

**YES THANK YOU UNIVERSE**



# YES THANK YOU UNIVERSE

*The Most Powerful Chant in the Universe*

VICKRANT MAHAJAN



**Superpositivity**  
BOOKS

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*With eternal gratitude for  
all that has been  
all that is  
and all that will be*

# CONSCIOUS CHOICE

This is a book 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 — the Creator and the creation.

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

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

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

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

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

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

Yes Thank You Universe.



# INTRODUCTION

## *How the Chant was Born*

It is said that the best gifts in life come in the most soiled packages. For me, that gift arrived on 20 July 2012. It was the day my debut Bollywood film, *Challo Driver*, which i had written, produced, directed and acted in, released after two and a half years of intense toil. And within two and a half hours, it crashed colossally at the box office. Overnight, i was in shambles financially, and my career seemed over even before it had started. All that i was left clutching was a cell phone (which stopped ringing) and a bed. And a loss of almost \$1 million.

But trouble, they say, always comes in multiple digits. Along with the daunting financial crisis, came another stinging blow — a much more difficult one. Within weeks of the release, my marriage of six years ended on a painful note, and i had to

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suddenly come face to face with my greatest fear in life: the fear of being alone.

And thus began the "worst" phase of my life. From driving a swanky SUV, i went to a stage where i would often walk for miles from one meeting to another, because i had zero money to pay for a cab or a rickshaw. From doing luxury work for jet setting clients around the world, i went to a stage where work itself became a luxury. In desperation, i knocked on one door after another, wrote one script after another, met one producer after another. But all i received from everywhere was rejection. I had to vacate the plush apartment i was staying in because i could not afford the rent, and i had to move into another one that was half the size of its living room. My credit card maxed out, and my most frequent guests became recovery agents from the bank. Worse, i borrowed from one person after another, adding to my already big pile of debt. I kept falling, hitting a new low every day. And life became one abject humiliation after another.

There was one saving grace though. A few years ago, i'd been to a monastery in Ladakh where i'd learnt meditation. Ever since, i'd been meditating daily. And that became my only saviour during that heartwrenching phase. In fact, on most days, all i did was to meditate and write. It became normal for me to meditate for ten hours a day. Sometimes at a stretch.

Meanwhile, the turbulence around me continued. And, finally, after being battered from every side for a year, the curtain fell on me. I could not hold on any longer either to my apartment or Mumbai. My filmmaking journey was cut short, and after packing my belongings (all of which fit into a suitcase), i headed

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back to my parents' house in Jammu. Back to where i'd started. Fifteen years seemed to have come to an inglorious naught.

Back in Jammu, everyone i knew and grew up with seemed to have settled: kids, career, family. I was something of a local hero before: the first guy from town who'd almost won the Mr India pageant and attempted such a "brave" Bollywood film. But now, i became the pariah: the guy who had dreamt big, tasted dust and come back. I could almost hear the sniggers behind my back. Still, i tried to keep myself "busy". I'd write, meditate zealously and would help my Mom in the kitchen as much as i could. Now, as one might imagine, my parents had been deeply affected by my life situation. And had begun to restrict themselves socially. I felt responsible for their state and began to think of ways to keep them in good spirits. One day, i suggested a distraction they both enjoyed: playing cards. After an initial reluctance, they agreed.

That Sunday, we sat down to play their favourite game: rummy. Suddenly, out of habit, my Dad turned on the TV. Now this might surprise some of you, but the thing is that in all the years that i lived on my own, i neither had a TV in the house nor did i subscribe to a newspaper. And since this book is not about the merits or demerits of mass media, let's just call that decision a quirk of mine! So, what was "happening" in the world was a novelty to me. As luck would have it, my Dad stopped at a news channel. And the sluice gates to the world opened for me. Immediately, i was accosted by a barrage of "breaking news": communal violence, economic meltdown, political scams. Over the next twenty minutes, all that was apparently going wrong with the world was glaringly hammered in. It seemed like nothing

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good was happening on a planet of 7.5 billion people! Suddenly, the mood in the room dipped drastically. From being upbeat, my parents became gloomy and could not tear their eyes from the TV. It became clear that the game would have to wait. Disturbed, i went out to take a walk.

As i looked at the ebony sky, i wondered at all this mayhem. I launched an introspection into myself and into the broader human condition. Over the next one hour, i mentally ran over the lives of a cross-section of people that i knew: commoners, celebrities, the young, the old. Whether they had it all or otherwise, i realised that none of them were truly happy with their life. One way or another, everyone had a complaint. And as i kept ruminating on it, a common thread began to emerge.

Slowly but surely, like mist clearing on a winter morning, the root cause of everyone's suffering became clear to me: *negativity*. Just that it manifested differently in different people's lives. And it occurred to me that i am not the only one reeling under its impact. We are all living in a web of negativity. Passing it unconsciously from one person to another. On a mass level. On the surface, a riot, personal trauma, economic crisis, workplace harassment are all disjointed events with seemingly different causes (hatred, fear, greed, discrimination) but scrape the surface, and you will realise that the core reason of all problems is negativity. All sickness is caused when there is negativity. All corruption is caused due to negativity. All violence is caused due to negativity. And negativity breeds negativity. Consequently, the ever-increasing strife in the world all around us. Creating supernegativity.

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Now i can still understand negativity that comes about when someone loses a loved one or a natural calamity happens. But what does one say when people feel negative just because it's a cloudy day or their neighbour just bought a new car! Then it's not a cause — it's a condition. And that condition is what has to be addressed. One person at a time.

Now, most of us lament: "But i am just a drop in the ocean! What difference can i make?" We conveniently forget that every drop makes the ocean, one drop at a time. Zero drop, zero ocean. Every blade of grass makes up the garden. Zero blade of grass, zero garden. Likewise, every human being, each one of us, makes up the world. Zero you and i, zero world. The sum is made up of its parts, every part equally important and every part has to play its part. It is very convenient to hide behind the veneer of a collective identity and pass on the onus of one's own responsibility. It is nice to say that X is a healthy country. But even better to understand the real reason behind it: every X national (or a vast majority) is healthy. Which means that if things around us are negative, it is because each one of us is negative or not positive enough.

See, there are three choices ever presented to human beings: choose positivity, choose negativity or remain passive. Most human beings choose between the last two: either they willingly embrace negativity or they don't know the difference between positivity and negativity, and hence remain passive to either. Now, we all must remember that not choosing is also a choice. So, though people don't consciously choose negativity, they unconsciously choose it by not choosing positivity. It is like a lamb putting its head in the sand and expecting the lion to go

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away on its own! Tell me, will it go without devouring the lamb? Similarly, any person who remains passive is unconsciously choosing negativity and will eventually get devoured by it. Because, like the lion, it won't go away without claiming its prey. So, the choice before us as a species is very simple: either choose positivity or perish to negativity.

Now, positivity is still a vague concept for millions, and for countless others who are aware of it, it is still too far out, "too difficult to practise". On the walk that night, i became acutely conscious of the need for a positivity tool that was powerful yet simple. A solution which was universal, practical and easy enough for anyone, anywhere on this planet to implement anytime and become positive. Naturally and without any instruction or guidance. There *had* to be one. It had to be extraordinary, and it had to emerge not from my limited intellect but from my unlimited consciousness. By then i had sufficiently advanced in the beautiful art of meditation and knew that what i was looking for could be obtained only through meditation. And since i was looking for an extraordinary solution, it called for an extraordinary step. Or an extraordinary session of meditation. So i resolved then and there to undergo an experience which, in spiritual traditions, is considered a superpowerful awakening: a forty-hour continuous meditation. Something that the Buddha had done, and many seers that i'd read about had done. I'd always been curious about it and now decided to finally experience it.

I went back to my parents' room and shared my intent with them. Now, i must say, i am really lucky to have parents who have blessed and supported me in all my endeavours: studies,



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career, marriage and everything else. Coming from a small town, and growing up in an otherwise orthodox milieu, these factors have been sacrosanct in my evolution. And, like the earlier occasions, they once again gave their nod.

The next morning, i woke up early and went to the study room. I drew all the curtains, only leaving portions from where i could see the sky. I covered everything (mirrors, shelves, computer, books) with white sheets. The idea was that i did not want to watch any image or symbol that would influence my subconscious in any way. I requested that i did not need food for the next two days and that nobody should disturb me. Now i normally used to do the sitting, closed-eye, conventional meditation till then. But i decided that since i needed a very conscious solution, i would do the other alternative: active meditation or walking meditation. Since i wanted to be independent of situations, i would replicate that in my meditation too: zero food, talking, sleeping, sitting, leaning, or watching the world go by for the next forty hours. As i was familiar with the room, i decided to not look down at the floor, but to walk while looking up at the sky as much as possible. And finally, before starting, i resolved that if i sat, slept or leant on anything, i'd immediately call off the meditation and repeat it another time from the beginning.

