. I have never smoked a cigarette in my life, not even a puff. But, except the first three days, the traffic smoke did not bother me at all. I became healthier, fitter and more energised. Plus, my immunity became so strong that ever since that day, i have never once been unwell. In all humility, it is the supreme grace of the Universe upon me, and i have shared this process with you repeatedly just to tell you of the immeasurable power of approval. About the infinite power of superpositivity.

I have seen that most people either hold their breath or start contorting their face when confronted by an unpleasant smell. You see, every action sends out energy to the Universe. Even a thought. A physical action much more powerfully. Accept every smell joyfully. And if you must change a few, as once in a while we all have to, don't do so with contempt. Putting a smile on your face, say Yes Thank You Universe deeply once.

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Then reach out for the perfume bottle or the incense stick or camphor. For, you will be smelling appreciatively, or giving your superpositivity to the former smell. Everything in the Universe exists for a reason. A foul smell exists so that it can be overcome. Not smothered. But overcome. Not rudely but powerfully. It's like adversity. If you're rude to adversity, it persists. Lingers. But if you powerfully, positively transcend it, it makes way. Because it has come not to bother you but to befriend you. Look at it this way: if rain is falling on you, it's not your enemy. If the world is knocking you, it's not your enemy. Nothing is. Not even a smell. Just that you've not befriended it properly. It applies to every element and entity. Your relationship with it is that of unequals. Raise your power and everywhere, everything and everyone will be your friend. You will not be affected by any of them. So, just like the sounds you hear, give your approval to the smells you receive too. Once you do, the "bad" ones will make way. On their own. Gently. Superpositively.

MOVING

Everything in the Universe is designed to move. Stars. Planets. Galaxies. Ants. Squirrels. Meteors. Black holes. Glaciers. Plants. Animals. Humans. Atoms. And move they do. Even now as you read this, the entire solar system is spinning at the rate of 8,28,000 kilometres per hour, 240 times faster than the fastest fighter jet. Inside the human body, too, everything moves. Blood circulates.

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Heart beats. Pulse vibrates. Breath flows. Cells whirl. Muscles throb. Skin breathes. Not just organs but a lot more does too. Thought moves. Feeling moves. Speech moves. And, above all, consciousness does too. It is the last one that needs the most training in life. Everything else pretty much moves on its own. But it is the movement of consciousness that transcends all other movement. Once that is activated, all other movements naturally align themselves. Superpositivity Activation is a wonderful way to activate optimal movement in your body. A symphony and synergy of consciousness, feeling, thought and physicality.

When it comes to Superpositivity, movement serves one core purpose: movement of superpositive energy. Or movement of the energy of the Universe. Which is tireless. At its core, movement is meant to be tireless as well. Rather, movement is meant to *make* you tireless. Quite like the sun: every second it moves an energy of 400 trillion watts. It has created this energy octillions of times. It is not doing this movement because it is tireless. Rather, it is the movement that is making it tireless. Likewise earth. There are billions of human beings and trillions of other life forms that inhabit the earth. Earth moves around the sun at a speed of 1,10,000 kilometres per hour and has been doing so for 4.6 billion years. It is not doing this movement because it is tireless. Rather, it is the movement that is making it tireless. The sun and the earth are superpositive. They are energetic, and their movement supports their energy. Rather, it increases their energy.

In the context of a human, there is not a single "correct" physical movement. But, yes, there is one singularity: all movement

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should be firm, energetic, strong, progressive. Driven by the assurance that the Universe is moving with you. And within you. Rather, it is making you move. You see, even without being aware, an average human being walks around the earth four times in their lifetime. Imagine, if unconsciously one can do so much, then with awareness how much more one would do! Or, how much more joyfully, one would do!

An integral part of movement is posture. And, in all fairness, human posture is a lot better today than it was 2,00,000 years ago. At that time, a human walked like their ancestor, the orangutan. On all fours. And was bent over. And that human was also the most unconscious. Slowly, the posture kept improving. Steadily. And became steady too. The spine started becoming erect. Which is the most important thing in posture correction. The straighter your spine (the emphasis is straighter, not stiffer), the greater your energy flow. See, breath flows in a vertical column along your spine. Straightness allows freedom of that column. So that breath can flow free. And energy can too. What I shared with you in the previous section about blinking applies to straightening as well. Just like you'll find yourself blinking when you are unconsciously adrift, you'll also find yourself hunching over when you are unconsciously adrift. The moment you catch yourself doing that, you will bring yourself back to the realm of consciousness.

Imagine yourself being pulled upwards in a straight line. Stretch yourself comfortably up. The more conscious you are of your straightness, the more conscious you will become of your consciousness.

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If you look at the symbolism too, dropping, falling, collapsing, tripping, slipping, sliding, lower are all terms associated with unpositivity or unconsciousness. They are all about going downwards. About giving in to the gravitational pull. One naturally associates unpositivity with dropping to the ground.

On the other hand, rising, elevating, exalting, raising, climbing, propelling, higher are all terms associated with positivity or consciousness. They are all about going upwards. About transcending the gravitational pull. One naturally associates positivity with an upward surge.

Now, it is a fact that rising always involves more effort than falling. Holding aloft always involves more effort than casting down. Skywards always involves more effort than groundwards. Raising always involves more effort than collapsing. Positivity always involves more effort than negativity. Conscious posture always involves more effort than unconscious posture. Movement always involves more effort than unmovement. But then the rewards are immeasurable too.

Like every aspect of life, treasure the gift of movement too. While typing a message, just become aware of the movement of your finger. Just flex your finger ten times. Say Yes Thank You Universe while you do so. While walking, take ten conscious steps. Keep your foot firmly on the ground, and with every step say Yes Thank You Universe. Enjoy the movement. Not just what the movement leads to. Just the pure gift of movement.

Through the day, be conscious of how you sit, stand, walk or bend. Move like air from one posture to another.

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Firmly yet gently. Flow. Stand like the Universe is standing inside you. Sit like the Universe is sitting inside you. And sleep like the Universe is sleeping inside you. Move like the Universe is moving with you. For, it truly is. Always did and always will.

