

**SUPERCHAMPION**



# **SUPERCHAMPION**

*One Who Inspires the World*

VICKRANT MAHAJAN



**Superpositivity**  
BOOKS

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***Yes Thank You Universe***



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# Conscious Choice

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

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



# Acknowledgements

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

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

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

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



# Introduction

Aristotle once said, “We must not listen to those who advise us ‘being men to think human thoughts, and being mortal to think mortal thoughts,’ but must put on immortality as much as possible and strain every nerve to live according to the best part of us.” Someone who raises the human experience to the realm of immortality and lives according to the very highest possibility of creation is who we call a superchampion. Since the birth of our species, 108 billion human beings have lived on this planet. But there are only a handful who have lived limitlessly and inspired infinitely — leaving their indelible mark on time — who can be called superchampions.

Most people want to be like them. But they are so awed, so enamoured by the superchampions that they don't ever endeavour to find out how they became

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superchampions in the first place — or, for that matter, how anyone can become a superchampion. I believe if one can do it, then anyone can do it. If A or B can become superchampions, then Y or Z can become superchampions as well. And that is the purpose of this book: to demystify the superchampion mystique so that it is open to anyone who has not just the desire but the intent to access it. To enable the development of the highest in a species that has been sent to this planet for that specific purpose: to experience the highest of the highest — the highest not just of what is visible but of what is possible.

As i begin this journey, i draw immeasurable inspiration from what our planet has accomplished, given what all it has had to endure — hostile meteors hurtling at it from every direction, -270°C temperature, a 4.6-billion-year lonely walk in dark, deep space, and 99.9 percent of its species already extinct — yet it is performing with unflinching fidelity the role the Universe has given it. It still comes up with scintillatingly inspiring beauty every moment of its existence. The way i look at earth, it fits every definition of who a superchampion is, as you will read in the subsequent chapters. And as the saying goes, “Like mother, like children.” So it is only natural that, like our mother earth, we too fulfil our natural purpose of being superchampions. That not just

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a few among us but all among us become superchampions. You, i, she, he, it, they, us — so that our planet becomes what it truly deserves to be: a planet of superchampions.

Now, a champion is thought to be someone who wins competitions, contests or medals. While that is true to some degree in the field of sports, there is a much greater meaning to champion than just someone who achieves. A champion also means someone who advocates. Rather, the bigger meaning of champion is someone who vigorously supports a cause that impacts the greater good of society and then inspires a part of the world to emulate. A superchampion is someone who vigorously supports a cause that impacts the greatest good of society and then inspires the whole world to emulate.

Over millennia, human beings have struggled to find a common ground in almost every endeavour. Someone who inspires people from all nations, religions, economies and ideologies to converge on a positive resolution or brings about a positive transformation in any aspect of their life is a superchampion. Someone who develops greater love, beauty, understanding, harmony march towards that cause, idea or craft on a global scale is a superchampion. Above all, "a superchampion is someone who overcomes all

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limitations and fulfils their highest vision — and sets an example so big that it inspires the whole world.”

Since this book is perhaps one of the first attempts to explain a term that is used sparingly in mainstream culture, let me share with you how i understand the concept of a superchampion.

*Superchampion = Superpositivity + Superperformance*

Just like day and night unite to make a day, superpositivity and superperformance unite to make a superchampion. An analogy we could use here is the iceberg. One could say that what we see, the visible part, is the superchampion, what it emits is its superperformance and the invisible part, the energy that drives it, is superpositivity.

The first part of this book is about what superpositivity is. And the second part is about how to perform at one’s highest potential. Though in my previous book, *Superpositivity*, i have deep-dived into the energy of superpositivity, yet what ensues is a take on superpositivity vis-a-vis accomplishment, rather than a practice of superpositivity, complete in and of itself, as the earlier book was about.

Before we proceed, i accept that not everyone wants to become a superchampion, just like not everyone wants to eat healthy. That is alright. Every person has



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their free will to exercise. And the biggest function of free will is to enable people to choose how high they want to rise in life. Heights, through great, are not for everyone. Some like to stay at the base and admire the view from there. That is wonderful too. But then, the very reason a mountain exists is that someday, someone climbs to the *very* top and sees how gorgeous the view is from there. That someone joins the mountain in the expression of its greatest glory. That someone, after scaling it one day, would go back and guide more people up its slope so that they too can see how amazing it is to be up there. That someone will do it not as a conquest, but as an inspiration — not as an achievement but as an act of love. That someone is who this book is dedicated to. That someone is who we call the highest of the highest, a champion of champions — a superchampion.



## Part One

# SUPERPOSITIVITY

Just like tending to the soil is the most important step in working towards a bountiful harvest, developing superpositivity is the most important step in the process of becoming a superchampion. Most people focus 90 percent on performance and 10 percent on positivity. While it is actually the other way around. Peak performance is spoken about everywhere today but i believe peak performance cannot come about without peak positivity. All peak performance in every discipline has to emerge from peak positivity.

That's why, foundationing of a superchampion is so important: first and foremost one has to work on developing positivity. And then on performance. Once the foundation is in place, the structure is a natural result.

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The thing is, most of us are seeking results without working on the foundation. It's a bit like a driftwood — since it is bereft of a foundation, it keeps getting buffeted around and does not end up being very productive. Without superpositivity, one might still achieve. But with superpositivity, one will truly accomplish — the fulfilment of rising to the greatest.

Superpositivity is what becoming a superchampion is truly about. In fact, 90 percent of a superchampion is superpositivity and the rest 10 percent is superperformance. Like the health dynamic, which is 90 percent nutrition and 10 percent exercise. Now, exercise is very important, and without it, the health equation is incomplete. But it is the other 90 percent that is *much* more important. People who truly understand and practise this dynamic are the best specimens of health around us.

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, above all, an acknowledgement of our unlimited ability to become a superchampion by overcoming all our limitations and fulfilling our highest vision — and setting an example so big that it inspires the whole world.

## SUPERPOSITIVITY

So come, let's immerse ourselves into the five elements of superpositivity that create the foundation of becoming a superchampion.



## CHAPTER 1

# Yesness

In the world of a superchampion, everything begins with a yes. It is the energy with which a superchampion wakes up, the energy with which a superchampion breathes, the energy with which a superchampion eats, the energy with which a superchampion works. Yes is the energy with which a superchampion takes the stage, and yes is the energy with which a superchampion takes a bow.

Much before a superchampion says yes to success, a superchampion says yes to the effort to get there. Much before a superchampion says yes to triumphs, a superchampion says yes to the trials to get there. Much before a superchampion says yes to highs, a superchampion says yes to the lows to get there. Much before a superchampion says yes to unlimitedness, a superchampion says yes to the limitations to get there.

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And much before a superchampion says yes to every yes, a superchampion says yes to every no to get there.

Every superchampion is beheld for their wisdom or accomplishments, or both, but the road to that is long and testing. Before every dawn, there is the night, and a superchampion is perfectly aware that dark can never be dispelled by dark — only by light. A superchampion knows that bitterness can never be overcome by bitterness — only by sweetness. A superchampion knows that negation can never be overcome by negation — only by affirmation.

A superchampion trusts the energy of the Universe and knows that everything happens for a reason. That everything is connected and flows in a beautiful cosmic flow. That nothing random or arbitrary ever happens. A superchampion has an unshakeable respect for the larger plan and the humility to immerse themselves in that plan. That's why a superchampion never worries about the question — only looks for the answer. And the answer comes from focusing on the yes. Every possibility, every permutation, every combination — even every “impossibility” — is a yes. And a superchampion puts their focus on that.

A superchampion believes that if 7,000 trillion trillion atoms can exist inside us, then 7,000 trillion trillion possibilities of every problem also exist inside us.



## YESNESS

Just like the atoms keep floating inside us in the smorgasbord of cosmic energy, possibilities and answers keep floating inside us in the pool of yes.

“Give and you shall receive” is a time-honoured saying. Superchampions know that before a yes comes their way, they have to give a yes. For every yes given, the doors of possibility open that much wider.

A superchampion says yes to thinking as big as they can — and more. And then follows it up by acting as big as they can — and more. In the maths of a superchampion, the yeses just keep adding up. Or rather, they just keep multiplying. A superchampion is aware that yes is not always the practical solution. But a superchampion is aware that it is always the powerful solution. A superchampion knows that yes is the long cut. But then a superchampion never quite looks for the short cut.

A superchampion says yes to waking up on many a cold dawn and going out to train. Because a superchampion knows that though they can be in bed and stay warm, but if they do so, they will not be able to give warmth to those who are watching them. And giving warmth to others matters much more to a superchampion than giving it to themselves.

A superchampion says yes to training through bone-numbing pain. Because a superchampion is aware

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that if they stop to apply salve on their own wounds, then they wouldn't be able to apply it on those who need it the most.

A superchampion says yes to practising through blood and sweat. Because a superchampion knows that though they can easily wipe their own brow, that time can be better used in wiping tears from someone else's eyes.

A superchampion says yes not because that's the only alternative, but because that's the least chosen one. A superchampion knows that while a lot of people are there to give No company, there is hardly anyone that is ready to accompany Yes.

A superchampion knows that before the possibility of the highest can be manifested, the opportunity of overcoming the lowest has to be attended to. A superchampion says yes to success but even more importantly to the preparation needed to accomplish it. A superchampion says yes to the entire journey of becoming one: the long nights, the early mornings, the days of hunger, the moments of setback, the anguishes of loss, the recoiling in pain, the tears of rejection, the loneliness of failure, the trials by fire. Because a superchampion knows that one day they will also get to say yes to the joys of victory, the embraces of acceptance, the songs of euphoria, the sweetness of triumph and the bliss of fulfilment.

## YESNESS

A superchampion says yes to the sound of receiving inspiration and even more importantly to the music of giving it to others. A superchampion says yes to their craft before they say yes to practising it themselves. A superchampion says yes to the ocean before they go swimming in it.

A superchampion is aware that there many options to say no but they still exercise the only option of saying yes. They are deeply aware of the difference between a want and a purpose. A superchampion's journey begins with a purpose, is nourished by its pursuit and is fulfilled only when others pick up that purpose and make it their own. They know that before any of the other nine steps of supechampionness can be realised, the most important act of yesness has to be performed. A superchampion knows that before gratitude can come about, before improvement takes place, before inspiration is accessed, before unlimitedness is tapped into, before a vision is established, before targets are indentified, before training happens and before focus can come about, a yes must happen. A yes to the very act of life itself. A yes to existence. A yes to realising what a unique opportunity it is just to be alive. That realisation is the basis of a superchampion's journey.

I believe yes is the password of all creation. Come to think of it, everything in the Universe has

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started with a yes. The Universe itself has started with a yes. All galaxies, all stars, all planets started with a yes. Every species has come about thanks to yes. Every human creation has happened thanks to yes. Let me reproduce a small extract from my book *Yes Thank You Universe* that best expresses the power of yes:

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. And to show you true it is, let me ask you 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.

## YESNESS

Yes is positive, No is negative. 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.

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.

The very act of saying yes fires up your brain to work constructively towards something. Just like every function in life begins with a breath, every voyage of inspiration has to begin with a yes. It has been beautifully said that a journey of thousand miles begins with a small step. Or that a story of a thousand pages begins with a single word. The story of my superpositivity started with this one word: Yes. And then it developed into a craft,

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an inspiration. Similarly, your story of being a superchampion, should start with a small step: Yes. Say it joyfully, powerfully, and the rest of the story will start developing on its own.

A superchampion's journey begins when they say yes to the highest vision, the biggest concept, the greatest thought they have for their life — much before the world becomes aware of it or sees it manifested. With most people, it's a no or a maybe. The moment a big, beautiful vision is born in them, they immediately relegate it to one of those two compartments: no or maybe. The former is immediate annihilation while the latter is a gradual one. It is yes that is a certainty.

A superchampion keeps saying yes throughout their journey from vision to fulfilment. Because by doing so, a superchampion is mirroring the handiwork of the Universe. Which says yes to a star before it is born and keeps saying yes throughout its journey from the deep recesses of an interstellar cloud till its formation is fulfilled.

A superchampion realises that yes is the energy that allows a bird to fly, a river to flow, a flower to blossom, a rainbow to form, a dewdrop to dazzle, a tree to give. A superchampion is aware that without yes, everything is a vacuum — that even vacuum exists thanks to yes.

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It is not just the word yes but the energy yes that is the sponsoring entity in a superchampion's life. The stronger the energy of yes, the greater the certainty of fulfilment. A superchampion's yes is steady like the light of the sun. A superchampion's yes is smooth like the caress of a petal. A superchampion's yes is uniting, like the meeting of the sun and the earth. A superchampion's yes is a 100 percent yes. Even a 99 percent yes is a maybe — and 99 percent of the time, a maybe collapses into a no. Yes is an affirmation of a superchampion's commitment, a sealing of their consent to their life's purpose, or rather of the Universe's purpose for their life.