Truth be told, it was *tough!* A few hours in, the aches and pains started kicking in, the searing summer heat turned the room into a furnace, and hunger and thirst started to gnaw at me. But i pushed those thoughts aside as soon as they occurred, for i knew it was a trick my mind was playing with me. I kept pushing the threshold of pain and stayed steadfast to my resolve to not

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think. Still, most of the first half of the meditation was a struggle to overcome my baser tendencies, and zero "special" experiences occurred to me. In fact, a couple of times i was strongly impelled to give up. But then next morning, in the wee hours, the magic happened. I was sleepy, and my eyes closed involuntarily. My crampy body was telling me to sit down. And i was about to. When suddenly, i felt a strong jolt and these four words flashed across my inner firmament: *Yes Thank You Universe*. And instantly dissolved into a golden ball of light. For a while, everything just stopped. Time. Breathing. My sense of where i was. Or, for that matter, who i was. I was remotely aware that i was standing yet i felt that i was not in that room at all. I was staring at the sky. Yet it seemed i was looking within. I was motionless. I don't remember for how long. When i returned to my senses, i slowly realised that the higher consciousness had spoken to me. And joining my hands in gratitude, i started meditating on those four words. As i continued to walk.

A short while later, i spontaneously started chanting Yes Thank You Universe. Like a child learning to walk, my utterance was slow and laboured initially. But grew in certainty the more i did it. Soon, from nowhere again, a name emerged for the chant: Superpositivity Chant. The more i did it, the more energy i got. The rest of the meditation just passed in a blissful breeze.

Over the next one month, i chanted and meditated on those four words with unshakeable faith, keeping the revelation to myself. Because i wanted to test the chant before sharing it with anyone else. As the days passed, i began to witness increasingly the power of the chant. Where earlier i'd rated myself an eight

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on a positivity scale of ten, after this epiphany, i got very close to ten. And as one benefit after another started coming into my life (which i will talk about in Chapter 3), i realised that it was time to start sharing it with my family as the next stage of the trial.

But before i set out to do so, i made a pact with myself: it didn't matter whether anyone else believed in the chant or not. My purpose was not to reform anyone; only to strengthen them. Neither was this a cult that i was starting nor was i becoming a guru. The chant belonged to the Universe, and i was just going to be a conduit to pass it on. For every person who'd believe, there might be five who wouldn't. I wouldn't be affected by their passivity, and neither goad nor influence them to do it. Anyway, this chant had changed one life forever: mine. Everything else would be a bonus now. Purpose in place, i set out on what i knew would be a momentous journey.

The first person i ever shared the chant with was my sister, Niddhi, who lives in Argentina and had come over on holiday. She is a quintessential believer, and her instant acceptance of the chant didn't surprise me at all. But the results did. Within a week of chanting, she was bristling with phenomenal energy. Where she could not do without eight hours of sleep, now she could get by on six. Earlier, if she skipped a meal she'd be grumpy, but now she could bulldoze through the day, full throttle, food or zero food. My parents were next, who took to it after an initial nonchalance. Within two weeks, my Dad's sugar level reached an all-time best in twenty-five years (while continuing the same dose of medicine). My Mom had chronic lower joint pains. Barely a month into it, her pain was almost gone. My aunt who was contemplating a difficult decision for fourteen years

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finally felt empowered to take it. Another aunt who was a famous recluse started going out and meeting people. Looking at all of them gave me a powerful insight: if the chant could impact six lives, surely it could impact millions! I finally felt empowered to start sharing it with the world.

On 6 November 2013, i founded a consciousness organisation called Superpositivity Movement, and gave my first public talk at my former school, St Mary's Presentation Convent Jammu, where i shared this chant with students and teachers. It received an overwhelming response. Students took to it like fish to water. Over the next one year, i shared the message of Yes Thank You Universe at over 100 schools, prisons, hospitals, homes for the elderly and business establishments — and converted my insights into this book so that more people could benefit from the chant.

On 19 September 2014, to celebrate the first anniversary of the forty-hour meditation during which i was revealed the chant and the seed of the Superpositivity philosophy was born, i gave a speech in Jammu, explaining the meaning and benefits of Yes Thank You Universe. By the time it finished (48 hours and 31 minutes later), it had created a new Guinness World Record for the longest speech in history. But more importantly, the speech gave people a new surge of energy in a city that was recovering from its worst floods in sixty years. Over two nights and three days, people had turned out in hundreds to listen to the message of hope, and many more chanted Yes Thank You Universe outside the auditorium in a spirit of solidarity seldom seen before in an otherwise sequestered city. Once again i realised the power and enormity of the chant.

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Post that speech, i have successfully created multiple Guinness World Records, including the longest play, largest book signing, largest greeting card, longest squash rally, most football penalties in 24 hours, and the largest underwater painting exhibition in the world — all thanks to the Superpositivity Chant.

Almost five years have passed since the revelation of the chant, and from what i have seen, Yes Thank You Universe has transformed thousands of lives. People have gone from having given up all hope in life to rediscovering their zest for life. People have gone from being bankrupt to creating financial surplus. People have gone from being in rattling health to bristling with glorious health. I have shared it with people from all parts of the world, and people have benefited everywhere, independent of age, nationality, colour, religion, income, and every other limitation. And best of all, it has now started spreading on its own, as one person benefits and then shares its power with others freely, voluntarily and joyfully.

And sharing is what this book is also all about. Honestly, it is not just about how to deal with a particular situation. Rather, it is an empowerment tool to make you bigger than any situation. See, if the soil is perfect, then any plant can grow on it. Positivity is the soil on which the plant of success grows, along with the plants of love, joy, peace, health, wealth, and so on. Rather than looking at the plant, this book tells you how to tend to the soil. To look at the solution rather than the problem. To look at the intrinsic rather than the extrinsic. To look at yourself rather than others. Someone has beautifully said: “If you want the world to improve, then improve who you are and what you do.” This book is about improving. The self rather than the society.

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*Yes Thank You Universe* is my individual way of saying i've had enough of negativity inside as well as outside of me. And i will now make a conscious effort to maximise my positivity. To become superpositive. That's not my wish but my resolution. And in the process if i am able to touch at least a handful of lives (though i pray many, many more) then my purpose of coming to this planet as a human being will be fulfilled. Honestly, acclaim is not my desire or motivation anymore. I am driven purely by a superpositive intent: "I've got to do what i've got to do!" I am writing this book not just because i want to. But because i *have* to. I don't know what your assessment of the book will turn out to be. But if all you take from it is the commitment to say and feel Yes Thank You Universe as often as you can every day, then i have got my reward. And that's all i seek. Yes Thank You Universe for reading on.

# 1

## THE POWER

### *What the Chant is*

Yes Thank You Universe is much more than just a line. It is the secret of life distilled into four beautiful words, or three beautiful expressions. The true beauty of Yes Thank You Universe or the Superpositivity Chant is that it is about giving rather than asking. It is about sharing superpositivity with all creation. For all that was, all that is and all that will ever be.

But first up, why the name Superpositivity Chant? Or for that matter, what is superpositivity? It took me a few days to realise the meaning of the phrase given to me by the higher consciousness. Simply put, it is the sum total of all the positive qualities of the Universe: love, joy, health, harmony, abundance, beauty, creativity, courage, enthusiasm, kindness, honesty, oneness and many others. Whenever we use the word Superpositivity, we

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meld all those positive qualities into one and embrace them collectively rather than in isolation. We reach out to life rather than wait for it. And generate a power so strong that we impact ourselves as well as all those we come in touch with. In short, superpositivity is a superquality to live a superbeautiful life.

And it is in the Superpositivity Chant that we see the greatest activation of superpositivity. For, it consists of the three most positive forces in the Universe — affirmativeness, gratefulness and unlimitedness — uniting again and again to awaken our consciousness, and to lift us higher than we have ever imagined. The Superpositivity Chant is the trinity of life coming together recurrently to help us fulfil every dream of ours and also overcome every challenge of ours. And in the following chapters we will discover how. But, first, let's introduce ourselves to these three forces — Yes, Thank You, Universe — one by one.



# Y es

Every single creation on this planet and throughout the entire cosmos has come into being thanks to Yes. If the Universe had said No, nothing would have happened in the first place. See, 13.76 billion years ago, the Universe was a tiny primordial atom: smaller than a pore on our skin! It would have remained that size if it had not said Yes to expansion and growth. And while it was expanding, it kept saying Yes to the unlimited possibilities



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that kept occurring to it. And all those possibilities manifested because they responded with the same yesness to the Universe. All planets, all stars, all galaxies came into being because the Universe said Yes to them and they said Yes to the Universe in return.

In the human world, too, everything begins with Yes, exists in Yes, and continues thanks to Yes. The very act of life happens because the body says Yes to breath. And stops the moment the body says No. The heart beats 2.5 billion times in one's lifetime because it says Yes. And stops the very first time it says No. Blood keeps circulating so long as it says Yes. And becomes septic the moment it says No. The brain keeps functioning so long as it says Yes. And collapses the moment it says No. The bones remain strong till they say Yes. And break the moment they say No. Every cell in the human body has an innate resistance to No and a ready acceptance of Yes. Yes is the sound the human ear loves to receive the most and No the one it dreads the most.

There can be a million positive questions. Yes is the natural 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. Yes is positive, No is

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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.

However, the irony is that most people (albeit unconsciously) choose No over Yes. It is estimated that an average person says Yes 11 times a day and No 106 times a day: almost 10 times more naysaying than yeasaying! So by the time someone gets to 70, they've said No a total of three million times, give or take a few. In fact, No holds such sway over most people that if their six-month-old infant so much as drops a cushion from the sofa, their immediate reaction is: "No!" And thus begins a lifetime supply of No: "No, no, no, you can't do that!" "No means No!" "Didn't you hear I said No!" Growing in enormity, and becoming unstoppable, as the years march on. And like a snowball hurtling down a mountain slope, it destroys many a glorious possibility in its wake.