RECEIVING

It took me a long time to understand that there's a difference between taking and receiving. Taking is seeking and receiving is activating. Taking is demanding, receiving is accepting. Taking is: "Give me the good part!" Receiving is: "What you've given me is the good part."

For, whether we acknowledge it or not, each one of us is receiving all the time. From the Universe and all its elements. The Universe is an ocean and each one of us its drops. A drop is whatever it is, thanks to the ocean. A drop receives from the ocean. Perpetually. Only then is it able to quench. The earth receives from the sun. Only then is it able to support life. The moon receives from the sun. Only then is it able to illuminate the night sky. The soil receives from the rain. Only then is it able to make plants grow.

All these entities receive their gifts with openness. They receive fully. Rather than debtfully. There's a huge difference between gratitude and indebtedness. An indebted person can never live fully. Only a free person can. Let me explain that more clearly with the example of a parent-child relationship.

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Parents are the sun and children are the earth. They are designed that way. I've seen that many parents tell their children that they've done enough for them. Or even if they don't, they feel that way. There is a feeling that they've given too much and haven't got enough in return. Most of all, zero appreciation for their efforts. Their feeling is justified. But i have seen that in all such cases, it is because they have shown zero appreciation for their own role. Zero appreciation for their opportunity to give. See, the sun appreciates its own role. It appreciates the opportunity to give. And it shows appreciation to all its receivers. And that's where its expectation ends. It considers the point of release complete in and of itself. It creates energy equivalent to a trillion one-megaton bombs in one second. And releases that energy freely. Without desire. Similarly, parents should consider the opportunity to do for their children a blessing. If they are providing for their children, they are not doing them any "favour". I know many parents like to hear that. But it's a fallacy of thought. There are zero favours in the Universe. Except the erroneous consideration of people. They were born to give. And they are lucky to give. If their children show gratitude, it is beautiful. It is how it should be. For, children who are ungrateful are committing the same mistake as parents who think they are doing their children a favour. Children are like the earth. They should appreciate that they have been designed to receive. The opportunity to receive. That there was someone to give them. And the fact is: they have received. A lot. Love, care, food, shelter, clothes. They don't have to feel indebted. Just grateful.

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Purely grateful. Just because they don't acknowledge, it's not that they haven't received.

Always remember that in the Universe, there are zero favours to give and zero favours to receive. There's only an exchange. A free and flowing exchange. A pure exchange. Between parents and children, wife and husband, friend and friend, sister and brother, uncle and nephew, neighbour and neighbour. At times, you will be the sun. At times the earth. When you are the sun, the giver, appreciate your role. And the other person's role as the earth. When you are the earth, the receiver, appreciate your role. And the other person's role as the sun. At all times, be appreciative. And free from the onus of favours. Of debt. Else, it is a cross that weighs heavily on you and the other person. Freely give and freely receive. Only then will you be free.

Many people find it very difficult to receive. I was one of them. It made me very uncomfortable to "take". But one day i realised that that was a resistance too. I realised that in life, i have to complete the cycle of every transaction. At times i have to be the giver, at times the receiver. And if i was conscious enough, i could be both at the same time. Let me give you an example. Let's say i go to someone's house as a guest. I am at the dining table, having a meal with them. I am the receiver. In the same situation, if i am eating joyfully and appreciating them, then i am the giver too. The receiver and the giver. Simultaneously. You see, we are always receiving from the Universe. By appreciating, we give back to it too. And that's what completes the exchange. The exchange of superpositivity.

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Actually, in every situation, you are the sun and the earth. The giver and the receiver. Even in situations where you think you are active and the other person is not. For instance, a conversation. When you speak, you are the sun. When you listen, you are the earth. And if you listen intently, you become the sun again. Because you are giving an attentive ear. Appreciate both roles. The role when you are listening as well as the role when you are speaking. Freely. Unselectively.

At all times, remember this: wherever we are, whoever we are, however we are, we are receiving right now. Many gifts: the gift of life from the Universe, the gift of nurturing from family, the gift of education from teachers, the gift of food from farmers, the gift of technology from scientists, the gift of television from broadcasters, the gift of movies from filmmakers, the gift of refinement from artists, the gift of companionship from friends, the gift of air, water, light, sun, earth, and so on immeasurably. The receiving is happening automatically. But the thing is, are we receiving joyfully? Are we receiving gratefully? Are we receiving consciously? Once we are, the giving will happen automatically. Which brings us to the last, and the most significant, action of life: giving.

GIVING

In my life, one by one i have let go of all my needs and desires. But unbeknown to me, in the deepest recesses of my being, there

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lay hidden a last one: a desire to see change. A desire to see my actions bearing fruit.

Before writing this book, i had to learn that final lesson. To let go of my final desire. Was i brave enough to acknowledge that despite my talking of Superpositivity, writing books on it, and above all, sending superpositive vibrations to the world in my meditation and chanting, nothing might still change? Yes, today i can say, i am. I am brave enough to accept. Not defeat but non-accomplishment. That none of my efforts or actions might ever accomplish much. That the three children at the dinner table will continue to be who they are.

But then here's the thing. It has empowered me more than ever before. It has fired me up completely to give. Today, i resolve to walk on the path of Superpositivity even more robustly than before. I understand that the children at the dinner table, even after receiving the best pieces, might still grumble. But that won't affect me now. I am supremely grateful to the Universe for teaching me that lesson. If i hadn't learnt it, then i shouldn't have been writing this book at all. Because today, i realise that the final lesson was the biggest of them all. "Showering without hovering" is how best i can put it now. Shower your all but don't hover to see what they're saying about you. Give your all but don't wait to see what comes of it.