The ocean intends for each of its drops to resonate with the same enrichment, promise and energy as itself. There are octillions of drops in the ocean, but they are all laden with its properties. As the ocean, so is the drop. Similarly, the Universe intends for every human being to resonate with the same enrichment, promise and energy as itself. A human being is the Universe in the human form. If the Universe says an eternal yes to the highest aspect of itself, a human being has to emulate that as well. That is the Universe's wish for every human being: that we all live every moment of our life suffused with the energy of yesness.

Like oxygen is the enabler in air, yes is the enabler in every endeavour. Just like oxygen enriches every lung

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that intakes it fully, with consciousness, yes enables every person who activates it fully, with consciousness. Oxygen is life-affirming, whether to a conscious person running an Olympic sprint or a comatose person on a ventilator. Similarly, yes is life-affirming, whether to a person running a multi-billion-dollar business or a person trying to overcome a colossal failure. Just like oxygen nurtures a tree which further nurtures countless other species, yes nurtures a superchampion who further nurtures countless other superchampions.

Yes is the biggest energy that keeps a superchampion going. Even when things around them seem static, the kinetic energy of a superchampion's yes eventually starts moving things. Yes is like water that eventually finds its level. Even if a million nos come their way, a single yes has the capacity to neutralise all of them. Just like one sun is enough to dispel the darkness of a billion kilometres around it, one yes is enough to dispel the darkness of a billion nos around it — provided that yes is emitted with the same integrity and conviction as the sun, and is as unshakeable and unquestioning as the sun. Once a person raises their hand to be eligible for superchampionness, then there isn't any going back. The only way is the way forward, the way of the yes. By walking on it, a superchampion also shows the way to countless others who, centuries apart, will raise their hand too.



## YESNESS

Like a star whose light travels billions of light years apart to a planet which is seeking it desperately. That is the true purpose of a superchampion — a purpose they immeasurably love and a purpose they are unconditionally grateful for.



## CHAPTER 2

# Gratitude

Every moment, i remind myself: to be *greatful*, one has to be grateful. Now that one has said yes to the act of becoming a superchampion, the next step is to become grateful for the very opportunity to do so. This seems like an oversimple step, yet the one that people overlook the most. They assume that gratitude will come about once they get something — or become something. That ironically is also the step where most people flounder.

Over the march of humankind, all superchampions have had one common trait: gratitude. They might have had different skills, they might have lived in different regions, they have might have had different levels of income, they might have had different levels of popularity, but underneath their apparent distinctions is a common characteristic: gratitude.

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99 percent of what goes into the making of a superchampion is conscious conditioning or habit-building. Only 1 percent is gift. And like every habit, the habit of gratitude can be built as well. Once the most basic of all basics in life — gratitude — is in place, everything else, fame and fortune included, is a natural outflow. LeBron James, considered to be one of the greatest basketball players ever, was once asked to reflect on his career. He said: “When i look back, the first thing i remember is not my achievements, but the seven-year-old boy who didn't have any money to eat food or go to school. I'm grateful that someone put a basketball in his hand and for everything that has happened after that.”

A superchampion's primary goal is to express the highest in them. And gratitude is indeed the highest thought. Let's go back 5 billion years to see how. What we call the solar system — sun, earth, moon — did not even exist. There was just empty space. Then from an interstellar cloud of dust and gas, the sun was born, and in the disk of the sun, earth and all the other planets and the moon was born. Then on earth, over 2.6 billion years later, oxygen was born. 470 million years ago, the first plants were born, 200 million years ago, the first mammals were born. Humans as a species were born only 2,00,000 years ago. The age of the Universe and that of human beings can be seen in perspective by a cosmic calendar

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that astronomer Carl Sagan once made. In that calendar, Big Bang happened on the 1st of January, and the cosmos was born. The sun, earth, moon and the solar system were formed on the 2nd of September. And you know when modern humans were born? At 11:52 pm on the 31st of December! And, what's more, the entire written history of humankind exists within the last 13 seconds of the cosmic year of the Universe! That's how privileged we all are as a species. In fact, all of us that presently live on this planet are enjoying the most favourable climate that earth has experienced in its entire 4.6-billion-year history. It has been proven scientifically that there hasn't been any better time in history than now — climate-wise and resources-wise. We have just come off the last Ice Age that finished 11,700 years ago. We are just reaping the dividends of an Industrial Revolution that began only 250 years ago. We have been lucky to survive two World Wars, the last of which was almost 75 years ago. We just entered the age of digital technology as recent as 35 years ago. And we are entering the age of infinite intelligence interface — AI, or, as some say, the fourth industrial revolution— as we read this.

Look at it this way: 200 years ago, it was a world without trains. 150 years ago, it was a world without phones, electricity and automobiles. 125 years ago, it was a world without aircraft and movies. 75 years ago, it was

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a world without TV. 60 years ago, it was a world without computers. 30 years ago it was a world without mobile phones and Internet. 25 years ago, it was a world without Google. 20 years ago, it was a world without Facebook, Twitter and YouTube.

But how many of us stop to say Thank You for all these things? For that matter, leave aside the things, how many of us stop to say Thank You for life itself: the greatest gift of all! Before a superchampion can be made, a great human being has to be made. It can never happen the other way. Of course, we might have high achievers who will have world-level fame and accomplishments, but then still there's isn't any guarantee that these people will also be superchampions. To fulfil that, a superchampion has to improve *and* inspire the world. Both have to happen. Otherwise, one could still be a world-famous personality but not a world-impactful one — as a superchampion is.

According to Confucius, the highest form of gratitude is reciprocity: to give back. Superchampions are so in love with their craft that they want to give back to it. They realise that doing what they do is a privilege rather than a right. In fact, they realise that being alive is itself a privilege, rather than a right. Nick Vujic is a superchampion, who best exemplifies that spirit.

Nick was born with the Tetra Amelia Syndrome: a congenital disorder characterised by the absence of all

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four limbs in the body. In other words, he was born without both arms and both legs. It is a condition so rare that only nine living people all over the world are said to be afflicted with it! As a child, Nick would look at other able-bodied children and get so depressed that he often contemplated ending his life. But one day, he had an epiphany. And he realised how wonderful the gift of life truly is. That if his miseries came from seeing what he didn't have, then his joy would come from counting what he had. So, he started saying Thank You that very moment, for his life as well as his situation. Hundreds of times a day. Not feebly but emphatically. And he turned his life around. Barely two foot tall, over the years, he has taught himself to type at the speed of 43 words a minute (while most fully capable people type 30), learnt how to surf and swim, play golf and soccer, got married, fathered four children, has spoken in fifty countries around the world to over five million people, and has gone on to become one of the most inspirational speakers in the world. Now, *that's* the power of Thank You. A commitment that whatever happens in life, you will always be grateful. Even if it seems crazy. *Especially* if it seems crazy.

Now, as Nick's example demonstrates, superchampions aren't necessarily born from accomplishment — but from overcoming. If you look at Nick's life, he didn't accomplish anything in the

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traditional sense, like win the Academy Award or the Nobel Prize, invent a flying car or something like that. It's easier to see that with the power of gratitude how much can be achieved, but Nick showed that with the power of gratitude how much can be overcome — and that is the biggest achievement in itself.

Superchampions are like children who must thank their parents and teachers for what they have received. And whether they realise it or not, they have received a lot. Even the greatest master, prophet or teacher is but a child, a dewdrop, in the cosmic garden. And a child has to, or learn how to, thank their parent. To a superchampion their craft — music, botany, literature, golf, automation — is their parent. The planet is their parent. All the elements of nature are their parent. The Universe is their parent. And before they can excel in their craft, the most important thing is to give respect to their parent.

The height at which a superchampion is perched is so steep and the margin of error is so narrow that even the slightest shake becomes detrimental to their placement. That's where gratitude steps in. It ushers humility. As the saying goes, "A tree that is laden with fruit is always bent." Humility is about acknowledging the role that every element is playing in our life.

A superchampion realises that they never do anything just by themselves — even if at times the



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perception seems so. The moment a superchampion starts buying into the myth of doing things solitarily, the slide happens. To the point where they started from and beneath. So, a superchampion wakes up every morning in the lap of gratitude. And every moment goes back to it. Living the life of gratitude is the biggest step to living the life of a superchampion. A superchampion knows that there will be many a fall in their life. They also know that the fall is what will contribute to their rise, so they are grateful for the fall too when it happens. That's why a superchampion is grateful for every element of the process that goes into their making.

Gratitude draws the highest power of the Universe. And the best part about it is that anyone can develop it. Let me share it with you a simple gratitude technique that i have been practising for years. It is called the Superpositivity Meditation.

Sit anywhere. Initially, choose a quiet room. (Though with practice, you could even do it at a traffic signal!) Sit cross-legged or legs as comfortably crossed as you can. Or, you could even sit on a chair. Straighten your spine. Turn your chin slightly upwards, and with your eyes closed, gently look upwards. Take a deep breath. And go inside with it as lovingly as you can, as uncoercively as you can. Hold your breath gently,

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observantly. The key is to observe rather than to stress. Then flow with the outgoing breath. Go as far as you can. Hold comfortably. Take three conscious breaths. On the fourth breath, while inhaling, mentally chant Yes Thank You Universe. Let these magical four words resonate within you. Keep a relaxed smile on your face. Hold awhile. Exhale gently. Mentally chant Yes Thank You Universe while doing so. Hold awhile. Once again, take three more conscious breaths.

In the fourth breath, along with chanting, introduce a superpositive visual in your mind: imagine two hands joined firmly together in prayer, pointing straight upwards. These hands could be yours or anyone's. Focus on this pair of hands, symbolising devotion and gratitude. Feel an unconditional faith in the Universe and an unlimited love for life in its entirety.

Mentally keep reciting Yes Thank You Universe as you stay focused on the superpositivity visual. Now you are doing three things simultaneously: breathing consciously, watching intently two hands joined in loving gratitude and listening to the sound of Yes Thank You Universe in your inner being. After a few breaths, this concert of superpositivity will become very smooth and natural. The breath will become slight, barely noticeable. The focus on the pair of hands will become almost imperceptible. The chanting will flow in a smooth

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resonance, without having to strain to find your rhythm. Do it for as long as you comfortably can. Now, rub your palms on your eyes and face. Get up gently and firmly, and stretch upwards for a few seconds. You've experienced the joy and magic of the Superpositivity Meditation.

To me, it is about being grateful for and appreciating the opportunity to exist in the body that i do, to be able to do what i do. And i feel that it adds to my life experience immeasurably and adds to my affirmative life force. I feel more capable and empowered every moment of my life.

A superchampion consciously looks at the world — a bird in flight, a cloud in the sky, the leaves of a tree, a bend in the road — with appreciation. That appreciation creates a superpositive energy field. The very word Appreciation signifies a growth in value, and a superchampion is exactly that: someone who keeps growing in value. The best real estate is found in neighbourhoods rather than solitary buildings by themselves. Similarly, a superchampion is aware that noticing and encouraging the best in others, their intrinsic worth is going to rise as well. That's why a superchampion doesn't get too consumed by their own image — they are constantly noticing and upholding others. True appreciation brings about natural humility. One true,

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appreciative look at the sky reminds us — every human — of our grandeur as well as our inconsequentialness. While the former is important, the latter is too. A superchampion deeply realises that and becomes anything but arrogant.

Like a lighthouse guides a ship even during a storm, gratitude guides a superchampion even during a setback. All of us have encountered struggle or failure in our life on some level or the other. Most people are affected adversely by adversity while many are affected irreparably by it. A superchampion realises that a setback is like a bitter pill. It bothers only till one resists it. But the moment one ingests it, makes peace with it, the healing process starts.

Gratitude brings about awareness of the receipt of an opportunity — even when it comes cloaked as a challenge. Sans gratitude, every journey, whether of a superchampion or otherwise, is clinical. It is of for-grantedness. On every step of the ascent to the summit, a climber cannot take anything for granted. Even the slightest slip or error can be fatal. If the climber doesn't have gratitude in their heart, or an innate appreciation of the opportunity in their soul, they won't be able to climb. Nungshi and Tashi Malik, the world's first twin sisters to scale Mount Everest and the Seven Summits, told me once, "Before and during every climb, we

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constantly remind ourselves how lucky we are to be able to do so." Every superchampion's journey is suffused with the same feeling.

If the years of training and practice are laced with bitterness, then what will one accomplish anyway! It's like tending to a plant in one's garden for years and then spraying it with acid — would the plant survive, much less flourish! The world salutes those who endure every hardship with grace and gratitude. There are 7.7 billion people on this planet, and each one of them is facing some form of struggle or the other. Like gravity, hardships are an integral part of every person's existence on this planet. What's there to crib or complain? As I look back on my own life today, I have grown the most in adversity. And if you ask the biggest superchampions throughout human history — Buddha, Mahavir, Confucius, Jesus, Mohammad, Nanak, Gandhi, Mandela, King Jr — they will say the same thing. They were deeply grateful for the adversities of their life and embraced them for what they truly were — priceless instruments of infinite improvement.