There's a wonderful saying: "To understand a tree, go to its roots." And to understand the pincer-like grip of No over the human psyche, we have to trace its roots too: the unconscious thought of the earliest humans. Now imagine the sheer conditions in which they lived: no food, no water, no skill, no clothing, no mate, no shelter, no office, no books, no entertainment. Dejection all around and a surfeit of only one thing: No! Slowly that naysaying began to hold humans in thrall and became a part of the collective DNA. Like a stake driven deep into the ground. And most humans became like elephants tethered to it. Trained

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the same way too. You see, a baby elephant is tied to a metal stake and conditioned over a period of time against the possibility of breaking free. Gradually, it becomes asleep to its own strength. It accepts the status quo and spends its life tied to the stake. Now each one of us has been bestowed with the strength of the elephant and our limitations are merely the stake. We can break free whenever we like. But we have to stoically pull (a Yes) at the stake (a No). Sure it is hard, but then intrepid ones do it all the time. Let me give you a few examples.

Yuichiro Miura had undergone four heart surgeries. He told people he wanted to climb Mount Everest. They laughed at him. "There's no way you can do it!" He was determined. "Yes i can!" He went ahead and climbed it. And at 80, he became the oldest man ever to do so.

Miles Hilton-Barber wanted to run the 241-kilometre Marathon des Sables, "the toughest foot race on earth". The detractors said: "There's no way you can do it!" He held his ground: "Yes i can!" He went ahead and did it. And became the first blind man ever to do so.

Jessica Cox wanted to be a pilot. The naysayers said: "There's no way you can do it!" She coolly replied: "Yes i can!" She went ahead and did it. And became the first ever armless pilot in the world.

It is only by converting a humongous No into a Yes that people inspire others and become the legends that they eventually become. They are (to use a misunderstood but beautiful phrase) the Yes-people. Whose success comes from constantly consenting to Yes in the face of No. People like Edison, who kept saying Yes despite 10,000 Nos. Or Helen Keller, who kept saying Yes

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despite the overwhelming Nos she'd got in life: deafness, blindness, partial dumbness. Or Abraham Lincoln, who kept saying Yes despite the hundreds of crushing Nos he'd collected in every field in his lifetime. And in each of these cases, who do you think prevailed: Yes or No? Of course, Yes!

If you want to see the effect Yes and No have on your energy level, do a small experiment: for five minutes, just say aloud the word No. Be true to the emotion that No brings. You will be drained by the end of those five minutes. Now, do the opposite: for five minutes, say aloud the word Yes. Again, flow with the emotion that Yes brings. You will feel euphoric by the end of those five minutes. Now, if five minutes of saying No had such a haranguing effect on you, what would a lifetime of saying (and hearing) No do? At the same time, if only five minutes of saying Yes had such an amazing effect on you, what would a lifetime of saying (and hearing) Yes do?

As the Law of Give and Take says, you receive in life only what you give. And if you give Yes countless times, Yes is what you will receive. A Yes to love, a Yes to joy, a Yes to health, a Yes to success. And to all good things in life.

Now, at times, No indeed conveys a very powerful message and is essential. The right response to many a situation in life is No. And I agree with you. All I am trying to establish is this: even if you mean to, refrain from *saying* No! You see, the spoken word is the most powerful energy available to a human being (in Chapter 2, we will learn how) and every word you speak creates your destiny. And you certainly don't want your destiny mired in No! So, whenever the temptation arises to say No, check yourself, and instead of an outright negative response, go

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for an affirmative alternative. Let me share with you four simple tips on how to practise it.

First tip is: replace No with Zero. For instance, rather than saying, "There is no reason to do that", you could say, "There is zero reason to do that." Zero is affirmative. Powerful too. Everyone likes the sight of zero in their bank balance. The more, the merrier. Symbolically too, all stars are zero, all planets are zero, all satellites are zero. Zero sounds cool too. "Zero person is unwell." "She has zero trouble." "There is zero problem." Lots of people that i know have started to incorporate it, and they unanimously tell me that they are in love with the zing that zero has peppered into their conversations, their attitudes and their life.

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

The third tip is: just shake your head to suggest with a gesture that you mean No. Signs are a universal language and are understood by almost everyone, even those who don't understand the words that you are saying.

And the fourth tip is: if at all you have to say No, then every time you do so, reverse it then and there. By saying Yes Thank You Universe ten times. It could happen at your workplace or when meeting a stranger unaccustomed to your

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"quirkiness". In that case, go with the flow but keep a mental count of how many Nos you've said. And, at the first available opportunity, reverse it by saying Yes Thank You Universe ten times.

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

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

Every time you say the word Yes, you awaken your consciousness. And the greatest pursuit of human life is to awaken your consciousness. Only when you become conscious do you realise what a beautiful gift it is to be alive. To be breathing. And to be in receipt of the countless gifts the Universe has so lovingly bestowed upon us. All flowing into our life thanks to the energy of Yes.

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Now, one of the amazing things about us human beings is that we love carte blanches. Blanket solutions. Many of us might be thinking at this stage: "If Yes is the solution to every problem, then i can just say Yes and do what i want!" Arbitrarily. Let consequences be damned! Sorry, since it doesn't work like that, let me present Yes with a little more clarity.

### THE SMALLER YES OR THE BIGGER YES

I believe at every step of your life, you are presented with two choices: the lower choice and the higher choice. Or i call them the smaller Yes and the bigger Yes. (Sceptics who wondered how one could say Yes in an undesirable situation might want to take note of this one.)

The smaller Yes is one that just gratifies the self. The short-term pleasure. The bigger Yes is one that benefits the self as well as others. The long-term gain.

For example, when someone offers you drugs, you can say the smaller Yes (intoxication) or the bigger Yes (wellbeing). Similarly, you are full but your favourite dessert is kept invitingly in front of you. You can say the smaller Yes (indulgence) or the bigger Yes (self-control). At a traffic signal, you can say the smaller Yes (jump it) or the bigger Yes (wait). Or you have woken up after your eight-hour quota of sleep. You can say the smaller Yes (more sleep) or the bigger Yes (energy).

And once your consciousness has sufficiently expanded, you will realise that the smaller Yes is actually a No: maybe not to that object or situation but to your life. It is the bigger Yes that is actually a Yes: maybe not to that object or situation but to

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your life. By choosing the bigger Yes in the drugs situation, you are conveying a No to drugs, and saying a Yes to your life. You are saying: "Thank you, but Yes, i am too high on life to take this!" By choosing the bigger Yes at a traffic signal, you are saying Yes to life again: yours as well as your co-drivers'. You are saying: "Thank you, but Yes i value life too much to be reckless!"

The smaller Yes and the bigger Yes both come with their consequences. The road to the smaller Yes is paved with instant gratification, distractions and wantonness. Like eating two burgers when one would be enough. Driving by smugly while a pedestrian waits. On the other hand, the road to the bigger Yes is paved with self-mastery, focus and little "sacrifices". Leaving your bed within moments of waking up might seem like a sacrifice but it is the bigger Yes to energy activation. Forsaking the dessert might seem like punishment but it is the bigger Yes to health. Giving the right of way to a pedestrian might seem like a waste of time, but it is the bigger Yes to sensitivity. And, like i said earlier, your life is eventually governed by the choices you make.

Now, if you thought that the bigger Yes was all about holding back, then let me present you the other side of it. In fact, the *real* side. A side which is not about holding back. But reaching out. To a wonderful creature called risk. I have seen that most people all over the world are stuck in what we know as the "comfort zone". They are trapped in the trappings of the familiar. Security is their main motivation in life, and they resist the slightest hint of change. They are the smaller Yes-sayers. They seldom fail. And zero prizes for guessing, they seldom grow. On the other hand, there are those who willingly take risks and



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venture into the uncharted terrain. Challenge is their main motivation in life, and they have zero fear of the unknown. They are the bigger Yes-sayers. They fail a lot. And zero prizes for guessing, they grow exponentially. Let me give you an example.

A few years ago, i was doing very well as a photographer. My ex-wife Ronicka and i had established ourselves as one of the most sought-after photographer couples in India. Our client list read like the veritable who's who: billionaires, film stars, royal families. And the perks were amazing too: first-class travel, exotic getaways, moving with the movers. We'd be shooting one weekend in Florence, the next in Dubai and the following one in Udaipur. But i stopped enjoying it one day. That's also when my childhood dream of making a film re-presented itself to me. There were two choices in front of me: continue what i'd done for years or do something i'd never done before. Accept routine or embrace change. Stay smug or take a risk. Say the smaller Yes or the bigger Yes. Now, i am an adventurer. So it's clear what i'd choose. I plunged ahead and took the biggest risk of my life by embarking on a celluloid journey (ironically called *Challo Driver* or "Let's Go Driver"). As you've read in the Introduction, i lost everything in the aftermath. I failed: and *how!* But, as the Universe would have it, a year later, i started the biggest and the most satisfying journey of my life — the journey of bringing infinite positivity into the world — through the Superpositivity Movement. Now, if i hadn't taken the risk and fallen so badly, all this wouldn't have happened. I said the bigger Yes to my dream, and said Yes to all that followed, never negating anything: criticism, humiliation, debt, struggle, nothing. I kept saying a Yes to things the way they were and an even bigger Yes to my ability to transform them. Neither did i ever despise

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my situation nor did i ever doubt myself. I just kept on keeping on. And one day the tide turned from No to Yes. As it had to.