To all the givers in the world, here's what i can share from my own experience: just keep giving unconditionally and you will be compensated. Way more than you imagine or expect. Yes, mostly it will come in intangible forms. Or, the tangibles

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will come in forms you don't expect. I know a wonderful young lady in New Delhi who is passionate about stray animals. For years, she served in a shelter home for stray dogs. Where she worked in conditions that were not too pleasant. She was not making any money from this. And it's not like she was very wealthy either. But she was passionate about caring for stray dogs. An excellent caregiver, she served there with all her being. One day, she was at a party. There she met a wealthy real-estate developer. They connected very well. And within months, they got married. Today, they have two lovely children and are very happy together. That lady's reward came in a form that she never expected. Or planned.

Now, this above example is not to lead you into thinking that your result will come in a similar form. You are another person. With another set of circumstances. And living another purpose of the Universe. So, don't expect what another person is getting in their life. Rather, just focus on the two things that enabled that lady to receive what she got: excellence and giving. Be an excellent giver. An excellent giver of positive energy through whatever your station in life is. And then you will get access to a life more beautiful than you've ever imagined. You see, most of us are driven by what we can take from a situation. But when we shift the focus to what we can give to a situation, that's when we have gone to the level of Superpositivity. And that's when magic happens.

Don't make your giving special. The air doesn't see anything special in what it is doing. The sun doesn't see anything

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special in what it is doing. The water doesn't see anything special in what it is doing. Please take the word Special out. I consider what i do the most normal, the most ordinary, the most natural thing in the world. I am telling you the truth: there is nothing extraordinary in it. If the air doesn't consider what it is doing special, then who am i?

The conflict in relationships — any relationship — always comes when we think we are doing something special for the other. That we are doing someone a favour. Like i've repeatedly said, the Universe is an exchange. I free those who come to me seeking conscious light for their life. They are giving me as much as i give them. So, nobody owes me anything. This life doesn't owe me anything. The Universe doesn't owe me anything. You don't owe me anything. I do this in the faith that if i free others, they will free others too. And if i enslave others, then they will enslave others too. By writing this book, and the previous ones, and all the future ones, i have only this message to give: free yourself. And free others too. From the shackles of unpositivity above everything else.

The way i live, i appreciate every moment with superpositivity. I give every moment my all. When someone comes to me, they know i am not going to judge them. They are assured of my full acceptance of them. That's why everyone opens up to me. People share their deepest concerns with me, safe in the knowledge that i will offer the best solutions. And that is my endeavour. To solve rather than search. To proffer rather than probe. To give rather than take.

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Nonetheless, i meet people who insist on being "human". On conditioned thinking. And borrowed living. Every month or so, i have my five minutes of "reality check". Where my superenthusiasm meets superscepticism. On those occasions, i just let it flow through me. I take a deep breath and impel myself to say Yes Thank You Universe as fully as i can. Those are my five minutes of reminding me of being "human" too! They are like the space between the reels of a film. In earlier days, film was not run continuously. In the projector room, spools were loaded. They were run till the end of a reel. And then there was a two-minute break. Till a new reel was loaded. After which the film would begin again. It would continue that way reel after reel till the film ended. But neither the audience nor the projectionist ever left the theater during that "uncomfortable" pause. They just waited eagerly. They both knew they have a job at hand and they have to complete it. I take Superpositivity as that. Both as a gift and a duty. I do it as much because i love it as because i have to do it. That is why i am born. And when you are born to do something, you don't question if it is comfortable or not. You just do it with faith, fortitude and fullness. You do it not just without any reward. You do it without any result too! And that is the reminder. Failures, criticisms, disappointments and challenges are these reminders. I accept and appreciate each one of them.

Recently, i heard someone say: "Positivity is a myth, a flawed reality." Needless to say, that comment came from an embittered person. You see, there is zero such thing as a flawed reality. Or an illusion, as most of us understand it. There are two

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realities: eternal reality and transitional reality. The Universe the Creator is the eternal reality. Everything else is a transitional reality. I, you, this book, the house, the furniture, this planet, this galaxy, everywhere, everything, everyone. Even a flaw or a lie is a reality. It is just that the reality is in transit. Like a shadow. If the subject is a reality, then the shadow is too. And if the shadow is a myth, then the subject is too. Neither will any subject be there forever nor its shadow. They are both transiting. That's why you should never stop believing in others. Never stop giving them. Because they are both transiting from one aspect of reality to another. A sinner is as much of a reality as a saint. Just that the latter is closer to the eternal reality than the former. And that's the only difference. Not that the former does not exist and the latter does! On that level, positivity is much closer to eternal reality than unpositivity. Just like creation is much closer to eternal reality than destruction. For, a superpositive person knows that all exists. And allness exists in all too. A superpositive person just walks ever closer to the eternal reality. And in that walk lies the truest action. Not the feeble wishfulness of many: "I wish my husband was a better person!" "I wish we had a better government!" "I wish she was more considerate!" That is wanting without working. A superpositive person just works, while the wants take care of themselves.

After activating Superpositivity in my life, i have seen that my capacity to give has increased infinitely. When people talk, i am aware that the Universe is talking to me. And when i talk to people, i know the Universe is talking to them through me.

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Both options are equally amazing. And equally energising. I activate to give. I am aware that on a personal level, i have lived a life so abundant that my own interests and ambitions have been completely fulfilled. Till the day *Challo Driver* released, i was living for Vickrant. Very passionately. But for Vickrant. That day onwards, i started living for the Universe. Even more passionately than i did for Vickrant. And the rewards are coming immeasurably.

Now, there are two simple yet clear mechanisms that i have been using over the past ten years to share Superpositivity with the world forevermore. As we discussed in Part One, Superpositivity means not neglecting any level of being. Consequently, i have been using both these mechanisms in tandem to give superpositivity to the world holistically through my work as well as the personal aspect of my life. They are: Superpositivity Standard and Superpositivity Lifestyle. Let's get to know them one by one.

SUPERPOSITIVITY STANDARD

Essentially, a superpositive person strives for excellence in every aspect of their life. Now, whether one is a woman or a man, a student or a teacher, a monk or a merchant, a homemaker or a scientist, a doctor or a lawyer, a planet or a star, a stellar system or a galaxy, work is an integral aspect of our life. Many people take work as drudgery or as a liability. And the reason is that they fail to realise the beauty of work, and how uplifting it can become.