## CHAPTER 3

# Improvement

After a superchampion has learnt to celebrate — by practising yesness and gratitude — a superchampion lives to improve. A superchampion sees this world as a party as well as a school. Or, even better, a school where a party happens every day, after classes! Just like a school's core purpose is to make its students better, life's core purpose is to make us better. In a school, every subsequent level poses a bigger challenge and reward, and in life, too, every level poses a bigger challenge and reward. A superchampion is prepared for that. Rather, a superchampion reaches out for that. Let's understand that through an example.

Let's say there are ten trainees at a soccer academy. Nine of them have to be woken up by the coach every morning at 6 am. But one of them gets up on their own,

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and is ready by 5 am, much before even the coach has woken up. That person, that self-initiator, is a superchampion — even before a match is played. Or even before the training starts. A superchampion's improvement starts every morning from the very moment they wake up. They go to sleep every night with the intent to improve, wake up every morning with the intent to improve, and they live every moment of their life with the intent to improve.

Nothing in the Universe is static — or is meant to be static. We think the sun is static but it is blazing through space at a speed of 7,20,000 kilometres per hour. We don't feel the earth moving but it is spinning at a speed of 1,10,000 kilometres per hour. We don't see the Milky Way churning but it is hurtling through space at a speed of 8,28,000 kilometres per hour — 240 times faster than the fastest fighter jet! The bigger a body, the greater its movement. Every star, particle, planet, galaxy, constellation is born to keep moving along its orbit steadily, briskly. Our movement along the orbit of improvement has to be the same too. Wherever we are, we can't be static, even if we want to — we have to become better today than we ever were. This very moment. Let me reproduce a section from my book *Superpositivity* which sums up the essence of improvement.



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If you look closely, humans have travelled a long distance since they dawned on this planet. From life expectancy of 20 years to 70+. 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 13,000 kilometres away. 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 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 improvement drive that the Universe has placed in humans. A drive that distinguishes

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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. Now, please understand that i am not making fun of any of these life forms or questioning their purpose on this planet. I am merely pointing to you the core distinction between other life forms and humans. That of improvement.

Improvement 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 we breathe in one hour) contains an average of ten million viruses! But then do we stop breathing? Eating is risky. There are an estimated 3,000+ ailments associated with eating. But then do we stop eating? Why then should we stop taking risks in life?

Think of it this way: what did we bring with us and what will we take! As a species we are

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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. 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. 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. Whether in relationships, career, health or personhood, just keep improving. Continually. Keep moving forward. Without any riders: "I will improve only if i get that promotion!" Or, "I will improve only if my family appreciates my work!" Improve for the sake of improvement. Or rather, improve for the joy of improvement. Complete in and of itself.

A superchampion sees the interaction between them and their craft as a relationship — a relationship that is meant to be both cherished and strengthened. They realise that in order for the latter to happen, the former has to happen first. That's why they value their

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craft so much. They are in fact devoted to it. And when one is devoted to someone or something, it is never about what one can take from it but about what one can give to it.

Scientists are the some of the biggest superchampions in that sense. And every superchampion is a scientist in a way. Continuous observation, analysis, reflection, measurement, feedback is an integral part of their craft. Just like a scientist makes ongoing experiments to enrich a field, a superchampion does the same to enrich their life and the world.

That's how the Universe does it too. After 13.76 billion years of creation, the newest stars are millions of times more powerful than the earliest, the newest galaxies are millions of times more powerful than the earliest. If the timeline of the physical cosmos were to be trifurcated, then our solar system exists in the most recent one-third. It is the timespan when our sun, earth and moon were born. The Universe has created trillions of species on planet earth. One of them, human being, was born 4.598 billion years after planet earth was born, after trillions of others species were born, and 99.9 percent of them had disappeared into extinction. According to astronomer Carl Sagan's cosmic timeline, if the life of the Universe is 365 days, then the life of planet earth is 121 days, the life of the first plant on land is 11 days, the life of the first insect is 10 days, the life of the first

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mammal is 5 days, the life of the first bird is 4 days, the life of the first flower is 3 days and the life of the first human is 8 minutes, and the life of all recorded human civilisation is 13 seconds! Come to think of it, the most sophisticated species on planet earth was born 364 days, 23 hours and 52 minutes on a cosmic scale of one year after octillions of acts of creation on this planet had been performed by the Universe.

Now, the Universe could have been perfectly content just by creating an orangutan but it ventured ahead unceasingly and created a human being. It didn't say, "Orangutans are the ultimate species, and i don't want to create anything beyond them!" Instead, it said, "Orangutans are perfect the way they are, but i intend to create beyond and improve upon them." "I intend to build upon my own perfection" is the credo of the Universe — and that's the credo of a superchampion as well.

The way a superchampion looks at it, improvement is not just a march from imperfection to perfection — it is a march from perfection to more perfection. To a superchampion, improvement is about the intent to become better in every aspect of their life — starting with the very way in which they interact with the life force running inside them. To a superchampion, their best improvement is in their relationship with life

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itself. To an average person, the most important question is: how am i living my life? A superchampion takes it a step further: how am i loving my life? To them, the biggest improvement is from living to loving.

Improvement primarily emerges from an intent rather than a reason. A superchampion has the intent to improve rather than a reason to improve. That intent gives birth to reasons — and later occasions — to improve. A superchampion's journey is one of joy rather than of labour. It is a celebratory journey rather than an onerous one. It is an asset rather than a liability. While a champion says, "I have to improve", a superchampion says, "I love to improve".

A superchampion improves to inspire and is inspired to improve. Most people say, "I am perfect the way I am!" These people could be champions in their field but they are definitely not superchampions. A superchampion has to set an example not just through their performance but through their improvement. Even an Olympic gold medallist, a head of state or an industry leader cannot say that, just because they have touched the summit, they are going to be established there forever.

When it comes to improvement, a superchampion picks up where a champion gives up. To a superchampion, their journey is a quest rather than a conquest — an ongoing quest to forevermore perfection. When a

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Mahatma Gandhi, after launching the Nonviolence Movement, says, “I intend to become a better pacifist”, that’s the intent of a superchampion. When a Michael Phelps, after winning 8 gold medals at the 2008 Beijing Olympics, says, “I intend to become a better swimmer”, that’s the intent of a superchampion. When a Christian von Koenigsegg, after building a car that travels at 450 kilometres per hour, says, “I intend to build a better supercar”, that’s the intent of a superchampion. When a gold standard revises itself to a platinum standard — that’s the intent of a superchampion.

A superchampion improves even if there isn’t any direct reason or incentive to improve. Improvement is in itself its greatest reward. Initially, only a superchampion sees that reward. And gradually, everyone does. A superchampion is happiest when they are improving. And because a superchampion is constantly improving, a superchampion is constantly happy. A superchampion has a pact with improvement. They are committed to the energy of improvement, married to it. And they honour that relationship throughout their life to the fullest.

A superchampion’s improvement is not just in their field or profession but in every aspect of their life. Whether it is diet, lifestyle or skill set, there isn’t any aspect of life which a superchampion excludes from their quest for improvement. They do a regular evaluation of

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their personality to ascertain their strengths as well as weaknesses. Improvement doesn't just mean improving one's weaknesses but also improving one's strengths. Love is not just meant to be love — it is meant to be more love. Kindness is not just meant to be kindness — it is meant to be more kindness. Courage is not just meant to be courage — it is meant to be more courage. As we all know, unless we add to these virtues every day, they will fester. Like water just allowed to sit idle will fester. But if it keeps flowing, it keeps getting better. Positivity is like that — it has to be added to, built and grown. Health is meant to be improved — as all healthy people are aware, unless solid steps are taken to build upon good health, there will be a downward spiral. Joy is meant to be improved as well — if we just let it be without making a constant effort to build upon it, it will stagnate. Life is like a muscle — it will grow only if it is exercised.

If you look at the career of most superchampions in sport, unceasing improvement is the number one reason their careers are so prolonged. They step onto the field or the arena every time with a singular drive: to improve. While most people are only achievement-driven, superchampions are improvement-driven. And it is from their drive to improve that their achievements are driven as well. Those whom we remember long after they are gone, picked up a ball, bat, glove or stick in their hand



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only with one purpose: to interact better with it, and to make their relationship with it stronger.

Tom Brady, one of the most celebrated American-league football players in history, is also one of the oldest active players at 44 — in a sport where most players retire by the time they are 30. He says, “The only reason i have been able to play longer than most is that every day i wake up to the energy of improvement.” Or as LeBron James once said, “I don’t have a ceiling on how much i can improve in my game. I just want to keep getting better and better.” Or as Virat Kohli, one of the greatest cricketers of all time, once said, “Where is the limit to improvement?”

Many people have a faint realisation that they should improve. Superchampions powerfully realise that they *must* improve. And it’s not like they learn only from their teachers — to them, wherever they look, whatever they hear, whatever they experience is a teacher. Every moment of their life is a teacher. There are 2.5 billion moments in an average person’s life — but the way a superchampion thinks, those are the 2.5 billion teachers in their life!

A superchampion is a perpetual student in the classroom of life. The best students are the best learners, and they turn out to be the best performers as well. So, to be a superperformer, a superchampion realises that

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they have to be the best learners. A superchampion understands that the more one learns, the more one improves. That's why superchampions are always enthusiastic.

A superchampion has to be coachable, and that requires humility. Constant learning, seeking constant inputs is the best recipe for becoming a superchampion. A superchampion consciously begins every moment from zero. That's why a superchampion is always fearless — and also always humble. Because if you start from zero, then you will be always be humble and you won't have any fear. And when you start from zero, every positive step will be a plus, and you will be ready to receive inspiration from each of the 2.5 billion teachers inside and trillions of teachers outside: a dewdrop, a dust particle, a ray of light, a drop of water, a moment of silence, everything. Which brings us to the fourth element of superchampionness: inspiration.

## CHAPTER 4

# Inspiration

Most people are born to live. A superchampion is born to inspire. A superchampion knows that the truest purpose of life is not to just exist but to excel. A superchampion is someone who tends to the flower of excellence so consummately that the fragrance of inspiration is a natural outflow.

A superchampion is like the Pole Star that holds nearly still in the sky while everything else moves around it. While every star shines, the Pole Star doesn't just shine — it guides. Just by looking at it, people have been able to sail seas and cross deserts without getting lost. It guides people from one land as much as it does people from another. It is relevant to one wayfarer as it is to another. Plus, it known as well by itinerants in one country as it is in another. And that's what a superchampion is: someone

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whose reach or relevance is not restricted to a locality or country but spans the whole world. The biggest difference between a champion and a superchampion is that while the former impacts and inspires people within their locality or country, a superchampion impacts and inspires people all over the world. Their work is of a nature that benefits or inspires more people all over the world to either join that field, look up to it more favourably, contribute to it or add value to their own field. A superchampion sets an example so uplifting and powerful that it transcends time and territory. People remember a superchampion long after they are gone. People learn from their example long after it has been set. People practice their sayings long after they have been said. They are who billions want to be with — and what billions want to be like. They are champions for sure, but champions who destiny salutes and champions who inspire the whole world.

On our planet — apart from the planet itself — there are trillions of superchampions. In the form of trees. They withstand so many adversities throughout life. There isn't any moment in a tree's life when it doesn't have to overcome one challenge or another: sometimes it's the searing heat of the sun, sometimes it's a snowstorm, sometimes it's a strong wind, sometimes it's a heavy downpour, sometimes it's an industrial fume,

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sometimes it's an abrasive tug at its branches. But it stays superpositive through it all. When all others go into hiding or seek a shelter when faced by a tornado, a tree stands brave and resolute. It faces the tornado squarely in the eye — aware that if its roots are strong, then nothing can harm it.

And look at its performance: however testing the conditions, it keeps giving the highest of itself. It absorbs carbon dioxide and gives oxygen. Even in polluted cities, it consumes smog and gives out life-enabling cosmic force. Even when it is injured, it gives out resin, which has medicinal properties. Even when someone plucks at it, it gives fruit. Even when it falls, or someone cuts it down, it gives wood. It does all of this because it is grateful. It loves its existence. It loves the soil on which it stands. It loves the planet on which it lives. And it wants to give back, through its craft: the very enablement of life.

Superchampions learn their giveback ability from a tree. It willingly hosts many insects and microorganisms that prey on it, knowing fully that the former will help in its pollination — which will spread its seed and benefits far and wide — and the latter will enable it to produce oxygen. Metaphorically, a tree reminds us that challenges, or ostensible adversity, are also what enable us to perform to our highest capacity — so long as we embrace them.

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Now, trees don't resist insects or flowers don't resist bees — they embrace them. They are superpositive towards them. And then they come up with a performance that the world knows and salutes them for. Superchampionness means to not just live off a craft but to improve it — every aspect of it. And not just to impress others with your achievement but to inspire them.