Now, if i'd listened to the smaller Yes before taking the plunge, it'd have put a doubt in me: "What will become of me!" But i listened to the bigger Yes which told me that if the Universe can take care of 500 billion-plus galaxies, surely it has plans for my life too. How could a force that has placed trillions of stars with such astounding precision have forgotten me? It'd be the depth of insanity if i thought otherwise. The bigger Yes gave me the assurance that the entire Universe is there to take care of me. And, honestly, that is the only assurance i or anyone ever needs in life. Every other (human) assurance eventually falls by the wayside.

Also, my experience has taught me a wonderful thing: in the long term *every* risk pays off. Even if the result comes in a form you haven't expected, or are unprepared for. Just be patient, and you will eventually realise what an amazing gift the Universe has given you in the form of that unexpected result. Much greater than what you were hoping or bargaining for. And at that stage, along with the realisation, two voices will also come to you. The first one, the smaller Yes, will scream: "Yes, *I* did it!" The second one, the bigger Yes, will whisper: "The *Universe* did it for me!" The first voice will cry: "Yes Thank Me!" A word of advice here: listen to the second voice. It will smile: "Yes Thank You Universe!" Yes Thank You, Thank You, *Thank You* Universe. Which brings us to the second part of the Superpositivity Chant: Thank You.



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# Thank You

Right now, we are living in the best time ever in humankind. 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. 100 years ago, it was a world without TV. 70 years ago, it was a world without computers. 40 years ago it was a world without mobile phones. 35 years ago, it was a world without Internet. 25 years ago, it was a world without Google. 20 years ago, it was a world without Facebook 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! If you're 80, you've breathed a staggering 550 million breaths in your lifetime, any of which could have been your last. But how many times have you stopped to say Thank You to the Universe for even one of those breaths? Forget all the things you're coveting or all the goals you're pursuing, once your breath is gone, what will you do with any of those! However many billions you've amassed, if you're not grateful, those billions are worth zilch. And if you're grateful, then even zilch is worth billions.

But despite its startling simplicity, most people seldom say Thank You to anyone for anything. And, if at all, they say it occasionally and selectively. While a grateful person says Thank You many times a day, an ungrateful person finds it difficult to perhaps say a single, meaningful Thank You in an entire lifetime.

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I believe the only difference between a woesome life and an awesome one is the difference between ingratitude and gratitude. The more gratitude you develop, the more amazing your quality of life becomes. It's like a garden. Left to itself, and without the water, the garden will perish. But even during blistering heat, if you water it abundantly, the garden will stay green. The more you water, the more the garden will blossom. Same goes for your life. Your woes are the heat, your life the garden and gratitude the water you give it. Just remember to bring out the hose when it gets hot and the garden will stay green. Or imagine being in a pitch dark cellar. But thankfully you have a torchlight in your pocket. Once you turn it on, you can see however dark it is. Similarly, once you turn on the light of gratitude, you will feel better however bleak a situation. Let me give you an example.

I've told you my "tale of woes" in the Introduction. Now let me tell you the upside of it. A huge one. Tell me, how many thirty-five-year olds get to take a year off from work and just meditate! Or write a book without having to worry about picking up kids from school! Or have their parents by their side so supportively (or around, for that matter)! Tell me, do i have any right to complain? And now that you know the full picture, it doesn't seem so bad, does it! The same holds true for every person. However wrong your life seems right now, there's a lot that's going right too. Just that you have to look for it. Consciously and with gratitude.

And the amazing thing about gratitude is that it is much more than a gift. It is a habit. That can be developed through practice. And one of the things that helps enormously in the cultivation of that habit is to make a daily gratitude list. A list

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that comprises what you have, what others have, as well as the blessings that are there for everyone. Here are a few pointers:

- ☞ Life
  - ☞ Family
  - ☞ Health
  - ☞ Freedom
  - ☞ Food
  - ☞ Water
  - ☞ Electricity
  - ☞ A stranger's help
  - ☞ An elder's blessing
  - ☞ Books
  - ☞ Blissful sleep
  - ☞ Music
  - ☞ Movies
  - ☞ Internet
  - ☞ Flowers
  - ☞ Siblings
  - ☞ An abiding friendship
  - ☞ Sunlight
  - ☞ Peace in your city
  - ☞ Laughter
- and so on

If you truly want to start living, then start saying Thank You from this moment on. As many times a day as you can. To as many people as you can. Say Thank You to people who have done something for you: family, friends, colleagues, clients. And say Thank You also to people who have not apparently done

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anything for you: strangers, fellow drivers, passersby. Before you have a meal, and after you finish one, just stop awhile and say Thank You. You have zero idea how many people and energies have toiled to get that food on your plate. Start thanking the anonymous helpers: garbage collector, bus driver, cabbie, liftman, security guard, parking attendant, traffic cop. Ultimately, extend your circle of gratitude to one and all. The elements. The ground you walk on, the water you drink, the air you breathe, the fire you use, the sunlight you bask in. Do you think they will not respond? Think again. Particles of energy are continually being exchanged everywhere and by everyone in the Universe. Between you and your friends, the sun, the moon and the farthest galaxy in the Universe. It's a physical fact of the Universe, whether you believe it or not. Your gratitude will make the sun shine with more vigour. And the moon glow with even more radiance. And as a reward, their energy will flow back to you, multiplied many times over.

Till now, most human life on this planet has been an endless litany of complaints. And the prayers have been only for fulfilment of our cravings and demands: "Please give me what i want!" As if the Universe were only a one-way mechanism, meant only to give us! But do *we* ever try to give something back to the Universe? Like i just said, there is an exchange — of electrons, gravitons, photons, neutrinos and other cosmic particles — happening everywhere in the Universe. Between us and the Universe too. This is a scientific fact and not an assumption. So, if we take something from the Universe, we can give back to it as well. And that gift is gratitude. Once one starts giving that gift to the Universe, however despondent one's life situation, one will overcome it. And nobody demonstrates this better than Nick Vujic.

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Nick was born with the Tetra Amelia Syndrome: a congenital disorder characterised by the absence of all 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 forty-three words a minute (while most fully capable people type thirty), 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.

I have seen that the number one reason people are ungrateful is that they are disconnected from the Universe. Now think for a moment: has anyone had to face more disappointment in their lifetime than the Universe itself? Countless species have come and become extinct, countless empires have risen and fallen, countless people face heartbreaking disappointment and humiliation every day, countless stars are destroyed every day.

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And the Universe has had to endure all of this alone. But the worst is: despite going through so much and still giving endlessly, it doesn't get a single word of gratitude from billions who cry and complain incessantly: "What has life given me?" Try doing something basic for someone, like helping a blind person cross the street. If that helpless person somehow forgets to say Thank You after the act, chances are one would be distraught at how "ungrateful" that person has been! Now it need not even be mentioned how much one holds against one's spouse, parents, children, friends and colleagues, for whom one thinks one has done *so* much "and still they are thankless"! Human complaining can be put in perspective through a simple analogy.

A person receives guests from another city. These guests are given a red-carpet treatment and are driven around in stretch limousines. They are attended upon with much love and served the choicest food. And, at the time of their departure, they are sent off with ornate gifts. Yet, on their way back, they start cursing the host. You know why? Because they had to haul their own suitcases inside the trunk of the car! Because they felt that the host was inconsiderate to not arrange someone to do this "menial chore"! The point is that we are those house guests, and the Universe our host. Compared to what we receive in our life (and it will take us a lifetime to even start compiling that list), our "troubles" are akin to hauling those bags in the trunk of the car: minimum effort for maximum comforts that we've enjoyed. You know, the way most of us unconsciously are, even if we were invited to a feast of the choicest gourmet cuisine in the most splendid of settings, served in the most exquisite chinaware, we would still complain that there isn't anyone at hand to put the



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food in our mouth! Because it is a trick of our unconscious mind. It looks for "imperfection". And if there's none, it creates it.

We've got to put an end to this unconsciousness and be unconditionally grateful, gourmet food, or not. And if one still wants a reason to be thankful in life, one may mull over this: 50,000 people pass away on this planet every night whenever any of us is asleep! You and I could have been among them. But the very fact that we are still here tells us that the Universe has a beautiful plan for our life. And that plan will be unveiled to us only when we embrace what we already have. The present. The gift of life, as it is. The day we cherish that gift — gratefulness of being alive — will we experience true power. The power that will liberate us from our self-created miseries. And bring about the conditions we intend. Because that power is of our source, the Universe.



# Universe

The third part of the Superpositivity Chant is remembrance of our eternal source, the Universe. 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, 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

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billions of light years away from us. The manifested as well as the unmanifested. Just think up the greatest number, force, size or measure that you can imagine. Now multiply that by infinity. Whatever your greatest number, force, size or measure, it is not even a drop in the ocean that the Universe is.

Literally, the word Universe means one verse or one line. Oneness. It means the Creator as well as all creation. Till now, most people's perception of Creator or "God" has been this: the Creator is one entity and we the creations a separate one. This is an anomaly, and to rectify it, let's go back to the genesis of all creation.