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In the journey of Superpositivity, we all must realise that each one of us is here to enrich the world not just through our presence but also through our work.

The nature of work might vary, but work itself is the very fabric of the cosmos. Come to think of it, the earth is doing its work perpetually, and we all exist thanks to the work that it is performing. The sun is doing its work perpetually, and we all exist thanks to the work that it is performing. And if we keep expanding that circle of awareness, we'd realise that the Universe is doing its work perpetually, and all exists thanks to the work that it is performing.

The earth, the sun and the Universe are all superpositive, and their superpositivity clearly reflects in the work that they do. In fact, their work is inseparable from their existence, and is an integral aspect of their being. Each of these superpositive entities is synonymous with their work. And they all follow a common performance benchmark. A benchmark for infinity, called the Superpositivity Standard.

Now, when it comes to qualitative benchmarks for products, services or institutions, there are many technical standards and yardsticks already in place: ISO standard, IEC standard, EN standard, gold standard, platinum standard and so on. However, there is yet a universal standard that encompasses the complete aspiration of an entity — its consciousness, its moral and social aspiration rather than merely professional or technical. Hence the Superpositivity Standard.

The Superpositivity Standard is based on the ALIVE Principle of Superpositivity. As we are all aware by now,

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Superpositivity is the sum total of 150 positive qualities, which every human being is born to develop. But to become a superpositive professional or vocationalist, one has to essentially focus on five of those qualities or attributes which put together comprise the ALIVE Principle. In this context, ALIVE is an acronym and each of those letters stands for a quality. Now let's go over each of the five qualities that comprise the Superpositivity Standard one by one:

The first part of the ALIVE Principle or the first element of the Superpositivity Standard, the letter A, stands for: Aiming to excel. Now, there are many Superpositivity quotes that I have written to inspire myself and others on the path of Superpositivity. (You'd find them on www.superpositivityquotes.org.) One of those quotes that I very actively keep in my consciousness is: "Every superpositive person has to be a goal setter and every goal setter has to be superpositive."

We've discussed earlier that a goal setter is an athlete of goals. As experience and observation have collectively taught me, excellence doesn't just happen on its own. It has to be a conscious goal. A person becomes superpositive only if it is their goal. Since excellence is one of the 150 qualities of Superpositivity, and since you are on the verge of completing this book, the implication is that you have already developed the spirit of excellence. Now is the time to naturally impart that spirit to your work. And for that, you have to start with the goal to excel. Consciously make it your goal to be excellent in your craft, whatever that craft is, and the rest will organically follow.

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The second part of the ALIVE Principle or the second element of the Superpositivity Standard, the letter L, stands for: Love for your craft. I am assuming that you have already identified your unique purpose in life and are on that path already. But let's say you are nebulous about your purpose in life, then you could read my book *The Glacier River Ocean Principle* (available on www.superpositivitybooks.com for free) that would enable you to discover it. It'd help you find the work that you love or love the work that you perform. I have realised that the core reason people perform substandard work is that they don't love their craft or don't find much meaning in it. On the other hand, people who love their craft perform work that immeasurably fulfils them as well as benefits humanity and upholds the highest essence of the Universe.

The third part of the ALIVE Principle or the third element of the Superpositivity Standard, the letter I, stands for: Improving forevermore. The work that most people do is of a finite nature. They confine themselves to a box and limit their performance to preset determinants. They seldom try to surpass or transcend that limitation. As you know by now, the two core functions of Superpositivity are: celebration and improvement. By doing the work that they love, or by loving the work that they do, superpositive people celebrate their craft. And by becoming better at their craft forevermore, day by day, they fulfil the function of improvement. They never stop at what they know or what they have learnt but like their eternal source the Universe, they open themselves up to an infinity of growth and improvement forevermore.

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The fourth part of the ALIVE Principle or the fourth element of the Superpositivity Standard, the letter V, stands for: Vow to give superpositivity. Now this element is the Real McCoy of the Superpositivity Standard or something that distinguishes it from any other principle. Superpositive professionals realise that they are not machines. But living, breathing, feeling entities who must pour the feeling of superpositivity into the work that they are performing rather than just activate plain, clinical brilliance devoid of feelings. Efficiency indeed is the hallmark of every superpositive professional. But please note that it is never at the cost of feelings. Along with the actual work that they are doing or the service that they are performing, superpositive professionals also give the highest feelings like appreciation, gratitude, optimism, encouragement and above all Yes Thank You Universe to the recipients of that service. Just like they never eat a meal without adding an element of superpositivity to it, superpositive people never perform any work without adding an element of superpositivity to it — even if that element is as simple as a smile or a word of encouragement to every recipient of their work. It's as simple as that.

The fifth part of the ALIVE Principle or the fifth element of the Superpositivity Standard, the letter E, stands for: Ethical and responsible. A lot of people equate being a brilliant professional with competence. But in the realm of Superpositivity, that's not enough. There have been multitudes of brilliant and competent people since the advent of civilisation who have also wreaked unspeakable havoc on it. Some of the

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most gifted public leaders and inventors have been supercompetent and brilliant at their work. But many of them have also been driven by greed, megalomania and insensitivity to the collective human race. A superpositive person always sees the recipients of their work as an extension of themselves and consequently, they always perform their work with the highest scrupulousness and responsibility.

Anyone who practises the ALIVE Principle of Superpositivity becomes a superpositive practitioner of that craft: superpositive teacher, superpositive doctor, superpositive administrator, and so on. The same applies to institutions as well: superpositive school, superpositive hospital, superpositive administration, and so on.

If you believe that you as an individual or institution exist not just to attain technical excellence but also as a transmitter of the highest positive energy to your surroundings and the whole human species, then Superpositivity Standard is for you. Visit www.superpositivitystandard.org. Go to the Crafts section, which has scores of crafts and roles covering an expansive spectrum of human endeavours. Find the craft, vocation or role that best defines you (whether as an individual or institution), download the relevant Superpositivity Standard, print it and display it at the most prominent place at your home or workplace and start practising it.