Similarly, if we become superpositive, superperformance will be a natural outflow. And then becoming a superchampion will be a natural state. Look at plants — they are the most loved, the most respected, the most interacted-with life form on this planet. Every species has emerged from them. All insects and animals on land, including humans, have emerged from plants. It is estimated that there are three trillion trees on our planet. So, technically, there are three trillion superchampions already in existence! The biggest trait of a superchampion is to draw inspiration from other superchampions. So, those of us who intend to become superchampions have to, of course, learn from each other and all the other natural elements, but learn above all from a tree — the biggest "living" superchampion of all.

Just like ocean gives us water wherever we access it, similarly, inspiration gives us thrust wherever we access it.

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A superchampion has to suffuse themselves with its energy in order to fulfil their highest vision. An uninspired person can be rich or wealthy, even successful, but can never be inspiring — and a superchampion is inspiring, above everything else.

Like breathing has two aspects (taking and giving), inspiration has two aspects as well (taking and giving). Every breath has to be inhaled so that it can be exhaled. Similarly, every inspiration has to be taken so that it can be given. A tree draws inspiration from the soil so that it can give it to other species. A river draws inspiration from the glacier so that it can give it to other species. A Michael Phelps draws inspiration from an Ian Thorpe so that he can give it to other swimmers. An Arnold Schwarzenegger draws inspiration from a Reg Park so that he can give it to other bodybuilders. The more inspiration an entity draws, the more it will pass it onto others. Look around and you will see how true it is: people who are uninspired seldom inspire others. And inspiration is not about achievement or acquisition — it is about uplifting. A homemaker might be very inspired while a Wall Street banker might be very uninspired. Inspiration comes about when a person chooses to rise above their limitations and expresses their infinite potential. That's how a champion is born. Rather, that's how a superchampion is born.

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The sole purpose of a superchampion's life is to inspire. To reaffirm the definition of a superchampion, "A superchampion is someone who overcomes all limitations and fulfils their highest vision — and sets an example so big that it inspires the whole world." The third element of that definition is the most important: inspiration. With only the first two in place, that would make a person a champion. Someone who overcomes all limitations and fulfils their highest vision could be doing it for oneself, for one's own goal or purpose. But someone who accomplishes, establishes or invents something of a nature that it inspires people all over the world — *that* is what makes one a superchampion. That has to be born from a conscious intent. In this context, inspiration means to show others the light. The reason a superchampion sees the light is to show it to others. A superchampion powerfully realises that it is futile to hide one's light under the bushel. Light exists so that it can shine, it can guide. Shining is its celebration, guiding is its inspiration.

Celebration and inspiration are the two greatest functions of life. A superchampion celebrates their life to the fullest and inspires others to reach out to their highest potential. Without the latter in place, the former is born from one's selfishness. The intent to inspire emerges from one's innate desire to give, to share.



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Inspiration means to rise to the highest so that one can guide others to the highest point. It is like an airplane that flies at the highest altitude so that it can take others along with it. The only reason an aircraft flies to that altitude is to lift others. A superchampion's flight is *exactly* that — flying to the highest so that they can lift others. Performing their best so that they can charge others. Celebrating to the fullest so that they can fill others with the elixir of that celebration.

Joining the two shores of celebration and inspiration is improvement. When we improve how we perform, the result is inspiration. Just like the sun is born to emit light, a superchampion is born to emit inspiration. A superchampion designs and orchestrates their entire life to be an example to the whole world of the highest that can be touched. The inspiration to inspire is what inspires a superchampion. The moment it dips, a superchampion relises that something is amiss. And they start rebuilding it. A superchampion's inspiration is forevermore. Always on the ascendant. Their inspiration is unlimited, and, one day, it takes them to unlimitedness — the greatest pillar of the shrine of superchampionness.



## CHAPTER 5

# Unlimitedness

A superchampion operates from the field of infinity, or from the realm of the absolute. Many people associate superchampions with awesome accomplishments. But superchampions know that achievements are an organic outflow of their natural state — the state of infinity.

This moment and all that's wrapped in it — constellations, galaxies, sun, earth, moon, civilisation, people, accomplishments — is but a moment in the age of infinity. We think we are living our life. But, if you deeply think about it, we are living the age of infinity. Or, to put it more appropriately, infinity is living its age through each one of us! Infinity is expressing its infinite potential through each one of us. Every moment. Just that very few of us actually realise it — those that do are the ones who become superchampions.

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Our unconscious identification with limitations is what gives birth to negativity. When people feel limited by the amount of money in their bank balance, insecurity comes about. When people feel limited by the amount of energy in their body, they feel drained. When people feel limited by the amount of love they get in a relationship, they feel bitter. When people feel limited by the amount of creativity inside them, they feel like copying. When people feel limited by the amount of harmony in their inner being, they feel violent.

Essentially, the crux of negativity is a sense or perception of limitation. Because that's what limitation is: perception rather than reality. Just because we can't see what's beyond a wall doesn't mean there isn't anything. There is. We just have to unlimit ourselves from what we know. Because the boundaries of our knowledge are always going to be confining. As a species, we have taken tens of thousands of years just to understand our planet — one of more than 1,000 billion trillion planets in the Universe. We have identified 1.75 million species on our planet. But we are just beginning to discover that almost 1 trillion species inhabit earth — out of which only .001 percent have been identified! We think we have mapped the entire physical cosmos. But we are just beginning to discover that we have observed less than 1 percent of it! Almost every scientific foray and discovery leads us to a

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common realisation: the more we know, the more we understand how less we know.

The biggest quality that defines and delineates every superchampion is their unlimitedness. A superchampion understands that unlimitedness never comes from knowing — it comes from believing. It comes from having an unshakeable faith in the Universe and its infinitely creative energy. Fear is the tether that holds most people down, be it in relationships, money or growth. A superchampion just unmoors their ship of its tether and sails out to meet the ocean. Because that's what their ship — or, for that matter, any ship is built. Just like the ship is mindful of the tether and respects it, a superchampion is mindful of their limitations and respects them — just that they are not restricted by them.

The time at every human being's disposal is a predetermined 24 hours, whoever that person may be. Never has any human being had more than 24 hours, never will a human being have less than 24 hours. But the defining thing is what one does within those 24 hours.

An average person's lifespan is 75 years, and a superchampion's is not quantitatively very different either. From superchampions who have moved on from this planet in their twenties to superchampions who have moved on in their hundreds, they span a wide range. But again, it is not how long they have lived, but *how* they

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have lived. As Muhammad Ali once said, “Don’t count the days. Make the days count.”

That’s what superchampions do: they make their days count. They make their breaths count. They make their moments count. They make their feelings count. Above all, they make their life force count.

Someone has beautifully said: “Neck down we are limited, neck up we are unlimited.” That unlimitedness comes from vision, and that unlimitedness is what superchampions tap into. It is the field that superchampions access, the zone that superchampions inhabit and the vibration that superchampions emit.

A superchampion is infinite. Unlimited. Inexhaustible. In each of the ten elements of the superchampion process — yesness, gratitude, improvement, inspiration, unlimitedness, vision, target, training, focus, fulfillment — a superchampion opens doors that others did not even know existed. If a superchampion starts setting limits, then that person is not a superchampion. They could be a champion — and perhaps they’d be happier being that — but definitely not a superchampion.

While it is good if earning truckloads of money — or becoming the richest person in the world — is someone’s vision, it certainly is not a superchampion’s vision. Looking at one’s pocket is certainly not looking

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higher. Living unlimited doesn't happen from having an unlimited pocket or bank balance. Because, wish as one might, it will never happen. A trillion dollars — or even 100 trillion dollars — can be counted. And if one just lives one's life governed by a limitation — money is one of the biggest — then that person's vision could be very motivating but not that of superchampion. The only sponsoring energy of a superchampion is the energy of infinity. The intent to transcend every limitation is a superchampion's intent. Resources are good. We all need them for sure. But superchampions always find a way to transcend them. Superchampions perform only for the energy of energy. The energy of infinity above everything else.

Every human being is born principally to celebrate the very energy of the Universe, the very force of existence that permeates every particle of the cosmos. Each one of us is an inseparable part of the Universe. It expresses its energy through each one of us. We just have to realise that. The most distinctive quality of a superchampion is that they envision infinity and live it. They stretch themselves to bring out the very best in themselves. Not for themselves but for the Universe. They realise more than most that they are the Universe in human form, and they have to express themselves like the Universe is expressing itself through them.

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A superchampion realises that if a machine is moving, all the parts move with it, if a river is flowing, all its water flows with it, if a tree is swaying, all its leaves sway with it, if the sun is shining, all its rays shine with it. Similarly, if the Universe is expressing its infinity, all its parts must express their infinity too. Actually, except most life forms on this planet, almost every entity in the cosmos lives and expresses that realisation: stars, planets, galaxies. On our planet though, most organisms are so consumed by their ostensible limitations that they forget to ever connect to their intrinsic unlimitedness. They see that they can only fly so much, crawl so much, run so much, see so much, stretch so much — or, in the case of humans, think so much — that they accept those limitations as their existence. They don't ever make the effort to reach out to what they can't reach. They don't make the effort to see they can't see.

That is what makes superchampions so different. They experience infinity inside them. In their soul, in their heart, in their mind. And then they venture to express it. A superchampion knows that their achievements are always going to be limited, however impressive they might seem. But their expressions are going to be infinite. Because their expressions are seeped in the experience of infinity. They are in touch with the soul of the Universe. Or rather, they are in love with the



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soul of the Universe. Which creates all, yet rises above it. Which gives its all, yet is unaffected by it.

A superchampion actually does nothing else except this: live — fully live — the life of the Universe in human form. Which is about living unlimitedly and loving unlimitedly. Which is about expressing unlimitedly and giving unlimitedly.

A superchampion's ultimate role model, ultimate source is the Universe, the infinite energy that has created it all. The ALL there is. All planets, all stars, all galaxies, all matter, all emptiness, all life that has existed, is existing, or will ever exist. The sky, the ground, stars, family, strangers, flowers, water, chair, glass, everything. Every breath, every word, every thought, every feeling, every action and every experience of every life form, on this planet or perhaps a planet billions of light years away from us. The manifested as well as the unmanifested.

Literally, the word Universe means one verse or one line. Oneness. That's what a superchampion experiences: oneness with the Creator, oneness with creation, oneness with their craft. Looking from the realm of the absolute, everything else is an abstraction: whether it's the way a batsman plays on the ground, the way a scientist works in the lab, the way a painter works on his canvas. These are but brief moments in time — a concept that in itself is a slice of the absolute. Time is rooted in

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infinity, that's why it is so significant. Similarly, a superchampion's craft too has to be rooted in infinity to be significant.

A superchampion brings absolute consciousness to the act of loving life — and they keep building on it forevermore. In fact, the word Forevermore is *very* important. While a champion says, "I will love you forever", a superchampion says, "I will love you forevermore." While a champion says, "I am born to excel", a superchampion says, "I am born to excel forevermore". While a champion says, "I am", a superchampion says, "I am forevermore".

A superchampion has to access infinity in every breath of their being. While a normal person breathes, a superchampion breathes infinity in every breath of their being. They realise that the entire energy of the Universe exists in this very moment and is available in this very breath. Breathing in, they intake the entirety of infinity, and breathing out, they add to the entirety of infinity. A superchampion realises that infinity is a dynamic state that is constantly being enriched, added, built, developed. By reaching out to the infinite in them, a superchampion adds to the infinity in the infinite. I look at infinity like an open-source software. Every developer on this planet is adding to it. By its very nature, it is open to addition, to improvement, to increment.

## UNLIMITEDNESS

Every superchampion is a developer who adds to the open-source software of infinity. Read it again: *every superchampion is a developer who adds to the open-source software of infinity.* A superchampion does it not to get credit but for the sheer love of it. A superchampion sees it fundamentally as a contribution rather than a means to attain credit. If you look at it, the very reason we as a species are born on this planet is to enrich the planet, and by dint of that, to contribute to the Universe. We are not born here for personal agenda but to contribute to the agenda of infinity. The analogy that can be used here is that of a nut and a machine. For a machine to operate optimally, every nut has to operate optimally. The performance of a machine, however powerful it is, will be compromised if even one nut is underperforming or malfunctioning — or performing only for itself! Similarly, for infinity — of which each one of us is an inseparable part — to perform optimally, each one of us has to perform optimally too. Or each one of us has to perform infinitely too. Now, *that* is the sponsoring energy of a superchampion. To add to infinity. Rather than to just access it.

It's like going to a garden. A superchampion doesn't just visit it. They add to its beauty — by picking up a piece of trash, writing a glowing review in the visitor's book or online; making constructive suggestions

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to improve its beauty; creating a photograph, sculpture or painting to enhance its beauty — or simply by appreciating it fulsomely. Similarly, a superchampion visits this planet not just to enjoy its luxury, but as Robert Baden-Powell says, “to try and leave it better than one found it”.

A superchampion learns infinitely and then expresses those learnings infinitely to make the world better than it is. That is the truest purpose of life, the truest purpose of infinity — and the truest basis of superchampionness.