13.76 billion years ago, the Universe was a tiny primordial atom, tinier than a pinpoint. Then that atom expanded in the energy event known as Big Bang. And all that we know as the Universe came into being. But that atom did not disappear anywhere. It expanded, or grew, to encompass the body of all cosmic creation. All of us live *inside* the body of that atom. What we call the Universe is simply an expanse of that atom: the Universe itself. That's why the word Universe means the Creator as well as creation. All that there is, was or shall ever be.

The beautiful thing about the word Universe is that it is beyond all limitation. And defiance. It is a word that all those who believe in "God" (believers, devotees, theists) agree upon. It is a word that all those who don't believe in "God" (scientists, theorists, atheists) agree upon. It is the only word that people all over the world consensually agree that all creation could be represented by. And I personally attest to it: while sharing the Superpositivity philosophy, I have been to hundreds of schools, colleges, villages, shrines, hospitals, prisons and spiritual retreats.

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I have met hundreds of thousands of individuals, including scholars, singers, sportspeople, musicians, homemakers, and people on the streets. I have interacted with people of every creed, colour, status and religion. And till date, not a single person has ever resisted saying the word Universe. And let me tell you something even more amazing: some of them, like those in remote villages in India, were hearing the word Universe for the first time! Yet, to my beautiful surprise, I discovered that there is something magical about the word Universe. It invokes in everyone an automatic affirmative response. And triggers an organic reaction of oneness.

Now, some people think that we live in this Universe, and there is another Universe or Universes. Astronomers have a wonderful answer for this. They say there are two aspects of the Universe: the observable and the unobservable. Whatever has so far been discovered is the observable Universe. And whatever has not been discovered so far is the unobservable Universe. And with every new space probe, every few months, they are discovering millions of new galaxies and phenomena, and they include all that in this Universe itself. See, it's like this: till a few centuries ago, the Universe was thought to be only the solar system, and later, at best, the Milky Way. And then they discovered there are 500 billion galaxies like the Milky Way alone. Now, it's not like 500 billion new Universes were discovered! Just that the scope of the word Universe expanded. And who knows, if you read this book 20 years later, 500 trillion galaxies might have been discovered: given the speed at which space revelations are happening, it is easily possible. But, please let it be very clear: it is always going to be the same Universe, one

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Universe. Just that with every discovery, its scope will keep expanding, that's all.

The word Universe is the ultimate union of faith and science. While all religions work on only faith, Universe works on both faith and science. Now, i am a man of faith and can go on and on about faith (especially *my* faith in the Universe). But i will talk about that in Chapter 2. For now, let me tell you the science about the Universe, which anyway is the truly fascinating part.

There are people who conjecture the existence of parallel universes or multiverses. With laws distinctly different from "ours". It is a scenario i gladly accept. As you'd discover later in the book, the Universe is replete with endless possibilities, and this is one of those. But to understand the Multiverse vs Universe debate a little better, i'd encourage you to look at an example. Let's say there's a huge garden with several entrances you don't know about. You went there as a toddler and all you ever noticed was a vast expanse of grass. Then you grew up, ventured further and discovered a thick grove of mango trees. It looks like a brand-new garden. A few years later, you used another entrance and found that a stream flows through it as well. There are swans, and it's nothing like you've seen before. One day, another entrance led to a part teeming with subterranean life you didn't even know existed. Time rolled by, and meandering through yet another entrance, you discovered a new part where hyacinths and lilies grow. All these parts look distinct from each other. Now what would you say? Did multiple new gardens spring up or did you just discover several aspects of the same one? Of course, the latter.

You see, the singular gives birth to the plural. And the plural adds up to give us the singular again. It's like this: one

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person gives birth to many people. Many people make up one family. Many families make up one neighbourhood. Many neighbourhoods make up one city. Many cities make up one state. Many states make up one country. Many countries make up one continent. Many continents make up one planet. Many planets make up one stellar system. Many stellar systems make up one galaxy. Many galaxies make up one cluster. Many clusters make up one supercluster. Many superclusters make up one universe. And finally many universes make up one Universe!

So yes multiverses could verily exist. But not exclusively. Inclusively. With a common thread running through them all, regardless of whether they follow the four physical forces of "this universe" or not. That common thread is the life force that drives it all. The intelligence of it all. The consciousness that governs it all. So essentially it's not Multiverse vs Universe. Rather, it is multiverses adding up to make the Universe. The Oneness that pervades it all.

Till date, the observable Universe has been estimated to be 150 billion light years across. Can you even begin to imagine how vast that distance is? To give you an idea, light travels at a distance of 3,00,000 kilometres per second or almost 9.5 trillion kilometres in one year. We walk a few miles a day, and think we have travelled far. Now imagine, it will take us roughly 500 million return trips from India to the United States in one year to travel the same distance as light in one year! Now multiply that distance by 150 billion: it will take a lot of effort to just write the number of zeros in that figure!

And you know what's contained in the Universe? 500 billion-plus galaxies, each with about 300 to 400 billion stars.

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It is estimated that there are at least 30 billion trillion stars in the Universe. Or more than 30,00,00,000,00,00,000,00,00,000 stars. That there are probably more stars in the sky than grains of sand on all of the world's beaches!

Astronomers have calculated that 100 billion new stars are added every year to the Universe! It means that 275 million stars are born every day in the Universe. Or 3,300 stars are born every second!

There are stars that are hundreds of times bigger and millions of times brighter than the sun. In fact, the sun is considered one of the "dwarf" stars in the Universe, yet a million earths can fit into it!

What we call "bizarre" exists commonly in the Universe: there's a planet made completely of ice, yet burning at four times the boiling point of water; a planet twice the size of earth made of pure diamond; a planet where it rains molten iron instead of water; thousands of planets that orbit two stars instead of one; trillions of planets that don't orbit any star; and a dust cloud made of billions upon billions of litres of rum!

In the Universe, almost everything is born from "waste"! Even its most glorious creation (human being) was born from the dust of a dying star! In fact 90 percent of what makes us a human being (calcium, carbon, nitrogen, iron and around 60 other basic ingredients) is pure stardust that comes from the residue of stars that collapsed billions of years ago, trillions of miles away from us!

The age of the Universe and that of human beings can be seen in perspective by a cosmic calendar that astronomer Carl Sagan once made. In that calendar, Big Bang happened on the 1st of January, and the Universe was born. The sun, earth, moon and the solar system were formed in September. And you know

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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 thirteen seconds of the cosmic year of the Universe!

And now, here's the interesting part: what we spoke about is just the observable Universe. The unobservable Universe, which is yet beyond the scope of the most powerful observatories in space, is much larger than that. 5 times, 50 times or 500 trillion times, nobody knows yet. It is estimated that 98 percent of the Universe has still not been observed! And, by now, you know that it all started with just one tiny primordial atom. Today, 13.76 billion years later, it is creating stars, planets, matter and galaxies continuously, and, as Stephen Hawking has said, "spontaneously". And to give you an idea of the Universe's power of expansion, here's a statistic: in less than one-trillionth of a second after the Big Bang, the Universe suddenly expanded from an atom to 100 trillion trillion times its original size, faster than the speed of light! So, can you imagine how much the Universe would have expanded by the time we finish reading this book, let alone this lifetime!

Which simply means that the Universe is infinite and incalculable. And it is this power that you and i are a part of. It is the power that has existed for octillions of years and will continue to do so for octillions of years to come, and beyond. Whatever that power is, you and i are. You see, a drop is a part of the ocean and all the properties of the ocean exist in the drop. If the ocean is liquid, the drop is too. Similarly, all the properties and powers of the Universe exist in you and me. Just that we have forgotten them. It is time to use that power. It is time to invoke

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that power. And the only way to do that is by remembering it. By *saying* the word Universe.

See, it's like a vault wherein you have stashed away trillions of dollars. However, you have forgotten the password. All that's separating you from your wealth is the fact that you've forgotten. The instant you remember is also the one where you will have all that wealth. So, remembrance is the key to everything. And the fact is that what you knew once is *never* lost. It just gets forgotten. And truth never changes, even if you forget it. For instance, if you forget that you are living on planet earth, it's not like you're not living here. If you go through the day with your eyes closed, it's not like there's zero light outside. It's only the inside that's dark. That too, by virtue of you shutting your eyes.

Whenever you say the word Universe, that infinite power flows to you. And the more you say it, the more that infinite power flows to you. And it is in that power that your life and all that you dream about resides. Waiting for you to invoke it. Simply and joyfully.



When these three forces — Yes, Thank You, Universe — are combined, they become the Superpositivity Chant: Yes Thank You Universe. You will notice that there is zero comma or punctuation mark in this chant. And it is a conscious endeavour. As you chant, and over a period of time, these three words will meld into one. One feeling. One rhythm. One consciousness. With a punctuation mark, there would still be a division



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somewhere. After intense chanting, all these three words come out as one word. Acceptance (Yes) flowing into gratitude (Thank You) flowing into oneness (Universe). One river joining the other and flowing into the ocean. One thing segueing and flowing into another. One thing complementing another. Just like breathing. Pure, easy and natural.



## 2

# THE RATIONALE

### *Why the Chant Works*

From childhood, i have been drawn to the power of word. And prayer. And sound. Chanting is a combination of all three. When words are strung together in prayer and spoken out aloud, and repeated many times over, that's chanting — a magnet that draws the infinite power of the Universe. However, in my life, i have met only a handful of people who use its immeasurable potential. To most people, it is too simple a device to work with: how can the repetition of a few words create your destiny or fulfil your dreams? Let us see how.