The Superpositivity Standard is entirely self-regulated and voluntary. Superpositivity is an ongoing state and that is also a sacrosanct element in the Superpositivity Standard. Just because one has printed and displayed the Superpositivity Standard at

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their location does not mean that it is a lifetime licence. Every practitioner of the Superpositivity Standard must resolve to observe the ALIVE Principle of Superpositivity on a daily basis in all their endeavours, and to voluntarily remove the artwork, if it is violated in any way.

At all times, the Superpositivity Standard should be firmly seen as a resolution rather than certification. Like all Superpositivity platforms and activities, the Superpositivity Standard is completely free, open and available to every individual and institution without any monetary consideration whatsoever. Essentially, the Superpositivity Standard acts as a consciousness compass to guide an entity through the choppy waters of negativity and acts as their motivation to not just live and survive but to attain world-class excellence in their life and work — and as a result to truly come alive and give that aliveness to the world forevermore.

Now that we've learnt how to give superpositivity to the world through our work, let's learn how to do that through our personal regimen as well.

SUPERPOSITIVITY LIFESTYLE

The Superpositivity Lifestyle is built on my own everyday life regimen and the suggestions that i have given to many people and the ensuing upliftment that i have observed in their life. The Superpositivity Lifestyle is an answer to the question: "How do i live everyday on the path of Superpositivity?"

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The Superpositivity Lifestyle is a manifestation of all that you have learnt so far in the journey of Superpositivity. It is an expression of the Superpositivity Path and a distillation of all the qualities and elements of Superpositivity.

Just like the Superpositivity Standard is powered by five Superpositivity elements — aiming to excel, love for one's craft, improving forevermore, vow to give superpositivity and ethical conduct — the Superpositivity Lifestyle is powered by two Superpositivity elements — balance and self-reliance.

Let's talk about balance first. As we learnt in Part One, Superpositivity is not just about spirituality. Rather, Superpositivity is the philosophy of totality — excelling in every level of life, without neglecting any of them, and spiritual is just one of the five levels of being within every human. Superpositivity means developing all these levels equally and optimally. It should never be one level at the expense of another. That simply means that the Superpositivity Lifestyle has to be one that honours and engages all levels of being as well. Extremism of any sort is not the goal of a superpositive person and as we go into the specifics of the Superpositivity Lifestyle a little later, you will see how we consciously accomplish the state of balance.

The other defining element of the Superpositivity Lifestyle is self-reliance. And in the context of Superpositivity, self-reliance is composed of two qualities: autonomy and minimalism. Both these qualities are symbiotic and closely connected. Now, when most people use the word Lifestyle, the automatic presupposition is of grandeur: swanky cars, expensive clothes,

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exotic travel, lavish parties, and all that. Now, there is absolutely nothing wrong with that vision and we are not going to sit in judgement on those who aspire to live such a life. In fact, many years ago, even i was living such a life! I earned that lifestyle in my capacity as a photographer and i activated it most ethically and scrupulously. Just like not every person who has an impoverished lifestyle is a saint, not every person who has an abundant lifestyle is a sinner either. And as experience has taught me, anyone who practices the Superpositivity Standard, automatically gets access to a lifestyle that is the most positively abundant in every sense possible.

But honestly, that aspiration is not the objective of this section. And that's why i am putting emphasis here upon the element of self-reliance and its two sponsoring qualities: autonomy and minimalism. Superpositivity Lifestyle is about applying the spirit of Superpositivity in the conduct of your everyday life, without any dependency on external conditions or resources, which in turn will fulfil the twin qualities of autonomy and minimalism. As i have been maintaining throughout this book, in the journey of Superpositivity, it doesn't matter who you are, where you come from, what you do and how much you know. Similarly, to live the Superpositivity Lifestyle, you don't have to have a certain kind of bank balance, have a certain kind of friends or connections and be living in a certain kind of environment.

Anyone, anywhere can practise the Superpositivity Lifestyle, just like me: a person who has been living in complete anonymity for the past ten years in one of the most geopolitically disturbed regions in the world without any bank balance, fame,

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appreciation or recognition from the outside world to speak of. And the only reason i mention that is to tell you how infinitely happy the Superpositivity Lifestyle has made me and how infinitely beautiful it has made my interaction with the outside world, independent of all conditions and limitations. And if i can live such a lifestyle, then anyone can.

Since you have come this far in the book, in many ways you are already familiar with all the concepts and practices that i am going to share with you in a while. In this particular section, we will simply learn how to connect all that theory and bring the insights that we have developed into the practical application of Superpositivity in our daily life. I know that once i consciously introduce you to a few more elements in that spectrum, and once you start practising those elements as well, then the Superpositivity Lifestyle will become as natural to you as breathing.

Just like the Superpositivity Standard is the highest performance standard that any entity can aspire for, the Superpositivity Lifestyle is the highest lifestyle any entity can accomplish. Anyone who can live the Superpositivity Lifestyle manifests the phrase "heaven on earth". Their life is filled with the greatest elixir of the Universe and they become the highest inspiration for the human species.

Just like the Superpositivity Standard is defined by a principle called the ALIVE Principle, the Superpositivity Lifestyle is also defined by a principle of Superpositivity called the LET US ENJOY Principle. Once again, it is an acronym of ten letters, and each of those letters stands for an aspect of life.

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One could also call these the ten goals of Superpositivity that cover the whole spectrum of modern human life that one must accomplish every day. Now let's go over each of those aspects one by one:

The first part of the LET US ENJOY Principle or the first component of the Superpositivity Lifestyle, the letter L, stands for: Loving one's life and the world. As we discussed in Part One, love is the very foundation of superpositivity. Most people spend their lifetime looking for love from the outside world, but superpositive people activate that love independently within themselves and emit it naturally to the outside world. I always remind myself that the first few minutes upon waking up set the tone for the rest of the day, so i consciously practise the Superpositivity Chant and the Superpositivity Affirmation immediately upon waking up. It is my Yes Thank You Universe to activating love for my own life and for all creation at the very beginning of every day and then centring myself in that energy as i progress through the day. I am sure most of you have made the Superpositivity Chant an integral part of your life. Ten-plus minutes of it every day come what may is the most sacrosanct part of the Superpositivity Lifestyle, and to start every morning with it is to tell the Universe how much i love my life and the very day that i have been gifted with.