## Part Two

# SUPERPERFORMANCE

Just like fragrance is the ultimate purpose of a flower and light is the ultimate purpose of a star, superperformance is the ultimate purpose of superpositivity. The very purpose one is accessing the infinite energy of superpositivity is to infinitely express it. One is incomplete without the other. Now imagine if one were to become as positive as one could, but to keep sitting at home and never go out into the world to make a constructive contribution — in the absolute realm, even that would be beautiful, but in the earthly realm, that'd be selfishness. It'd mean that one is just concerned about one's own realisation, without making an endeavour to pass it onto others. That's why we must remind ourselves that self-realisation is not what we are all here for on this planet — we are here for all-realisation.

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That after we've accomplished the former, we have to contribute to the latter. Enlightenment is never just for the self — it is for everyone. A star is enlightened, but it shares its light with everyone. At its core, that's what superperformance is.

Imagine a sports car that has a 1,000-hp engine. But it is forever parked in a garage. How will the car serve its potential and fulfil the purpose of its existence? Or a designer dress that is stitched to perfection. But it is forever hung in a closet. How will the dress serve its potential and fulfil the purpose of its existence?

Superperformance is the zone where every entity truly serves its potential and fulfils the purpose of its existence. Superperformance is how the world becomes aware of a superchampion. We know the sun because of its superperformance. We know the earth because of its superperformance. We know a tree because of its superperformance.

While superpositivity is the intrinsic, the invisible aspect of superchampionness, superperformance is the extrinsic, the visible aspect of superchampionness. It is the light of the sun. Unless the light is there, most of us would not know of the sun. It is the water of the ocean. Unless the water is there, most of us would not know of the ocean. It is the fragrance of the flower. Unless the fragrance is there, most of us would not know of the

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flower. And by missing out on the sun, ocean and flower, most of us would miss out on the very essence of the Universe — on the infinite expressions of its energy.

Simply put, superpositivity is the energy of a superchampion and superperformance is its manifestation, the matter that emerges from that energy. So, in continuation of our journey, let's meet the final five elements that enable the creation of a superchampion.





## CHAPTER 6

# Vision

A superchampion's journey of performance, of winning, has to begin with a vision. Before we build the muscle of the body, we have to build the muscle of the mind, and before we build the muscle of the mind, we have to build the muscle of the soul — and the best way to do that is to envision.

A superchampion's vision has to be the highest vision. And by highest, i mean the *very* highest, the *very* biggest, the *very* largest. It is not about thinking as big as you can — it's about *thinking bigger than you can!* Can is in itself a limitation. It is about thinking beyond. A superchampion envisions the highest not to prove or demonstrate anything but to express the highest in them. The word that sums up the essence of a superchampion's journey is Inspiration. A

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superchampion's vision has to be centered on rising to the highest essentially to inspire others.

After one has fully activated the energy of superpositivity, the next step is to identify the field, craft or area which one feels the greatest love or devotion for. It could be music, architecture, robotics, soccer, sculpture, anything. This is also the most important step.

I believe that in the journey of love, inspiration is a natural companion. It comes on its own. Even as a child, i had a deep, powerful realisation that i am born to spread love and happiness in the world. All that i'm doing today, or trying to do today, has emerged from my fount of love for positivity. I always loved reading books on positivity, listening to conversations on positivity, and the process of positively inspiring myself and others, and that's what i am fully devoting myself to today.

A superchampion's vision is a perfect blend of specific and general. Identifying one craft or stream which one absolutely loves is the specific part and what role one wants to play in that is the general part. Let's understand it with the Michael Phelps example. He identified swimming as the area that he intended to excel in. He wanted to revolutionise the sport. Exactly what he'd do he didn't know — it came to him, like it always does. In the form of Olympic glory and world records. Vision is the greatest step in

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accomplishment. I believe where there is a vision, there is always a way.

A superchampion's vision has to be the highest vision. And the highest vision always has to be to contribute to the craft, to the collective, rather than shouting attention to oneself. Consider it this way: each one of us is a flower meant to embellish the garden, to draw attention to the garden, and to add to its glory rather than to our own. And it goes without saying that in any endeavour, the greatest contribution always gets noticed — and it invariably gets rewarded. The acclaim, the encomiums that come in a superchampion's life are inevitable. And i am not saying that they are in any way undesirable. They are a great motivation, a great spur. All i am saying is that they should not be the principal motivation — love should be. Contribution should be. Adding should be. Enriching the very soil of one's craft should be the principal motivation. And that's where a superchampion's highest vision has to emerge. To add wealth, value and richness to the field that one loves the most — and to enrich the world in the process.

Superchampions have the loftiest, grandest vision that expresses the highest, biggest version of them. Mahatma Gandhi saying, "Nonviolence will lead to my country's freedom" is that vision. Martin Luther King Jr saying, "I have a dream that one day everyone in my country

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will have equal rights” is that vision. Nelson Mandela saying, “One day apartheid in my country will end” is that vision. Sheikh Mohammed bin Rashid Al Maktoum saying, “One day Dubai will be the tourism capital of the world” is that vision. Ikeda Hayato saying, “I will double Japan’s national income within 10 years” is that vision. Michael Phelps saying, “I will revolutionise the sport of swimming” is that vision. Larry Page and Sergey Brin saying, “We will build the best search engine in the world” is that vision. Elon Musk saying, “I will change the way cars are driven” is that vision.

All these people were using the greatest — and the most underutilised — resource on this planet available to any human: vision. How many of us — even those who are wealthy and successful — have that vision?

This book is for essentially those who have chosen or are ready to rise to their highest to join the mountain of life in its own highest expression. And once again, by highest, I mean the *very* highest, the *very* biggest, the *very* largest of themselves. Not notionally but experientially. Who don’t just want the semblance of greatness but the immersion into it. Who don’t just want to speculate but to create. Who don’t just want to live but to be alive. Who don’t just want to think but to envision. And that is the biggest key to becoming a superchampion: to envision.

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In order to scale the highest mountain, a climber has to drop all weight and carry only the most essential item with them: one's oxygen cylinder. Similarly, in order to climb the highest mountain of life, one just has to carry the most essential item with them: one's highest vision. The highest vision is about much more than making money or becoming successful. It is about adding value and enrichment to the world, whether in terms of skill, energy or innovation.

One could say that superpositivity is the root, superperformance is the fruit and superchampion is the tree. The tree exists only because of its roots. The deeper they run, the more the fruit blossoms and the higher the tree grows. If the roots decay, first the fruit withers, and then the tree falls apart.

Similarly, in the mountain, iceberg or the tree of life, to rise to the highest, one has to go to the deepest. To go to the greatest that's outside, one has to go to the greatest that's inside.

In order to find your highest vision — not just what you are capable of — you have to spend some time in silence. You have to really go into the zone of stillness to find what the voice of infinity is speaking to you. And speak it always does — you just have to be humble to listen. And once you have listened, you have to express what that voice says to you.

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As Bob Bowman, one of the best coaches in the world, says in his book, *The Golden Rules*, “Every time my athlete enters the pool, i have the vision for them to swim a time that will be fast enough to win the medal. My ultimate vision is to pursue excellence every day.”

Life — of which vision is a small, ancillary part — is an ongoing journey. As someone has beautifully said, it is a “work in progress”. That applies to vision too. But the point is: is it a work in progress because it always incomplete or is it a work in progress because it is always improving? With many of us, in fact most of us, it is the former. Our works are in progress because they are incomplete. Because we don't quite have a blueprint of what we are making in the first place, we unconsciously keep heaping hesitant swathes of grease onto a cloth, in the vain hope that it will turn out into “something”. The result is a melange that is almost apologetic, and forever in need of rectification. However, some of us, very few of us, are consciously applying reflective strokes of paint onto a canvas, in the certainty that it will manifest into something beautiful. Those who are doing so have a vision. If they flounder, they always refer to their vision. The works they come up with are majestic, yet they are retouched every now and then to improve upon their perfection. Those works are what we truly

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call “works in progress”, and the makers of those works are whom we call superchampions.

If Arnold Schwarzenegger can go from a tiny village of 1,200 people to the greatest bodybuilder of all time, then anybody can do it. If Eddie Arcaro can go from losing 250 straight races as a jockey to the greatest jockey ever, then anybody can do it. If Wilma Rudolph can go from starting to walk at 12 to the fastest woman on earth at 20, then anybody can do it. Yes, *anybody* can become a superchampion. But the point is: how many are prepared to become that? Creating your vision — your highest vision — is the biggest step in that.

As Novak Djokovic says, “When i was 7, i had a very clear vision of what i wanted to achieve and who i wanted to become in tennis. I just knew that i wanted to become world number one and win Wimbledon.” He created a Wimbledon trophy out of plastic materials and paper, and started creating visions and images in his mind. He said he essentially wanted to create something tangible that would “serve as an inspiration for my life”. As Bob Bowman says, “If you can form a strong mental picture about anything and visualise yourself doing it, your brain will immediately find ways to get you there.”

It is our vision that sets our stature in life. On a visit to a sports academy recently, i met a former wrestler who’s now coaching a school team. He told me that he

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was born in a remote tribal village where nobody had ever sat in an express train, a fully airconditioned one — and his only dream in life was to become the first person in his village to sit in one of those trains. That led him to playing at the national level — which enabled him to fulfil his dream while travelling for a tournament — after which he retired to take on “a more secure” coaching career. I asked him what if he’d dreamt of sitting in a rocket. His reply was: “Obviously i’d have won an Olympic gold medal for India!” The point is, we are only as big as our vision.

Once a superchampion’s vision is in place, they express it by writing it. When he was ten, the biggest Olympic superchampion of all, Michael Phelps, had specifically written his highest vision and throughout his two-decade-long swimming career used to write specific target timings for every practice session. He stepped out of the pool only when he’d achieved them, however many laps it took, or however many attempts he had to make. Over the course of his career, he achieved over 15,000 training goals — do you think it is just a coincidence that he is also the most decorated Olympian in history?

The dream to become a superchampion is definitely not for those with low patience and threshold. Only those who are willing to stretch their highest vision over many decades eventually become members of the



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family of superchampions. And the best thing about this family is that unlike a biological family which one is born into, this is a family that one builds into; unlike an inherited family which one is destined to be a part of, this is an inspired family that one is designed to be a part of; unlike a family which one has not chosen, this is a family which one has chosen.

The biggest leitmotif of a superchampion's vision is to give. If the greatest vision is only about self-glory — “beating the competition” or “getting the topmost rank” — then that's wonderful too, and would manifest too, but that's a limited vision. A superchampion's vision has to be centered on rising to the highest to inspire others. Inspiration is an indispensable element of every superchampion's vision. The childhood coach of Katie Ledecky, one of the greatest swimmers of the modern era, said that it was as important to her how her friends did as how she did by herself. He said, “The only reason that girl got into the pool was to give.” That mindset is what makes superchampions: giving rather than taking. Giving inspiration rather than taking glory. A true superchampion is one who lives inspirationally rather than wallows in insecurity.

So go ahead and script your highest vision — Superchampion Vision — now. And as you are doing that, remember this:

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*A superchampion doesn't just live; a superchampion lives the largest.  
A superchampion doesn't just exist; a superchampion excels.  
A superchampion doesn't just think; a superchampion feels.  
A superchampion doesn't just take; a superchampion gives.  
A superchampion doesn't just happen; a superchampion is made.*

## CHAPTER 7

# Goal

After climbing Mount Everest at the age of 80, Yuichiro Miura said, "One just needs a goal in life. I climbed Everest three times between the age of 70 and 80, and every time i encountered massive health problems. But i could overcome them because i had a goal. That gave me the motivation to fight and beat the illnesses. If there was no goal in my life, i'd be bedridden or in a wheelchair by now. But i had the goal to climb Everest. So i got fit and got to the top."

Now imagine, when most people in their 20s don't even think about climbing Everest, a man in his 70s did it thrice. And here's the best part: he did it after four heart surgeries, a pelvic surgery and major diabetic complications! It has been calculated by scientists that the "physical body age" of a person climbing Everest is

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70 years on top of their actual age. Going by that yardstick, Yuichiro was technically a 140-year-old man when he attempted to climb Everest the first time! Besides, when he was in his sixties, he'd lost two major elections in Japan — one for the governor and the other for an MP. He got so demotivated that he began drinking and eating heavily. In his own words he became “a fat old man”. But then one day, while drinking in a bar, he remembered his father Keizo Miura, a legendary skier who had an even more legendary target in life: to ski down a mountain to celebrate becoming a centenarian. For his 100<sup>th</sup> birthday, he assembled 120 of his friends and family in a ski resort in the US and had them all ski down, with him leading the way! Remembering his father's phenomenal goal, he got inspired to create his own: to become the oldest man to scale Mount Everest. That goal gave him the incentive to build his health and fitness. Five years later, he fulfilled his goal at the age of 70. He repeated the feat when he was 75 and 80. At the age of 86, he is still climbing mountains all over the world and has set a new target: to climb Mount Everest at the age of 90. He says, “It is my goals that keep me going.”