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## Why Chanting Works

Let me first of all tell you that *every* chant works. There are thousands of chants all over the world, and they all work. I'd be lying and doing a disservice to the Universe if I said otherwise. In fact, if you take even the name of a chair, over a long period of time, and with faith, it'd give you some benefits as well. So, is there a science behind it? Yes there is. And there are two things that make a chant work.



# Sonic Energy

All matter is sound and generates sound, although most of it is beyond our physical sense of hearing. In fact, modern science is beginning to suggest that it is sound that shapes matter. We've reached a point where scientists are finally coming in alignment with what our ancients believed throughout: sound is the creative force that brought the Universe into existence. Neuroscientists today acknowledge that sound is fully capable of penetrating our skull and rewiring the pathways in our brain: the place where all negativity originates.

You see, the human body is a replica of the Universe. And they share a somewhat identical composition. Like the Universe,

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the human body is essentially an expanse of atoms, or an expanse of emptiness! The Universe is 96 percent empty space. And our body is 99.99 percent empty space. In fact, if the human body lost all the empty space inside it, it would be 500 times smaller than a fly! Just imagine: the human body is 7,000 trillion trillion atoms, yet the physical matter it contains is 500 times smaller than a fly. In fact, the matter that composes the entire human race would easily fit in the volume of a sugar cube! That's how empty the Universe is, and we all are. Now the Universe fills up the empty space with cosmic sound energy that feeds and creates the 4 percent physical matter in the Universe. Similarly, whenever we say something, we fill up the empty space inside us with cosmic sound energy that feeds and creates the physical matter in our body. It is through sound energy that matter manifests in our life: body, fate, emotions, opportunities. *By virtue of the spoken word, our destiny gets written or rewritten.* Read this line over and over again. Write it over and over again. The sound of the spoken word goes inside as well as outside the body, and creates matter inside as well as outside. Spoken words are very powerful expressions of superconsciousness and connect us to the infinite energy of the Universe. Because they have taken a very long time to mature and reach their potency.

You see, when humans first appeared on this planet, almost 2,00,000 years ago, they had a very primitive language, comprising rudimentary sounds. And, needless to say, they were very primitive too. With the passage of time, sounds collected into letters. These letters or syllables started joining together to form words. Quite like compounds of carbon coming together to

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make diamonds. Positive words represent a unique concentration of those energies. Which have been refined over 2,00,000 years and passed on from one generation of humans to the next.

If you realise, humans are the only species that speak in a language that has constantly been evolving and growing. All other life forms have had the same language over hundreds of millions of years, whether it's cows, cats, dogs or lions. Cows have always mooed, cats have always meowed, dogs have always barked, lions have always roared. For good or bad, there has been zero evolution in their language. On the other hand, we human beings have come a long way, from the primal shrieks of the Homo Sapiens to the linguistic sophistication of the modern human. That's also the reason we are able to manifest our potential in such varied and diverse ways while all other plants and animals have been doing pretty much the same thing since their emergence on this planet. Because we use a power that plants and animals don't: words. And we use it throughout our life. Even our thoughts are words! In our mind goes on a mental dialogue all the time, comprising words. We have a word for everything: people, places, things, qualities, emotions. Zero word, zero civilisation.

As the Bible says: "In the beginning was the Word. And the Word was God." That before anything else, there was a word. Even the Vedic scriptures say the same thing: the Creator created this creation with a word. The power of the spoken word is best demonstrated by magicians. They use a word before performing their magic tricks: Abracadabra. It literally means: "I will create as I speak." And that's what all speaking is: magic!

One can say, there is a genie built in each one of us that constantly keeps creating our life. That genie lives in our throat.

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And comes out in the form of our words. Now, it is estimated that a person speaks on an average 15,000 words per day. So that genie comes out of us 15,000 times every day, and does its creation those many times every day. But what do most people do with this genie's incalculable power? Needless to say, they are asleep to it, or they fritter it away by using lame, flaccid words throughout their life. They think erratic words, write unimaginative words and, worse, speak unconscious words. They use words to gossip, complain, insult, injure, criticise, banter or just get by. And that's why their lives also just "get by".

But the most conscious people use words in a much more powerful manner. They use words not just to communicate but to commune. Not just to inform but to intend. And the highest intention is to take the name of the divine. By generating the highest vibration sounds. At this stage, let me introduce you to one of the greatest theories in quantum physics, called String Theory. Many scientists call it the Theory of Everything. It unites all the four physical forces of the Universe (gravity, the electromagnetic force, the weak force, and the strong force) into one element. And you know what that element is? Music. Or sound. That all the forces and particles of the Universe are nothing but different musical notes on a vibrating string! As physicist Michio Kaku has beautifully put it: "The Universe is a symphony of strings." Further, String Theory says that the Universe is an eleven-dimensional hyperspace. Dimensions which are beyond physical comprehension but which exist nonetheless. Now, we human beings live in a three-dimensional physical reality (length, width, height) and think that's all there is to it. But there are eight more dimensions which we are not aware of. *And sound*

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*is the commonality that resonates through all those eleven dimensions!* Quantum physicists believe that in hyperspace, cosmic particles readily respond to human words. And since everything in the Universe is a particle, the whole Universe responds to the sound of words. Especially *positive* words. Since chants comprise words of the highest dimension, or positive words, they meet with a ready approval from the Universe. And it starts moving its energy towards the one who chants, or the one produces those cosmic sounds. And fulfils their deepest wish. That's the reason *why* chanting works.



# Repetition Power

Everywhere, everything and everyone in the Universe is governed by its laws. One of those laws is the Law of Repetition. Which means that the more something is repeated with consciousness, the more its power grows. It applies to every skill, quality and practice in the world. After constant repetition and focus, one can accomplish mastery and dexterity in any craft. All world-class performers and champions apply the principle of repetition. They keep practising the same technique — a swing, a kick, a throw, a note — over and over again till they perfect it. All media works on the Law of Repetition: that one must continually hear and see something before one responds to it.



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Similarly, all planets and stars have to repeat their motion of rotation and revolution. They can't spin just once. Rather, they have to keep repeating their motion for billions of years. And that's how they all grow in power. It's also how gamma rays work. The gamma rays are the most energetic of all cosmic phenomena. And the principle that makes them so strong is that shorter wavelength and higher frequency equals higher energy. Simply put, it means more repetition with more intensity equals higher energy. Doing anything repeatedly with determination alters the alchemy, the consciousness of our entire being and makes us excel in that activity. And that principle applies to chanting as well.

One won't be able to activate higher energy just by chanting once. But by constantly keeping at it. By putting ever-increasing power and amplification into one word or phrase. You see, the way most of us are conditioned, we say one positive word and unconsciously follow it by a slew of negative or empty words. Research says that an average person uses at least two negative words for every positive word during a normal conversation. And that it further takes five positive words to undo the damage done by one negative word. So, effectively, an average person needs to speak at least ten positive words in a normal conversation just to undo the psychological damage done by two negative words! Now, I know it's not very practical for most people to do. And that's where chanting steps in. While chanting, one continues to focus on a few positive words and keeps amplifying them till the sounds are driven deep into one's body. The sages in ancient India knew this and used to chant a mantra hundreds of thousands of times before they started benefiting from it.

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That's also why most chants they devised were from two to six words, for them to be lent easily to repetition. To understand the concept better, we might apply the example of light. You see, it is very benign when scattered, but when concentrated, it acquires the intensity of a laser beam which can pierce through the strongest iron vault. By chanting repeatedly, we concentrate our attention and activate the creative energy of cosmic sound within us. And we simultaneously emit that energy outwards, to the eleven-dimensional hyperspace, which responds readily and helps us bring unimaginable results in our inner as well as outer world. And the beauty is: the more we repeat it, the better it works. Without any limits or exceptions whatsoever.



## **Why the Superpositivity Chant is the Ultimate Unifier**

As i've just acknowledged, all chants are wonderful and uplifting. They all have a purifying effect. But just like Sirius is the brightest star in the earth's night sky, the Superpositivity Chant activates the highest dimensional energy of the Universe inside a human being. And again there are two reasons why it is so.



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# It is in a Universal Language

You see, most chants were born hundreds of years ago in the language spoken in those times and in the region of their birth. That's why most Hindu chants are in Sanskrit. Because they were created in the Aryan times, when Sanskrit was the language practised. Or that's why Buddhist chants are in Pali, Sikh chants are in Gurmukhi, Islamic chants are in Arabic and Jewish chants are in Hebrew.

Now, I believe, if Buddha, Nanak or the Vedic rishis knew any other language, they'd have readily composed their chants and teachings in that language. They were just working with the tools available to them. Unlike most of us, language was incidental to them. It was the message that was more important. However, the world was very fragmented in those days. Every religion and culture had a different language which changed every few hundred kilometres or so. Completely. And because people were always scared of invasion, they came to view anything "foreign" with a strong hostility. So, because of the linguistic barrier, the spread of anything was limited. Consequently, most chants came to acquire a lack of universality. While one chant would evoke a strong frenzy among the followers of one region or religion, the same chant would evoke a strong resistance elsewhere. Thus the divide.