The second part of the LET US ENJOY Principle or the second component of the Superpositivity Lifestyle, the letter E, stands for: Eating consciously. In the Tasting section earlier on, we have discussed at length how to eat superpositively.

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Further to that, let me add two small tips which i practise during every meal to make it an integral part of the Superpositivity Lifestyle. Firstly, i close my eyes for a few moments, fold my hands in grateful appreciation and say a heartfelt Yes Thank You Universe before every meal. There are countless energies that have contributed to that food reaching me, and before putting it into my body i give my grateful appreciation to all those energies. Secondly, i invest ten-plus minutes per meal, savouring and relishing it as fully as i can. However busy i am, i make it a conscious point that eating is one of the great joys in life, and once i have sat down to do so, i must attend to that endeavour to the fullest and ten minutes is the least i can give. Also, let me share with you that i am a vegetarian, and i eat ten-plus servings of fresh vegetables and fruits every day. I have personally found that a well-balanced, plant-based diet is best suited for Superpositivity as it upholds our environment and uplifts our humaneness in equal measure. (In fact, if you intend to develop an optimal, superpositive approach to food, then i've written a book called *Superpositivity Nutrition*, devoted to that subject — you could read it for free on www.superpositivitybooks.com as well.)

The third part of the LET US ENJOY Principle or the third component of the Superpositivity Lifestyle, the letter T, stands for: Time for family. As i said earlier, the Superpositivity Lifestyle is powered predominantly by the element of balance. It sounds so simple but most of us find this the hardest thing to do. We have driven ourselves into the illusion of being too busy to do the right things. A harmonious family is the bedrock of

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Superpositivity, and as i have learnt, harmony has to be nurtured and cultivated. It doesn't build on its own. Most of us take the presence of our loved ones in our life for granted or are too focused on material pursuits to take time out to nurture the emotional wellbeing of those who truly matter. As i have shared with you earlier, i live with my parents at their house in Jammu. The past ten years have been the best period of my life when i have been in their presence on almost a daily basis. In a way, the past ten years have also been the most creatively intense period of my life when i have written thirty-six books, have trained over a dozen national sports teams and have created many Superpositivity platforms (www.superpositivity.net). But every day, i have consciously carved sizeable chunks of time when i go and sit with my parents individually and talk to them about what's happening in their life and the world in general. I don't carry my phone with me during those exchanges and i give them my undiluted attention. This is what i call superpositive chit-chat, and i have found it to be the most nourishing part of my journey, where it's not about me but about them. I'd request you to do the same, and whoever you are, however busy you are, please take out ten-plus minutes for your family. Be it parents, grandparents, partner, siblings or children, give them the gift of your undivided presence. If you can spend 24 hours with yourself, surely you can spend at least ten joyful minutes with family too. Remember: it's all about balance.

The fourth part of the LET US ENJOY Principle or the fourth component of the Superpositivity Lifestyle, the letter U,

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stands for: Uplifting oneself and one's space. And it's very simple to do: spend ten-plus minutes on personal grooming and ten-plus minutes on cleaning your room, apartment or house every day. I know many people take this for granted: they don't attend to their physical appearance and their physical surroundings adequately. And it eventually reflects in every aspect of their life. As i said earlier: Superpositivity Lifestyle means not neglecting any aspect of your life. My number one rule for personal hygiene throughout my grown-up life has been: take a shower every day, regardless of the weather or the mood one is in. Doing so has ensured that i approach every day with fresh physical energy. Seems like a simple thing, but you'd be amazed how many people take this for granted. Similarly, i spend ten-plus minutes every day on cleaning the physical space around me, whether it is making the bed, doing dishes, dusting up or tidying the cupboard. It gives me the fulfilment that i am not depending on anyone else to uplift my physical space but i am independent to do so, which upholds the second element of the Superpositivity Lifestyle: self-reliance.

The fifth part of the LET US ENJOY Principle or the fifth component of the Superpositivity Lifestyle, the letter S stands for: Staying clear from intoxicants. You know by now that Superpositivity is all about consciousness. I believe that i could find Superpositivity only because i have maintained an active and clean life, free from alcohol, tobacco, aerated drinks, caffeine and drugs. It's a way for me to show the Universe that i am fully committed to keeping my system naturally clean and

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healthy and that i value my body too much to be putting any toxins into it. Rather than getting into a moral debate whether intoxicants are good or bad, let me just say that intoxicants cloud your consciousness — and one cannot find Superpositivity on anything but the highest level of consciousness. Today, i am going to share with you a very simple tip which will help you stay clear from intoxicants naturally and without much effort. And that tip is: drink ten-plus glasses of water every day. I know it sounds a blatantly and laughably simple thing but most people overlook the simple practise of drinking plain clear water, and as a result their bodies get dehydrated and their compromised brain tells them to stack up on fluids that debase their already low level of unconsciousness. I have grown up in an ecosystem where i have seen first-hand people afflicted with substance abuse. And here's an uncanny link that i have seen: people who drink a lot of liquor, tea, coffee, sodas drink very little water and vice versa. I have been observing this connection for years to know how shockingly true it is. So, drink ten-plus glasses of water every day to be firmly established in the Superpositivity Lifestyle.

The sixth part of the LET US ENJOY Principle or the sixth component of the Superpositivity Lifestyle, the letter E stands for: Exercising and moving. Make it your goal to do ten-plus minutes of exercise every day, regardless of how busy you are. As we discussed in the Moving section, the goal is to consciously move the body. You could do any form of exercise, but ideally it should engage all parts of your body. I personally do around a forty-minute workout every day, as part of which

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i stretch the whole body, and then do a combination of body weight exercises like push ups, situps, crunches, squats, etc. You could walk, jog, stretch, bike, dance or weight train as per your inner guidance, but at least ten minutes of exercise every day you must do. Remember, it's all about balance. (Once again, if you intend to explore the subject of optimal, superpositive exercise, then i've written a book called *Superpositivity Exercise*, devoted to that subject — you could read it for free on www.superpositivitybooks.com as well.)