As i study superchampions around the world, i have come to powerfully understand that massive goals make people live beyond their years. Fauja Singh is another stellar example of that. When he was in his mid 80s,

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he was depressed, as his wife and son had passed away. But one day, while he was sitting aimlessly in a park in London, he saw some old people running. Watching them, he got inspired to start running as well. He started training at the age of 86 and ran his first full marathon at the age of 89. At the age of 102, he ran his last marathon. He is 108, but he still runs three miles every morning. He once said, "My targets keep me young!"

It is said that "energy flows where attention goes." It could be rephrased: "Energy flows where a goal goes." Goal is a laser that draws the energy of vision and harnesses it, rather amplifies it. Thomas Edison, one of the greatest inventors of all time, had an "idea goal" that involved coming up with the idea of one minor invention every ten days and one major invention every six months. His output became so prolific that, by the time he passed on, he held 1,093 patents, which is still the world record for any individual. He later said that it was his goals that gave birth to his inventions. In every sphere of human activity, the loftier a goal, the greater the accomplishment. That's the key.

Goal-setting is integral to inspiration. When he was in his mid-teens, Michael Jordan was considered to be an average player: someone who could not make it even to his high-school basketball team. But, one day, he set his goal to become one of the greatest players ever

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in basketball history. He trained so rigorously for his target that he made his team Chicago Bulls win the NBA tournament six times, he won the Most Valuable Player (MVP) five times — and when he retired, ESPN voted him the greatest North American athlete in any sport in the 20th century.

Katie Ledecky's is a similar story. Elite athletes in the US are subjected to a comprehensive health profile at the US Olympic Center, and after they'd profiled Katie, they called her "remarkably unremarkable". They said she was "just about average" in every sense. Undeterred, she went on to win four gold medals and a silver at the 2016 Rio Olympics, to finish as the best female athlete at the Olympics, and the fastest swimmer in the history of long-distance swimming!

Every superchampion should draw inspiration from Katie Ledecky. At the age of 15, she participated in her first national competition: the US Olympic trials. She had never swum at that level before. Five weeks later, she went ahead and won the 800 m gold at the 2012 London Olympics — her first-ever international competition — by seven seconds. Till then nobody had heard of her. Imagine a rookie winning an Olympic swimming event in her first-ever international competition! Her victory was one of the biggest victory margins in the history of swimming. Two years later,

## TARGET

she set even loftier targets for the 2016 Rio Olympics: to go 3:56 or better in the 400 m free and to go 8:05 or better in the 800 m free. Back then, those times were ten seconds faster than what anyone else had ever done before and seven seconds faster than what she had ever done. But such was her commitment to her targets that she met them right on the nose in Rio.

She later said: “I’ve always had a knack for goal-setting. I don’t really compare myself to others. For me, it’s about being able to set scary goals — goals that most people never even dream of — and then going out and chasing them.” Wow! This line is such an integral part of becoming a superchampion that it is worth repeating, with a special emphasis: *it’s about being able to set scary goals — goals that most people never even dream of — and then going out and chasing them.*

Becoming a superchampion is a scary goal for most people. Most people never dream of it. And certainly most people never go out and chase it.

Let us for a moment consider Team Great Britain. At the 1996 Atlanta Olympics, they got only 1 gold medal and came 36<sup>th</sup>. It was one of their worst performances ever. They came back and immediately set forth a goal: to get in the 10<sup>th</sup> place at the 2000 Sydney Olympics. They achieved that. At every Olympics after that, they set a higher goal and kept achieving that.

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In 2012, Team Great Britain set a goal of winning 47 medals in 15 days at the 2016 Rio Olympics. Such was the strength of their goal that they accomplished it in 12 days. And by the time the Olympics ended, they exceeded their goal by 40 percent — by winning 20 more medals than their original goal!

They had goals in all 25 sports they had participated in. Except two sports, they met or exceeded their goals in 23. Besides, they had set a goal of becoming the first nation to win more medals at the Olympics that immediately followed the one they'd hosted. At the 2012 London Olympics, they'd won 46. And by setting a target of at least 47 medals, they intended to accomplish that goal. Their swimming team had its budget cut drastically in the run-up to the Olympics. Yet their commitment to their goal was so strong that they accomplished it. Their original goal for their swimming unit was 3 to 5 medals but they won 6. And showed the world that where there is a goal there is always a way.

### **The 4x+ Factor**

Watching countless people struggle with their goals has taught me that if a goal is too easy, then most people amble towards it so casually that either they don't achieve it, or even if they do, they don't quite enjoy it. In my experience, whenever people set a target, on an average, they achieve only 25 percent of it. That's why it's so



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important to set a goal that is more than four times one's original one. That way, one will certainly get to one's original goal — and 90 percent of the time, one will surpass it. Let me give you two personal examples.

In 2015, i conducted a program called Superpositivity India as part of which i gave inspirational talks in all 29 states and 7 union territories of India. My original plan was to do it in 2 years. But then applying the 4x+ Factor, i revised it to 6 months. I actually did it in three and a half months.

In 2018, i conducted a similar program called Superpositivity US, as part of which i gave inspirational talks in all 50 states of the US. My original plan was to do it over a 5-year period: 10 states every year. But then applying the 4x+ Factor, i revised it to a 15-month period. I actually did it in eight and a half months.

The way i look at it, every goal that you set occupies space in your mind. The swifter you accomplish it, the more it frees you for higher and more meaningful goals. You just have to go for more than four times the maximum that you believe yourself capable of — and then you will certainly get to the maximum. For instance, you do push-ups. Imagine the maximum that you can do: 30. Multiply that by 4+. Next time you work out, aim for 120+ — you will certainly get to 30, and 90 percent of the time you will surpass it.

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### Daily Goals

Get into the habit of accomplishing at least four goals every day: at least two lifestyle goals and at least two work goals. That way, you will achieve almost 1,500 goals in a year. Practise it for a few years, and you will develop the power to accomplish *anything* you intend. For instance, here are my two daily lifestyle goals:

- Meditate for at least 20 minutes in the morning
- Exercise for at least 40 minutes in the evening

These are two very simple but very effective lifestyle goals that I fulfil every day. However, they are not written in stone, and you could create your own list. You could have more or less, but in my experience, to have a foundation of two daily lifestyle goals around which to build the superstructure of your life is both simple and superb. Just like the best passwords are a combination of letters, numbers and symbols, the best lifestyle goals are those that engage our soul, mind and body.

Once lifestyle goals have been set, create work goals. These have to be daily, weekly, monthly, quarterly, biannual, annual, biennial, triennial, quadrennial, centennial, decennial and beyond, if you prefer. What I did was, at the beginning of 2020, I sat down and wrote a list of targets for this year and the next one, right up to

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the end of 2029 called Superchampion Decennial. It has two halves: the first one that specifically delineates my targets from January 2019 to December 2024. And the second one that broadly outlines my targets from Jan 2025 to December 2029. (I will be more specific with the second half when i get there, after auditing and reviewing the first half.) For 2020, i made a list of three goals for the positivity-related work that i am doing: how many books i intend to write, how many talks i intend to give, and how many people i intend to engage. With that in place, i got more specific. I call this round “Meeting with Myself”.

On the first day of every month, every Monday and every morning, i have a meeting with myself, in which i set work goals respectively for the month, week and day. Each of these has to be accomplished by the end of their respective timeframes: by 31<sup>st</sup>, coming Sunday or by that night. And that’s the most important thing. These are not open-ended goals that can get accomplished whenever — they have to be completed within a timeframe. That’s what defines a superchampion: accomplishing world-class targets within a *specific* timeframe. Most creative energy latent in people is wasted in procrastination. As they say, “Light is innocuous when scattered, but when concentrated, it acquires the intensity of a laser beam.”

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Start with two work goals that you envision yourself accomplishing every day. For instance, here are my two daily work goals:

- Write at least four new pages
- Perform at least one motivational talk or session

While growing up, i had created a mental game: if i was walking on the road and somebody was coming from the opposite side, i would mentally pick a point (say a pole, a car or a line) between us and challenge myself that if i crossed that point before that person, i would certainly accomplish whatever goal i had at that point in my life. Or, if i were writing an essay, i would give myself say five minutes by the watch and promise myself the fruition of my goals if i accomplished it in time. This game was an obsession my growing-up years and eventually it seeped into my subconscious so emphatically that, even today, setting myself a new goal or stretching myself comes very naturally, and gives me unspeakable energy.

In so far as long-term work goals go, you can always redesign them as life unfolds. For instance, Michael Phelps failed to win any medal in his first Olympics. In fact, at the 2000 Sydney Olympics, 47 swimmers from the US had taken part at the Olympics. Out of them 40 won medals. Only 7 returned home empty-handed —

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Michael was one of them! At the 2004 Athens Olympics, he made up for it by winning 6 gold medals and 2 bronze medals.

His revised target was to break Mark Spitz's record of 7 golds in one Olympics. He later said that 2004 Athens Olympics was a personal failure for him because he won 6 golds. He kept working on that and then four years later broke that record by winning 8 golds at the 2008 Beijing Olympics.

Keep revising goals, making them bigger each time, till you fulfil your highest vision — the Superchampion Vision. If one has indeed set the highest vision, it can't be accomplished by setting small goals. One will have to set extra-large, superbig goals. And when one sets a massive goal, one doesn't get success right away. Look at it this way: the bigger the weight of the goal, the greater the wait to get there. But then once one does, it truly is worth the wait.

Always remember, this is how it goes: the bigger the vision, the bigger the goal; the bigger the goal, the bigger the training; the bigger the training, the bigger the focus; the bigger the focus, the bigger the fulfilment. Ultimately, the bigger the fulfilment, the bigger the superchampion.



## CHAPTER 8

# Training

I believe it takes five years of solid, world-class training at a superintensive level to get to the starting block of superchampionness. And a lifetime of ongoing practice to remain that way. The quality of that training is as important as the quantity. If one is just knocking the ball against a wall in the house for hours every day, that is great too — for it will teach you about diligence and patience. And if your goal is to develop those life skills, then it is a great way. But if your vision is to become the best tennis player of all time, then the quantity of training alone will have a limited impact. If you want to be the best, you've got to seek the best, go and train with them. And however improbable it seems, if you have the will, you will find them.

As the saying goes, "When a student is ready, the teacher appears." The important thing is that the student's

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seeking has to be intense. It has to be an effusive urge that becomes a powerful surge. The teacher you draw will be directly proportional to your seeking. The deeper your seeking, the more qualitative a teacher you will find. So before looking outside for the teacher, go inside and discover the student.

Before i wrote a single page on positivity, i'd read hundreds of books by brilliant teachers of positivity, like Norman Vincent Peale, Neale Donald Walsch, Wayne Dyer, and many others. I soaked teachings from them and from life. But the important thing is that i kept up the training. Whether i was a school student in Jammu, a publishing student in Denver, a model in Mumbai or a photographer in Delhi, the commonality was that i'd read a book on positivity, for at least two hours every day. I did that for 15 years, before i wrote my first book on the subject in 2003. And today, my journey in positivity substantiates Malcolm Gladwell's 10,000-hour theory: I trained for over 10,000 hours as a student (between 1988 and 2003), over 10,000 hours as a practitioner (between 2004 and 2013) and over 10,000 hours as a coach (between 2013 and 2019) to finally be in a position to write this book.

Intense training is the cornerstone of performance. The more you train, the better you perform, it's as simple as that. And the more intensely you train,



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the more excellently you perform, it's as true as that. As Kobe Bryant once said, "Your training is supposed to be more competitive than your matches."

Katinka Hosszu is a classic example of what intense training leads to. She failed to win any medal in three consecutive Olympics. When she returned from the 2012 London Olympics, the president of the swimming association in Hungary suggested that she should retire. Most people said that she was 23, "way past her prime" and at an age when most swimmers at the Olympic level had already quit. One trainer told her to give up swimming and open a beauty salon instead! But Katinka was undeterred. She scripted a Superchampion Vision — to become the most versatile swimmer in the world — and created a goal to win at least three golds in the next Olympics.

She started training for eight hours every day, went on an intensive weight-training regimen and started participating in swimming meets all over the world to increase her stamina and endurance. One of her training goals was to participate in twice as many competitions as any other swimmer. Within three years, she won every major championship in the world and became the first swimmer in the history of the sport to hold world records in all five medley events at the same time. She was nicknamed the Iron Lady, and she won three golds and a silver — more individual medals than any other swimmer at the Rio Olympics.

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As Katinka's example shows, before one goes for golds, one has to go for goals. Having short-term and long-term goals and focusing on them is the key for every superchampion. When it comes to training, each one of us can learn from Kenya — a country that has the 75<sup>th</sup> largest economy and a per capita income that is 157<sup>th</sup> in the world, yet it is considered the gold standard in the world of long-distance running.