Now, as we all know by now, the Universe is one. All its elements are one. Air. Water. Earth. Fire. Sky. They are the same all over the planet wherever we go. Our true nature is oneness,

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and, thankfully, we live in a time that, by design or otherwise, is becoming one. Internet is an example. It's one Internet all over the world, whether we're in Asia, America, Africa, Europe, Australia or Antarctica. So, it is natural that there should be one chant, too, that celebrates and unites the whole world, independent of religion, region, creed, nationality or colour. And in a language the whole world understands: English.

Now, let me tell me make it very clear that i'm not a brand ambassador for English language. In fact, it is not even my first language — Hindi is. Yet there is a reason why the Superpositivity Chant was born in English.

It is estimated that there are 1.2 billion people in the world who speak English as a first, second, third or fourth language. When it comes to understating the language, but maybe not speaking it with any competence, then that figure would be much higher. And if we consider people who (thanks to Hollywood and mainstream TV) have at least heard, even if subconsciously, a few basic English words like Yes, OK, Thank You, Sorry, then that figure would comprise almost one-third of the world's population. As of today, English is being taught as a foreign language in over 125 countries in the world. More than any other language. And like the Universe, it is growing at a fast pace.

It's not that English is a better language. It's just a more universal language. Or a more unifying language. It is a language that is connecting classrooms, boardrooms and chatrooms all over the world. We all live in a "global village", and a village flourishes if all villagers speak a common language with each other (even if they speak another dialect at home). English is a language, words of which are right now helping countless people navigate streets, restaurants, airports and marketplaces in foreign lands.

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Words of which are connecting friends and strangers alike. Words of which are understood by a banker in Manhattan as well as a tribal in Malawi, by a homemaker in India as well as a schoolkid in China. Words of the world, and not just of a country.

In my opinion, all human problems are triggered by negation and ingratitude: No and I-Thank-You-Not. When it comes to the human body, it is a fact that muscles have memories. And research has found that zero muscles have more memories than the muscles that control the tongue. It is believed that every negative emotion a person has experienced in life — fear, stress, trauma, grief — is stored in those muscles. Or, one can say, it is in the tongue that most negativity is locked. And the only way out is to use the tongue itself to release those emotions. Or to speak words that release all those negative emotions. As we all know, negativity has become a global (rather than just an individual or a local) condition, affecting the whole world. So it's natural that we need to use a global antidote too. Or words that have a global impact and resonance. Simple and global words like Yes, Thank You, Universe. Words that sound meaningful and not just exotic. Said over and over again, they will slowly but surely start reversing those globally negative emotions, achieving what language is meant to do in the first place: unite people. And bring about the oneness that is the true essence of the Universe as well as its true intent.



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## I t I nvokes Oneness

While a country is big, a continent is always bigger. While a tree is big, a garden is always bigger. While a tributary is big, an ocean is always bigger. Similarly, while a religion is big, the Universe is always bigger.

Almost every chant all over the world is either deity specific or religion specific. So it largely benefits the person doing it and their family, sect, group or religion. And is thus somewhat limiting in nature.

While the Superpositivity Chant is not just about an individual's benefit. Or a cult's benefit. Or a religion's benefit. It is about the collective benefit of everywhere, everything and everyone in the Universe. It is about the benefit of the Universe.

The traditional debate among human beings has been: "Oh, but my religion came earlier!" Now, if you worship a scripture or a philosophy because of its antiquity, imagine how much more ancient the Universe itself is than any book, thought or deity! The oldest religion is 5,000 years old, and the Universe is at least 13.76 billion years old. At least 2.8 million times older! Now, where does any human institution or religion stand in comparison?

Now, when any of us uses the word Religion, the automatic presupposition is that we human beings are the only species on this planet — we even audaciously call our religions "world" religions! But, you see, all of us human beings put together comprise less than 0.00000000001 percent of all life forms on earth: there are 15,00,000 times more ants than us! And we are

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not even counting plants, birds, fishes, rats, insects, chickens! So, what about the remaining 99.9999999999 percent life forms on this planet? Don't they have a religion too? Of course, they do! And that religion (or, to use a much better word — faith) is called Universe! The ultimate faith. Higher than any religion "invented" by humans.

In fact, the Universe beautifully demonstrates what all religions talk about. They all say we should be one. Yet they have their own scriptures, codes, practices and procedures, which their followers are supposed to adhere to. But the Universe simply says: "Look at me, i *am* Oneness!" Have you heard of a Hindu planet, Muslim planet, Christian planet, Jew planet, Sikh planet, Confucian planet, Baha'i planet? Or is there any code that earth, water, air, fire and sun insist that you follow? Millions have been slaughtered over the millennia in the name of religion, but can you name even one person that has been killed in the name of the Universe? This is an immensely powerful insight, which can transform the very way that we humans understand and practise faith: *over thousands of years, millions have been killed in the name of religion, but zero person has ever been killed in the name of the Universe!*

Please understand that i am not negating the importance of religion here. What i truly intend to say is that religion by itself is beautiful and venerable: but would you like it if it continues to be used as a tool of manipulation by the vested few, those that keep pitting you against "them"? If you have to travel from one city to the other, must you travel in a bullock cart, when you can get there in a fraction of the time, and with far greater simplicity and ease! If the purpose of all religion is to indeed show you oneness, then why don't you see it? Why must

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you complicate it? Respect religion by all means (because it is wonderful too) but know that your true homage belongs to the Universe. To the ocean of oneness we are all floating in.

The true beauty of Yes Thank You Universe is that it is inclusive rather than exclusive. It does not say No to the existence of any deity or any form. It only takes you to the ultimate. It's like one religion is one limb, the other religion the other limb, yet another religion another limb. But the Universe is the whole body. Even if one limb is stronger or bigger than the other, it is still a part of the body. And exists only because of the body. It's pointless fighting over which limb is superior to the other. Ultimately, it is the body that matters.

Let it be very clear that by way of the Superpositivity Chant, i am not asking you to drop your religious "identity". By all means, retain that — if you want to. But please also allow this chant into your life. And if, like me, you believe in the oneness of things, then this chant itself is enough. To me, a Hindu is not separate from a Muslim, neither a Christian from a Sikh. We are all one. So, whenever i chant, i forget the fact that i am a Hindu, and i chant for the entire Universe, not just for "my" religion. My religion or sect or ideology is anyway included in the Universe! So why not chant for all of us put together? I request anyone who does the Superpositivity Chant that they respect all religions, faiths, beliefs and ideologies. Acceptance is the key factor of Yes Thank You Universe. The moment one criticises anything that exists, whether it be a religion or a human being, one is automatically doing a disservice to the Universe. For they are all a part of the Universe, and a beautiful reason to be grateful for.



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And if you want to know how a person can be religious and universal at the same time, let me give you an example. My mother is a Hindu and an ardent Ganesha devotee. When I shared the chant with her, I also explained to her that all deities, names and forms are included in the Universe. It is not just about one deity or one likeness of God, but all of them. She immediately understood. So while she continued to be worshipful of Ganesha, she beautifully embraced the fact that the Universe is the entirety. So she started doing the chant and paying homage to the whole Universe. Whether you are a Hindu, Sikh, Muslim, Christian, Buddhist, Jew, Baha'i or anything else, you can continue your religious worship, if you so like. Devotion in any form only adds to the overall devotion. It's like a bank's assets grow with every cent deposited by any of its account holders. Whether you put money in any of its branches (this religion or that), it is ultimately going to add to the treasury of the bank. Whichever river you are flowing in, it is ultimately going to go into the ocean. The Universe is the bank, the ocean. The ultimate.

Let me give you another example, which will put the Universe (and the Superpositivity Chant) in perspective once and for all. You live in a country, let's say Andola. Now to say that you live in Andola, does that deny the existence of your family? Your religion is your family. Please respect that by all means. But you also have to respect your bigger family — the country. To say that you live in Andola is not a judgement. It is a fact. It doesn't make you any less or more. To say that you are in the Universe is not a judgement. It is a fact. Through the Superpositivity Chant you are just acknowledging that fact.

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Nothing religious or personal (or offensive) about it. It is actually the simplest thing any of us can do: remember the source and express our gratitude to it. By saying Yes Thank You Universe. As simple as that.

# 3

## THE BENEFITS

### *What the Chant Does*

This is going to be one *long* chapter: in fact so long, it could be a book by itself! But since the benefits of the Superpositivity Chant are so many, i have to do full justice to all that comes from it. So, please bear with me.

Yes Thank You Universe is a creator of unlimited miracles. I started doing it at the "worst" phase of my life. And it pulled me out of misery within a few months. But let's say you're already doing well. Will you still benefit? *Absolutely!* See, in a sense, we are all like the customers of a bank. People going through a rough patch in life are the debtors. They have to neutralise their debit balance first and then get to the credit column. But those

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who are already doing well are the creditors. If they put in more into their account, their returns are bound to increase. Their assets are only going to multiply, and, as we all know, everyone loves growth!

The Superpositivity Chant is going to give you happiness as well as success — the two things that any human being desires. I believe life is not just about becoming better. It is about becoming complete. And that happens only when one has fulfilled their dreams, and reached a state of bliss, both of which this chant will help you do. There are zero exceptions to what it can do, just like there are zero exceptions to the Law of Gravity. A flower does not fall into space and neither does a 200-storey building. The Universe doesn't discriminate, and all its laws are inviolable and immutable. Just like the Law of Gravity works, the Law of Give and Take works too. And it finds its greatest manifestation in the Superpositivity Chant. Just give your energy through the chant, and the taking will automatically happen in the various forms you will read about shortly.