The seventh part of the LET US ENJOY Principle or the seventh component of the Superpositivity Lifestyle, the letter N, stands for: New creative activity every day. Ten-plus minutes of it. By new creative activity, i mean reading a new book, trying a new exercise, watching a new informative video, listening to a new podcast, learning a new skill, writing a new inspirational story, cooking a new dish you've never tried before or doing any new creative activity for ten-plus minutes every day. Most people think that creativity is the preserve of the select few but once again, it's all about setting a goal. Every day is a day we have never received before. It is our responsibility to colour it with at least one creative activity that fills us with the elixir of newness.

The eighth part of the LET US ENJOY Principle or the eighth component of the Superpositivity Lifestyle, the letter J, stands for: Joyful smiling. We discussed in the Feeling section that smiling is the harbinger of happiness, and we also learnt the science that makes smiling a powerful feel-goodness instrument. Remember what we've been saying throughout the book?

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A superpositive person's joy is never acquired — it is activated. I literally smile hundreds of times by myself but i request you to do so ten-plus times every day. That is, ten-plus conscious joyful, unconditional smiles every day. You could do so while you are chanting, exercising, showering, getting ready or while doing any other activity. Just ensure that you check the box of ten-plus conscious smiles every day. And the more, the merrier. By doing so, you'd be honouring the second element of the Superpositivity Lifestyle: self-reliance.

The ninth part of the LET US ENJOY Principle or the ninth component of the Superpositivity Lifestyle, the letter O, stands for: Observing the sky. Again, we've discussed this at length in the Thinking section. That looking at the sky consciously activates unlimitedness in our thought. I remind myself to do this literally hundreds of times every day from morning to night, even if it is for a moment. But i request you to do so ten-plus times every day. Once again, you could do sky-watching while you are chanting or while doing any other activity throughout the day. Every time you consciously do so, you'd be autonomously and unlimitedly connecting to infinity.

The tenth part of the LET US ENJOY Principle or the tenth component of the Superpositivity Lifestyle, the letter Y, stands for: You are superawesome. As we've been saying throughout this book, positivity is what one gives oneself, Superpositivity is what one gives to others. It is befitting that the Superpositivity Lifestyle starts with expressing love for one's own

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life and reaches full maturity with enabling others to develop love for their life. Make it your goal to express superpositively to ten-plus people or natural entities every day that “You are superawesome” whether it’s in the form of appreciation, gratitude, encouragement, optimism or even a smile. I try to share this with hundreds of people every day. But i request you to share this with ten-plus people every day. Every time you fulfil this goal, you’d be autonomously sharing the same superawesomeness that you feel within yourself, you’d be bringing superpositivity full circle. And you’d be honouring the most important element of the Superpositivity Lifestyle: balance. The pure, perfect, cosmic balance of life.

One could even call the LET US ENJOY Principle the 10 by 10+ Principle: doing 10 superpositive things 10+ minutes or 10+ times every day. Done recurrently, it would firmly drive these 10 elements of Superpositivity firmly into our subconscious and as a result, the Superpositivity Lifestyle would become as natural and normal as breathing. Now, if one were to ask every person in the world if they want to enjoy their life, the answer would be a resounding Yes. By observing the LET US ENJOY Principle, pure, autonomous celebration flows unabatedly in our life and that celebration flows naturally through us to the rest of the world forevermore. Which truly is the very purpose of the Superpositivity Lifestyle.

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SHARING SUPERPOSITIVITY SYSTEMATICALLY

After one has learnt the art of sharing Superpositivity with one's immediate world, through one's work or personal regimen, there are two simple yet powerful ways with which one could share it with the broader world in a systematic way. The first one is to host a Superpositivity platform. And the second one is to become a superpositivator. Let's talk about Superpositivity platforms first.

There are several Superpositivity platforms that have been created by the Superpositivity Foundation, and the most fundamental of them is a Superpositivity Club. Essentially, Superpositivity Club is an inspirational platform where people who intend to exchange superpositivity with others meet at least once a week, whether physically or virtually, for at least an hour and share the most positive developments in their life and in the world.

Additionally, there are other Superpositivity platforms like Superpositivity Talks, Superpositivity Festival, Superpositivity Concert, and so on. In keeping with the Superpositivity philosophy, the licence to operate any Superpositivity platform is granted for free to every interested individual or institution (whether public or private) all over the world without exception. The only condition is that a licensee must use the platform for humanitarian purpose only, they must

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follow the format and the charter for that particular platform and they must not monetise its activities. One can host any of these platforms independently or one can open a Superpositivity Club, whether online or offline, to host all these platforms. The best part is that one can start any of these platforms with only one person, without spending any money, and without having any physical venue. Further details about all Superpositivity platforms can be had by visiting www.superpositivity.net.

Also, the simplest and the best way to share Superpositivity with the world — whether your immediate family or the larger world — is to perform a Superpositivity Exchange. As I shared with you in Part Two, I do around 10 Superpositivity Exchanges every day. You should do *at least* one exchange every day, with family members, friends, colleagues or strangers, whether virtually or in person, to easily share Superpositivity, without having to go anywhere specifically to do it. In fact, one of the most important tasks of the Superpositivity Foundation is to create global awareness about the Superpositivity Exchange. It is estimated that there are over a billion households in the world, and it is my vision that Superpositivity Exchange be held at each one of them. Where instead of trifling talks about politics, gossip and maligning, people would nurture their family and friends with transforming talks about gratitude, appreciation and improvement. Where they'd enrich each other's lives on a daily basis. Where they'd motivate each other to be their finest versions every day. And, above all, where they'd encourage each other to have the very best conversations humanity can ever have.