As part of their training, Kenyans do extreme endurance exercises to make them learn how to transcend pain. While athletes in most countries rely on sophisticated gyms and equipment, Kenyan long-distance runners train in a simple, old-school way. Most of them run up the hills twice every day for a total distance of 40 kilometres. That way, they build pure strength in their legs. Instead of nutritional supplements and sports drinks, they eat bland food with zero taste, and their meals are cooked by villagers rather than nutritionists. Mo Farah, who won two Olympic golds each at the 2012 London Olympics and the 2016 Rio Olympics, once said, "To see the Kenyan athletes just eat, sleep and train and do nothing else has been the biggest inspiration for me." For years together, they don't entertain any distractions — and their only entertainment is to keep training to become better.

For those who think luck brings in the rewards, here's a primer. Bob Bowman once said, "Michael Phelps

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worked harder than i've seen anybody work in any field." In fact, to prepare for his first Olympics, he trained every day of the year for six straight years before taking a single day off, whether it was his birthday, Christmas or New Year's. Michael had practised his races thousands of times before they were actually run. Or won.

A superchampion is never a slave of any habit — a superchampion is a master of every habit. The moment a superchampion says, "I can't do that!" that person is not a superchampion. From "I can't" to "Yes i have" is the emblem of every superchampion's training. A constant evaluation, feedback and implementation is part of their process. Recognition of fault lines is the biggest step to rectifying the fault lines. This is where training is meant to help. A superchampion is humble enough to go beyond "This is what I do" to "This is where i can improve."

To get a glimpse of how a superchampion trains, we just have to look at Emil Zatopek of erstwhile Czechoslovakia, who is considered one of the best runners of all time. He was the first person to break the 29-minute barrier for the 10,000 m run and the 60-minute barrier for the 20 km run. To train for endurance and increase his capacity to withstand pain, he used to run uphill, wearing a backpack full of sand in heavy army boots for hours every day. Over 11 years, he never missed a training session. He used to train whether it was rain,

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dark, snow, storm, anything. He used to say, “If you do something difficult once, you feel pain. If you do it a thousand times, you feel nothing.” At the 1952 Helsinki Olympics, he won the 5,000 m and 10,000 m races. After the races were over, at the last minute, he decided to also run the marathon. He’d never participated in a marathon before that! Everybody thought it was a joke. But he went ahead, competed and won the first marathon he ever ran — that too at the Olympics! When he was asked later how he pulled it off, he said, “When you train wonderfully, wonderful things happen.”

Training involves going into every detail of the whole process of your craft. As Abhinav Bindra did. He got to know that the hall in Beijing where his event was going to take place would be massive. In India and many other countries, the competition rooms are small. Realising that he might get lost in a big hall, he hired a marriage hall for training! At the 2004 Athens Olympics, he had already missed out on a medal despite breaking a world record in the qualifying stages, because of a shaky floor that upset this rhythm. So he glued rubber from Ferrari tyres on his shoes as research had shown that it had the highest anti-skid properties. He later said, “Basically, i tried to incorporate every possible variable in my training, leaving nothing to chance.” And the result came on its own, in the form of an Olympic gold.

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When you train like a superchampion, part of that superchampionness always stays with you. Anthony Ervin's example demonstrates that. After winning a gold medal in 50 m freestyle at the 2000 Sydney Olympics, he retired from competitive swimming in 2003 at the age of 22. Next year, he sold his gold medal on eBay to help survivors of the 2004 tsunami. In 2011, he came back from retirement and started training for the Olympics. He didn't qualify for the 2012 London Olympics. People started questioning if he still had it in him to swim at the highest level at the age of 31! Undeterred, he kept training, more rigorously every day. At the "grand old age" of 35, he came back and won the 50 m freestyle gold at the 2016 Rio Olympics, becoming the oldest individual gold medallist in Olympic swimming history.

Ashton Eaton, one of the most successful decathletes of all time, said, "Anybody can win so long as they are willing to put in the effort." Or as Lindsay Vonn, one of the greatest skiers of all time, says, 'Will it if you want it. The key to become the best at what you do is just hard work. I'm always the first one on the mountain and the last one off.'

Make training the very breath of your life, as fundamental and indispensable to your existence as breathing itself. It is not in the understanding that superchampions are made — that's where they are

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born. It is in the training that the heart of superperformance lies — and that's where superchampions are made. So train, better today than you did yesterday, better tomorrow than you do today and better day after than you will do tomorrow. And then better the day after that. And so on. Forevermore.

## CHAPTER 9

# Focus

Let's say someone has an empty field. The first thing one should do is to have a clear vision of what to grow there. The next step will be to have a target of how much yield to grow and where to sell it. The third step would be to train by sowing the seeds and giving it manure. And the penultimate step before reaping the harvest would be to irrigate the field and tend it daily. Focus is that penultimate step. The very act of giving sustained attention to an endeavour invariably attracts its manifestation. The bigger the endeavour, the more the attention it needs. And the more the attention, the bigger the harvest. Focus is the bridge that connects the beginning and the ending of every endeavour.

Just like a mast guides a ship in the ocean, a superchampion's highest vision guides them in life.

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The stronger the mast, the better the sail. Similarly, the stronger the vision, the better the journey. As a superchampion, you must keep reminding yourself daily of your highest vision. You have to keep affirming your vision lest it get lost. Intensity of vision is *very* important. Mental chatter is usually very loud in an average person. But their vision is very soft, almost a whisper. That's why it's so important to keep reaffirming it, to keep proclaiming it. All superchampions in the course of history, across all disciplines are the ones who have kept reminding themselves of their vision. Self-talk is truly the best talk there is. I call it the "full-circle talk". You are the emitter and also the recipient. Every word that you speak is also the word that you hear.

Intense visualisation is what every superchampion practises continually. As Shaquille O'Neal once said, "One must continue to concentrate". To see the highest once is vision. To see the highest again and again is visualisation. It is a very important aspect of focus. All Olympic superchampions, technology superchampions, business superchampions repeatedly employ this tool: visualisation.

From Thomas Alva Edison to Michael Phelps, superchampions keep journals in which they log everything from how they are feeling, to what their timings were, to how they are trying to improve them.



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In fact Caeleb Dressel, the world's fastest 50 m swimmer, is so passionate about journalling that he even jumps out of the pool in the middle of a practice session just to record any intense inspiration that he has experienced.

Michael Phelps is the ultimate example of visualisation leading to manifestation. Before every race, or rather on a daily basis, apart from his swim training, Michael would rehearse visualising for two hours every day in the pool. He'd see himself winning. He'd smell the air, taste the water, imagine the timing of the race. He'd even visualise himself as a spectator watching the race from outside the pool. He'd visualise all possible situations. He'd visualise his strokes, his response if he fell behind, the roar of the audience. It was the visualisation technique that helped him when his goggles filled up with water at the 2008 Beijing Olympics and he had to swim the last 75 metres with his vision severely compromised.

To train optimally, a superchampion has to give up a lot. But a superchampion also gains a lot: experiences that others only dream about. Just like air is nourished by moisture, focus is nourished by discipline. Every superchampion is also superdisciplined — in their training and lifestyle. It's like the sun. Is there even a single moment when the sun forgot to shine? Or it forgot to emit its energy? Or it forgot to perform? Its focus has

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been steadfast over 4.6 billion years. More than the result, it focuses on its performance.

Discipline is something that every superchampion has to love. Just like the sun has to love heat, similarly superchampions have to love discipline. Otherwise the whole process of expressing their highest energy would seem burdensome. I always tell people that once you love the tough, everything seems soft, when you love the rough, everything seems smooth and when you befriend the bitter, everything becomes better.

Superchampions focus on what others avoid: the intensity of expression. If expression is not intensive, then it is just going to be a pastime, a fancy even. Only with the intensity of focus does the expression become a laser that can pierce any obstacle to create a pathway. Focus is the secret sauce of every accomplishment. It is the river's focus that makes it reach the ocean. It is the cloud's focus that makes it reach the lake. It is the star's focus that makes it reach its light to a planet billions of years after it starts.

Actually focus is what binds the five elements of superpositivity — yesness, gratitude, improvement, inspiration and unlimitedness — and the three other elements of superperformance — vision, goal and training — together. It is the glue that keeps superchampionness in place and the force that eventually leads to the creation of a superchampion.

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Focus is needed when every moment, life is presenting a choice between Yes and No. Focus is needed when every moment life is presenting a choice between improvement and stagnation. Focus is needed when every moment life is presenting a choice between creation and destruction. Focus is needed when every moment life is presenting a choice between greatness and mediocrity.

With the power of focus, every goal is achievable and every person can become a superchampion. Let it be clear that a superchampion is not someone with talent alone. A superchampion is someone with purpose, someone with focus. While talent is not something that everyone can develop, focus is certainly something that *anyone* can develop. The only reason people don't develop focus is not lack of talent but lack of will. And that is something that superchampions have to relinquish.

In the life of a superchampion, the overall success rate is going to be like the sun's: 12.5 percent! Considering that only one out of eight planets that the sun illuminates has life, that means its success rate is 12.5 percent, right? Similarly, given how much a superchampion is going to be knocked down in the bout of life, in trials, training, selections, if you carefully collate all the disappointments and agonies they've had to endure, the success rate of even superchampions is going to be 12.5 percent or less. Which means that 87.5 percent of the time, seven times

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out of eight, a superchampion has to sustain the focus through the setbacks and the brickbats.

But zero setback or limitation in life ever shakes the focus of a superchampion. Wilma Rudolph is the best example of that. She was the 20<sup>th</sup> of 22 children. Her father was a railway porter and her mother a maid. Putting food on the table was a struggle for her family. At the age of 5, she was struck by polio. Doctors said that she'd never be able to walk again. It took her 7 years to regain her ability to walk. Till the age of 12, she used to walk using a back brace. During that time, the only exercise she did was to "dream the dream of greatness". Eight years later, she won three gold medals at the 1960 Rome Olympics. At the age of 22, she retired and devoted herself to coaching underprivileged children. Now that's what excellence is truly about. Attaining it yourself and then enabling others to attain it. For someone who could not even walk till she was 12, within a span of 8 years, she won the 100 m and 200 m at the Olympics and was hailed by track experts as the fastest woman in history. When Wilma started running, track and field competitions were male-dominated events. Plus, she was an African-American athlete growing up in the heart of racial segregation. But thanks to her example, female athletes, including nonwhites, were allowed to compete in mainstream athletic events. After the Olympics, she

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famously said, “Never underestimate the power of dreams. The potential for greatness lives within each one of us.”

A superchampion believes that nothing ever ends. A star dies, becomes a black hole, and then from that black hole, new stars are born as well. Part of cosmic recycling. Look at it this way: a star *never* loses its focus. While others think that the star's life has ended, the star has plans of its own. It keeps focusing on how to create its legacy. How to perform for eternity.

Whatever happens between vision and focus is in a continuous state of flux. Keep your focus on your vision and everything will fit in. Superchampions script their highest vision, and they continue to focus on that. Now, it's important to note that while the result is important to them, their focus is on the process, on the journey. It's like a driver that is focusing on their journey will pass many milestones en route. The driver will certainly enjoy them, maybe even stop once in a while, but never get too consumed by any of them. Because they retain their focus on the road ahead — and the ultimate destination.

Superchampions' constant focus is on improvement. A superchampion understands that winning is an inevitable outcome of being the very best one can be — and better. They never feel they have ever arrived. Just like a galaxy keeps spinning, unattached to

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any particular point in space, superchampions keep growing, unattached to any of their accomplishments. They don't just want to keep being the way they are — they intend to keep getting better. Forevermore is their abiding focus.

Superchampions realise that the more you love, the more you will be able to focus. And the more you focus, the more you will be able to love. They love the very opportunity to live and to give inspiration through the expression of the highest that is in them.

The focus of superchampions is never on taking but on giving. They feel that they are trillionaires that have come to this planet to share their abundance with the world. If a superchampion is ever overcome by base emotions, they shift their focus to giving. To how much of a positive impact their actions and life can have on others. Billy Mills is a classic example of that. He was born into grinding poverty, his mother died when he was 7 and his father when he was 12. He lived with his uncle's family in one of the poorest districts in the US. In order to cope with his emotional pain, he started running at the age of 13. Taking a long time to blossom into an accomplished runner, he could not qualify for his first Olympics. On his next try, when he was successful, his national Olympic committee refused to provide him even shoes for the race. They told him, "We

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have shoes only for those we expect to do well." He borrowed shoes from a friend and went for the race. When he entered the competition, he was a complete underdog. He was 26 and had never won any international competition in his life. Most of the participants and officials hadn't even heard his name. He went ahead and, despite all the odds, he eventually went on to become the first and the only American till date to win the 10,000 m race at the Olympics. *Time* magazine hailed his victory as the "biggest sporting success of the year". He said, "Every day, i used to remind myself of the children in my poor community and focus on becoming a beacon of hope to them."