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The second way in which you can share Superpositivity with the world is exactly how i have been doing it: become a superpositivator. As you can tell, i am someone who doesn't believe in identities. I have done many things in my life, from modelling and acting to editing and writing to photography and filmmaking. I often get asked which role defines me the best. For many years i used to say motivator. Until i realised that even a motivator comes in many forms: corporate motivator, fitness motivator, sports motivator, and so on. I contemplated deeply and then came up with a new term that best expresses the work that i do and the role i'd love to be known for: superpositivator. Meaning someone who motivates others to be superpositive.

I became a superpositivator on 6 November 2013 when i gave my first-ever public talk on Superpositivity at my former school, Presentation Convent Jammu. Since then, i have been a full-time superpositivator as i have conducted over 2,000 public Superpositivity talks, physically and virtually all over the world. I have shared superpositivity with homemakers, teachers, students, bankers, athletes, prisoners, doctors, scientists, entrepreneurs and people of every imaginable background. I have physically reached out to over half a million people to be superpositive, and i feel immeasurably blessed to have enabled many of them to go from a lifetime of depression and discord to that of joy and harmony. I have embarked on two major tours as a superpositivator.

In 2015, i embarked on a campaign called Superpositivity India, as part of which i visited the 28 states and 8 union territories of India and tried to inspire over 1,00,000 high school students

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to be superpositive in life. In 2018, i embarked on a campaign called Superpositivity US and visited all 50 states of the US, trying to inspire a cross-section of Americans to be superpositive. I am presently on a campaign called Superpositivity World, as part of which i am trying to inspire people in every country in the world to be superpositive. What is much more important is that i have been doing all my work as a superpositivator over the last ten years absolutely for free, without any compensation in cash or kind from any individual or institution whatsoever. I intend to demonstrate through my small example that superpositivity in and of itself is the most beautiful currency of life, and is something the world should more freely transact with, in order to experience the higher plane of existence.

I honestly don't know how many people i have impacted in that role, but at least i am happy that i am playing my part, however tiny it is. Now, i have resolved to devote my whole life to Superpositivity as a full-time superpositivator and i try to give at least one talk on Superpositivity every day. In your case, your vision and priorities might be different. But still you can spare at least a few minutes once a month to give a talk on Superpositivity at a school, hospital, prison, home for the challenged or any institution where people are in need of positive energy — which technically is the whole world. So you can complete the circle of Superpositivity even by becoming an occasional or part-time superpositivator and at your convenience motivating others to become superpositive.

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Whether you choose to host a Superpositivity platform or become a superpositivator, my only request is that you should not monetise the sharing of Superpositivity with anyone, anywhere in the world. At the Superpositivity Foundation, we have spent years cultivating the purity of Superpositivity, and have resolved to share it in the same pure spirit with the world forevermore. If you visit www.superpositivity.org, you'd find that we offer all our platforms and knowledge to the whole world completely for free. We never charge for any Superpositivity activities and we expect you to honour that commitment. Sharing Superpositivity is and must always be seen as a social service, and the only reason you should do it is to willingly inspire others and contribute to the uplift of human consciousness. Anyway, the intangible rewards that will flow into your life will be far too many to count. Because as the Law of Superpositivity states: *The more superpositivity one gives to the world, the more superawesome one's life becomes.*

As you'd have realised by now, developing Superpositivity and sharing it with the world is a lifelong process. Fine tuning, tweaks and adjustments keep happening here and there. Always remember that the higher we go, the greater the risk of the fall. Those who have climbed the summit of Superpositivity have to be the most cautious because they are the ones that those at the base are most eagerly looking at. If they slip, then it'd deter others from the precarious climb.

Every situation will be an ongoing test for you. Every moment will be a chance for you to practise Superpositivity. You will have the opportunity to remain where you are, go lower

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or go higher. If you have truly understood Superpositivity till now, then you have also understood that there is only way for you — to go higher. Forevermore.

You see, perfection is not a finite state. But an ongoing one. It is a work in progress, like the Universe itself. Constantly improving upon itself is the natural state of the Universe — and is the natural state of every Superpositivity student and practitioner as well.

Most people make the mistake of making finite goals. “Once my kids are settled, i will be happy”, “Once i make a million dollars, i will retire”, “Once i get my dream job, my life will be set”. Or one might think: “My superpositivity is now set.” But the thing is, life is never meant to be set. It is always meant to be in a state of flow. The ocean is never set. It just keeps sending wave after wave to the shore. Every time it advances and retreats is a goal of its. It has done this trillions of times. Breath has flowed in and out of us hundreds of millions of times. Earth has spun on its axis trillions of times. It has borne millions of species — and will bear millions more. The Universe has created hundreds of billions of galaxies — and will create hundreds of billions more. We must be infinite with the goals in our life. And the biggest goal for a human being truly is: Superpositivity.

When it comes to love, Superpositivity says: “I will love you forevermore.” When it comes to health, Superpositivity says: “I will be healthy forevermore.” When it comes to happiness, Superpositivity says: “I will be happy forevermore.” Better this moment than i was in the previous one. Better today

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than i was yesterday. Better tomorrow than i am today. And better later than i will be tomorrow.

At its core, Superpositivity is not about recognition. It is about re-cognition. Cognition means conditioning. Re-cognition means reconditioning. Relearning. And then reflecting. Because the journey of a circle is not complete till it has joined. And for that it has to return to the point from where it has started. The rotation of the earth is complete only when it has fully returned to the point from where it started spinning. Similarly, Superpositivity has to return from where it originally starts. Superpositivity starts as an energy. And it has to finish as an energy too. Superpositivity starts as an usness. And it has to finish as an usness too. Superpositivity starts as a giving. And it has to finish as a giving too. Everything else is an in-between: desires, aspirations, wants, needs. Superpositivity is Superpositivity's goal. And also its accomplishment. The Universe is the Universe's goal. And also its accomplishment. That's why it is in perfect alignment. And rhythm. The Universe knows that it is above all its creations. Superpositivity knows that it is above all its conditions. That consciousness brings about power. The power of being infinite. Complete in and of itself. The power that ushers the best way to live. The way of Superpositivity. Yes Thank You Universe for that. 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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