A superchampion has to endure many obstacles throughout their sporting career. Just like a diamond cannot be polished without friction, a superchampion cannot be made without hardships. Michael Phelps was raised single-handedly by his mother, along with his two other sisters. He was diagnosed with ADHD and was put on medicine when he was seven. One teacher told his mother, "He won't be able to do much in life because he can't focus." Throughout his life, he battled depression and anxiety and on many an occasion, he contemplated ending his life. He said, "The successes in my life have been few and far between. Mostly, it has been about overcoming one obstacle after another." He said,

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“My greatest focus was to overcome the fact that i couldn’t focus.” But, like a true superchampion, he worked on developing his focus to an exalted level. When asked to reflect on Michael’s greatest strength, his contemporaries and commentators would unanimously say: his ability to focus.

A superchampion knows that just when they have tackled one obstacle, another one is around the corner. Rather than evading a storm, a superchampion focuses on the art of embracing it. As a child born to poor farmers, Stephen Kipritich used to be so sick that he had to miss three years of high school. He could barely walk till he was nine. He started running at the age of 17, and six years later, he became the marathon champion at the 2012 London Olympics. He said later, “When i used to be lying on my bed, sick and feverish, i used to focus on just one dream: that i am going to win the Olympic gold one day. That is the reason i am alive today.”

Very few of us ever say, “I am going to rise to the highest realm in my field so that i can inspire billions of people.” That surge of energy — which emanates from the very core of the Universe and makes itself readily available to anyone that expresses the intent — is the foundation of becoming a superchampion. Let me share with you my own experiment with focus on my journey of positivity.



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In September 2013, i embarked on the path of superpositivity after i did a continuous 40-hour meditation at my parents' house in Jammu. During that meditation, i had an epiphany. I have shared the entire experience in my book *Yes Thank You Universe*. But let me sum it up briefly: I was revealed a four-word chant or mantra (called the Superpositivity Chant) — Yes Thank You Universe. At that time, i was going through the lowest phase of my life: my debut Bollywood film *Challo Driver* had crashed at the box office and my marriage had ended unceremoniously. Daily survival became a massive struggle for me. But when i had the revelation of the chant, i started practising it with complete devotion. Within days, my life started turning around. Inspired, i resolved to take it to the next level: to immerse myself completely in infinity and to let superpositivity permeate to every cell of my being. So i embarked on a unique experiment called Superpositivity Experiment. Let me reproduce an excerpt from my book *Superpositivity* to share that experiment with you.

Within a few days of the revelation of Yes Thank You Universe on 18 September 2013, i had set a five-year goal to chant it twenty million times: ten million times spoken and ten million times silent. On 18 September 2018,

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i joyfully completed (rather surpassed) 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 used to be 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. 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 through the practice of intense focus. Imagine accomplishing a difficult goal that requires you to persistently train and focus for five hours,

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for 1,826 days on the trot! All that i've done over the past five years has emerged from the energy of Yes Thank You Universe, and all that i shall do over the rest of my lifetime will be a testament to the infinite power of Yes Thank You Universe.

As you can see, i had a vision: to become superpositive — or as positive as anyone could ever become. I set a target: to repeat the Superpositivity Chant 11,000 times every day for 1,826 days for a total of twenty million times. I did the training: five hours every day for five years. I kept the focus throughout that time, even if it meant staying awake all night to do the training to accomplish the target that i'd set to accomplish my vision. The result is this book that you are reading and the Superpositivity programs that i am joyfully performing all over the world.

In order to fulfil the true greatness that they are born for, a superchampion has to focus on their vision for sure, but then a superchampion has to focus on something much bigger: the vision of infinity. However much one has achieved, it is but less than a dewdrop in infinity. Thinking the biggest only in terms of achievement will still keep one very limited. Thinking the highest in terms of potential and expression will make

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one unlimited. A superchampion has to focus on infinite possibilities and infinite manifestations of infinite energy. That's why a superchampion can never say "I've done enough." Because a superchampion transcends the word Enough — and travels to the word Infinite.

Superchampionness means rising to the highest — which keeps getting higher. Let me repeat: *superchampionness means rising to the highest — which keeps getting higher.*

A superchampion always lives their life from the viewpoint of infinity. Every day, their reflection is the same: "How much infinity am i going to express today?" And their resolve simply emerges from that: "I will infinitely express my infinity today. And i will fulfil my highest vision every moment of my life forevermore."

## CHAPTER 5

# Fulfilment

Someone has beautifully said, “What the Universe starts, it always completes.” Whether it is a galaxy, a flower or a photon, the Universe *always* completes what it starts.

Fulfilment is the true reason the highest vision is born. The moment a mountain is born, its summit is born as well. And the reason a summit is born is that someone will scale it one day and share the experience with everyone. A tree does not have any ownership over its fruit, except that it bears it. A river does not have any ownership over its water, except that it bears it. Similarly, a superchampion does not have any ownership over their vision, except that they bear it. In that sense, a superchampion is the recipient of the highest vision rather than an owner, or a

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caretaker rather than a proprietor. And a caretaker's greatest responsibility is to uphold rather than hold on to.

By releasing their highest potential, a superchampion realises their highest vision. The highest potential is a combination of positivity and performance. A superchampion upholds with full responsibility the assignment of the highest vision. They know that nothing happens without a reason. The fact that they have seen the highest vision also implies that they have the capacity to fulfil it. Both happen in close concert with each other. Both the highest vision and the capacity to fulfil it coexist. But only a superchampion embraces that possibility. It's like ten people looking at a river coursing along a mountain. Nine of them look at the point where the river disappears and think that the river ends there. A superchampion believes that the river extends way beyond the point where it disappears. A superchampion's vision is never restricted by their sight — that's why they are able to reach out to infinity and manifest it.

They know that the pursuit of their highest vision will extract every ounce of energy from them, will demand every iota of their life force. Yet they march forward, centering themselves in the energy of infinity, in the energy of inexhaustibility. A superchampion knows that if they draw from their own reservoir, it is going to be a limited one, whether in terms of skill, resources or

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opportunities. While most people think it is important to have the “connections” to achieve their goals, a superchampion knows that it is important only to have *the connection with the infinite* to fulfil their highest vision. A superchampion becomes what they do independent of all limitations and circumstances. If one gives in to any limitation — age, money, background, colour, creed, nationality, knowledge, opportunity — then the highest vision can never be fulfilled. While scaling the highest summit of a mountain, if a climber gets intimidated by any precipice and stops there, then the highest summit cannot be reached. To reach the very top, a climber will have to find a way around every obstacle. A climber will have to invoke unlimited belief to reach the very top and fulfil the ascent. Similarly, a superchampion will have to invoke infinity to fulfil their highest vision.

Though most of a superchampion's pursuit of the highest vision is time-specific, yet a superchampion is ready to exercise infinite patience till their vision is fulfilled. A superchampion is not attached to any process or even to consideration of time to fulfil their highest vision. They know that, at times, spring might be delayed by a few days or weeks but it will come for sure. They are prepared to wait. As someone has beautifully said, “At times the Universe says yes and gives you what you want, and at times it says wait and gives you the best in

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its own sweet time.” To a superchampion, both the options are equally acceptable. In fact, in the latter case, if left to the Universe, the highest version of the highest vision manifests. For example, Michael Phelps wanted to quit the sport of swimming as the best swimmer ever. At the 2012 London Olympics, he won 4 Olympic golds, and retired with 18 golds and 22 overall medals. But he was inspired two years later to come out of retirement. He listened to that inspiration, participated in the 2016 Rio Olympics, won 5 golds and 6 overall medals to take his overall tally to 23 golds and 28 overall medals. He later conceded, “My career was scripted much better than i imagined.” He got to win the maximum number of medals by an athlete for a fourth straight Olympics — but, more importantly, he got to demonstrate that a superchampion stays a superchampion even in retirement. He got to become the oldest swimmer ever to win an Olympic gold medal (at that time). Michael’s is the classic case of the highest version of the highest vision being fulfilled by the Universe for a superchampion, provided all the other elements are fully adhered to.

Once a superchampion sees a vision, establishes a target, starts training for it, and keeps focusing on it, then everything is possible: the craziest, biggest, grandest reality. Of course, there will be distractions en route. But then one has to learn from the river. It encounters



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multitudes of distractions en route to the ocean: mountains, falls, trickles, tributaries, cities, drains, forests, dams, but it *never* loses its focus. In fact, it keeps building it. It makes its way millimetre by millimetre. Even when it appears to others that it has stagnated, even when it appears to have become invisible under the ground, it never loses its focus. It knows that the result will come. But the journey is much more important. It knows above all that the tougher it gets for it to make it to the ocean, the more fulfilling it will be for it and the more inspiring it will be for those who are watching it from its banks. Clearly, the river is what it is because it has a vision and it continues to focus on that. That's what makes the river a true superchampion.

The Universe said yes to fulfilment in the very first moment of its physical inception 13.76 billion years ago, said yes to the 9.16 billion years it took to create the sun and the earth, said yes to the 13.3 billion years it took to create the first tree, and said yes to the 13.7598 billion years it took to create the first human. There is a long gestation time between vision and fulfilment. A superchampion has to keep saying yes to the entirety of the process, to the patience that is required for the fulfilment. It always takes time for things to come about. The greatest things take the longest time to come about. While rainfall might occur once a week or once a

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fortnight, it takes a year for rainy season to come about. That is the way creation is designed. It takes time for a satellite to spin around a planet, a planet to spin around a star, a star to spin around a galactic centre, and so on. Much as one might want it otherwise, gestation is built into the very DNA of the Universe and patience runs in its very bloodstream. A superchampion's DNA and bloodstream have to be the same too. Seeing the highest vision is them being like the Universe — seeing the highest vision of what is possible is how the Universe has conceived genesis, letting it gather steam inside is the gestation that the Universe does, and patience to follow through on that vision is how the Universe charges its bloodstream.

A superchampion's creation and fulfilment of the highest vision happens by replicating the ten-step process the Universe observes: saying yes to itself, being grateful for itself, improving itself, inspiring itself, tapping into its unlimitedness, envisioning the highest, targeting the highest, training the strongest, focusing the sharpest and fulfilling it to the fullest. The Universe displays total patience in the pursuit of its vision.

With many of us — even many who see the highest vision — the tendency is to settle for lesser versions of that vision because of the sheer time and effort involved. If, for example, someone has set the vision to win an Olympic gold medal when they were 10

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and by the time one is 28, if it has not yet manifested, or has partially appeared in the form of a bronze or silver, the tendency might be to give up further pursuit. But a superchampion does not give up till they fulfil their highest vision *to the fullest*. That means the highest vision *exactly* as they saw it and *exactly* as they nurtured it over a period of decades.

Every star is the building block for a future star — a more upgraded one. Every cloud is a building block for a future cloud — a more upgraded one. Similarly, every vision is a building block for a future vision — a more upgraded one. One superchampion's vision is the building block for another superchampion's vision. By developing the electric bulb, Edison inspired many future inventors all over the world. By coming up with the theory of relativity, Einstein inspired many future physicists all over the world. By winning 20 Grand Slams, Roger Federer inspired many a tennis player all over the world. By becoming the first armless pilot, Jessica Cox inspired many a differently gifted person around the world. By running and completing eight full marathons between the age of 89 and 102, Fauja Singh has inspired many a centenarians around the world.

In each of these cases, the most important fact was that every superchampion fulfilled their highest vision to become a superchampion. Till that vision is

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fulfilled in entirety and till they've set an example that inspires the whole world, a person doesn't become a superchampion.

The word fulfil in itself is a synthesis of two beautiful words: full and fill. To fully fill. If it was partially fill, it'd have been partfil. Now imagine, if the sun was giving its light partially or if the earth was rotating on its axis partially! It is the completion of the earth's rotation that gives us a complete day. Everything in the world serves its truest purpose when it is completed, when it is fulfilled. A movie serves its truest purpose when it comes to a climax and is completed. A song serves its truest purpose when it comes to a crescendo and is completed. A meal serves its truest purpose when it is relished in entirety and completed.

All said and done, a superchampion's truest fulfilment comes from their journey, from their process rather than just the destination. Their journey is an ongoing one. And their fulfilment comes from living every moment with fullness, with total enthusiasm, vitality and openness. Only by living fully does a superchampion accomplish fully — and only then is a superchampion able to inspire fully. Much more than achieving fully, a superchampion lives fully.

A superchampion fulfils their vision not because they are stubborn to do so but because they are determined to do so. They realise that a vision left

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incomplete is akin to the Universe leaving anything in creation incomplete — and that never happens. A superchampion fulfils their vision as an offering to the Universe rather than a trophy in their case. A superchampion realises that a manifestation of their highest vision is an assignment given to them by the Universe, and they design their accomplishment as their loving tribute to the Universe and its infinite energy.

A superchampion fulfils their highest vision not for their own sake but for the benefit of humankind. A superchampion keeps going to accomplish their highest vision — and beyond. The former is for themselves, and the latter, the truer part, is for the world, for the generations to come. So that the world will be richer, happier and more inspired when they are gone. And whenever they are thought of.

Above all, a superchampion remembers the Superchampion Affirmation every moment of their life and expresses it through every action of theirs:

*Yes i am a superchampion forevermore. Yes Thank You Universe.*



## 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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