I have seen that the maximum time it takes for benefits to accrue from the chant is three months, and the minimum three seconds! The results are directly proportional to your faith. Whether you are looking for love, joy, health, wealth, peace, success, the Superpositivity Chant is going to give it to you. There is absolutely nothing that is out of its gamut. It will help you heal and be healed. It will help you fulfil your dreams as well as those of others. It will help you be at peace as well as give it to others. It's the panacea in today's world. The solution to *every* problem. The key to everything anyone intends on this planet. Let me share with you how.



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# Consciousness

The greatest gift of the Superpositivity Chant is one that, ironically, most people are neither aware of nor actively seeking in their life: consciousness.

Simply put, consciousness is the awareness that what our source, the Universe, is, we all are. It's like the ocean and the drop. What the ocean is, the drop automatically is. Just that the ocean is the source and the drop its fraction. It's just the size that varies. Not the qualities. If the ocean quenches your thirst, the drop does too. If the ocean is liquid, the drop is too. If the ocean churns, the drop does too. In fact, by itself, the ocean is amorphous and expresses itself only through the drop. Likewise our source, the Universe. Which expresses itself through each one of us.

The entire Universe is one energy. One mechanism. One coin. But just like every coin has two sides, energy has two sides as well: higher energy and lower energy. Or, what we call the positive and the negative. All words, thoughts, feelings, actions and experiences can be clubbed into one of these. Either positive or negative. Higher or lower. Conscious or unconscious. To be conscious is to be in receipt of higher energy. Just to be aware is to be energetic. The very act of awareness is an act of creation. In fact, awareness, or remembrance, is the most beautiful act.

The scriptures tell us: "Take the name, and the power shall flow to you." Now, what is bigger in the Universe than the power of the Universe itself! Repeated utterance of the Superpositivity

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Chant gives you the awareness that you are the drop that belongs to the ocean (the Universe) and takes away all lack from your life. Just the remembrance that you and the Universe share all its qualities, properties and abundance is in itself the greatest source of energy. *That's* it — zero complicated formula or technique. It's like defogging the windshield of a car. Or withdrawing the curtain in a dark room. One just has to remove the layer and access the ever-present illumination. Darkness is not the absence of light. Darkness is the ignorance of light. Likewise weakness is not the absence of power. It is the ignorance of power. When you are not aware of your own strength and capability, doubt, anxiety and lower energy creep in to occupy the empty space.

Always remember that everywhere, everything and everyone in the Universe (whether it's a place, thing or person) is the *same* energy. If you think that the sun is a different energy than you and me, then that's an anomaly. The sun is just a *higher* concentration of energy than you and me, that's all. Simply put, it's just a superconsciousness of energy. An intensified version of energy. But originating from the same primordial mass as you and me. In fact, behold what you've known so far to be the most powerful entities in the Universe — the air, the sun, the ocean — and know that you are them! In fact, any less and you are undermining yourself. See, by this statement one doesn't mean that you will physically become like the sun: a seething, scorching fireball. And, honestly, one sun is enough for our entire stellar system! The implication here is that you will bristle with the same life-giving energy as the sun. Since the source from which you and the sun come is the same, you and the sun have the same qualities — and energy. The only difference is that the

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sun is more aware than you. It knows its potential and you don't. It lives out its full potential and you don't.

One can say that unconsciousness or ignorance is the biggest bane of human existence and is the cause of all misery. The only reason people are unconscious is that they don't remember their source, the Universe. Let me give you an example. Imagine someone (let's say John) from the wealthiest family in the world, the Universellas, begging on the road for morsels! You'd think that that person's nuts, right? The family has more zeroes in its bank account than you and i can count in our entire lifetime. It is inexhaustibly abundant and owns a vault where every penny earned by anyone anywhere goes! Now the family knows all along that John is its own flesh and blood, so it has provided chauffeurs and chaperones at every nook and bend to take care of its child. However, John thinks it's a crime to enjoy those bounties, because they are "someone else's". In comparison, begging seems like a much better option to him! It's only because John abandoned his family immediately after birth: he slipped out of the front door and lost the way back, and gradually the memory of his famous surname got erased from his consciousness. Because the family is so powerful, they found out where John lives. They came at his doorstep umpteen times, knocking affectionately, but he blatantly refused access to them, keeping his doors and windows tightly shut. Now, one of the principal qualities of the family is to give unconditional love and unmitigated free will. Much as they can, they will never use force to persuade John back. So, all the while, they simply kept waiting patiently for their child to return home and enjoy rightful access to their unlimited wealth. And you know the funny thing:

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they even put the key to the family mansion and its largesse around John's neck, should he ever choose to return! All John has to do is reach around his neck and use the key. But behold the irony here: John refuses to use the key, *ever!* He curses his luck, and meanders through life, beseeching the heavens: "Why me!?" And so the cycle continues from day to day and birth to birth.

Most people are like that. The key is around your neck, and it's *that* easy! Unconsciousness is the lock, and the Superpositivity Chant is the key. Use it, and, believe me, the gates will literally open to the unlimited wealth that rightfully belongs to you. Say Yes Thank You Universe as often as you can every day, and you will become aware that you are the Universe in human form. And that is the greatest purpose — and also the greatest accomplishment — of every human being. The true homecoming. And to help you in that, here's a simple tool i suggest.

## THE CONSCIOUSNESS TOOL

Sit down comfortably on a chair or on the floor. Or stand if you like. Take a deep breath and start chanting Yes Thank You Universe. Be very conscious while doing so. Just focus on the sounds of Yes, Thank You, Universe and their resonance inside you. Do it slowly. Now count the number of chants you can do before the first thought comes in. Initially, it will be difficult and you might manage only two or three — or maybe not even that. But keep at it, and, with practice, you will get better. Your aim should be to get to fifty-plus chants without the intrusion of thought. The day it happens, you'd have created something called positive gap: a conscious space between thoughts. The field where creativity



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is at its peak. The zone where you will start to hear the voice of consciousness. And once this voice establishes residence in you, you will cease to be bothered by any noise outside. Because it is both the voice of the inside and the outside. It is the voice that unites. It is the voice of the Universe.



# Love

The entire Universe is an ocean of love. Love is what has driven the Universe to create each one of us and countless other life forms. The very breath we breathe is love. It is the core of this planet. Earth loves us so much that even when it's inverted, it doesn't let us fall into the outer space. And that holds true for each one of us, however "good" or "bad" we are. All its bounties are for each one of us. The river flows for each one of us. The birds sing for each one of us. The sun rises for each one of us. The butterfly dances for each one of us. And, above all, air flows for each one of us. Like a mother's love. That just knows how to give. And takes nothing in return. For, it is in the giving that its taking automatically happens.

Love is to let the other be. The Universe allows each one of us to sing our own song, to play our own music and choreograph our own dance. That's why it has gifted us free will.

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Whereby we chart the course of our own life. Now, if the Universe so intended, it'd have sent us here like puppets, to carry out its set diktats. It doesn't do any of that. For, it is governed by the energy of love. It lets us be and watches from the sidelines, not interfering with our karma. Even when we are so grossly misdirected in life, it doesn't come to force us to clean up our act. Rather, it just waits patiently. Often interminably. Knowing that one day, we will return to its fold, wiser and more conscious. Loving unconditionally, it allows us to do our own thing, even if it's so out of sync with its own rhythm. If that's not love, what is!

When we love someone, the greatest service we can ever do them is to just let them be. And not try to mould them into what we'd like them to be. The rose is the rose not because we shape it but because it has shaped itself. Likewise, the one we love has to go through their own sculpting. We will be interfering with their evolution if we bring our preference in between. There is untold energy in allowing others to be and accepting them for who they are. We have a lifetime's work at hand in the rectification of our own faults, to notice and point out the foibles of others. See, none of us is perfect. Not even the sun. True, it gives light. But it also doesn't allow anyone to come remotely close to it. Now it's your choice: to love the sun for its light or to revile it for its reclusion. I'm sure you'll choose the former. Just apply that yardstick to human beings as well. Focus on what you love about them. And the unlove will lose its grip on you.

In life, having another person to love is a truly blissful state: one that I have experienced abundantly. But the Superpositivity Chant has taken me to an even higher dimension — to be in love

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with the entire Universe. Yes Thank You Universe has enabled me to finally reach a point where i tell the Universe: "I love you so much, nothing you do will ever hurt me. My love for you is unconditional."

And i truly believe love is love *only* when it is unconditional. Otherwise, it is an adjustment. An agreement. Everything conditional on a subtle level is a No. Or a partial Yes. And, till now, human beings have been used to living a partial life: partial success, partial acceptance, partial health, partial growth, partial positivity and partial love. I am eternally committed to feeling and, more importantly, expressing Yes Thank You Universe. To everything that happens in my life, whether it seems desirable or not.

This commitment has made the love within me even more absolute. And by absolute, i don't mean fixed. I mean growing. Like the Universe itself. Which in its own lifetime has faced innumerable tempests and trials, yet is growing unceasingly. In fact, at an accelerated rate. Thanks to the energy of love.

The unhappiest people i have met in life are the ones who have blocked themselves from the energy of love. Maybe they've been hurt before. But so what!? It's like one season was harsh. But there's always going to be the next and the next. And the next. Ebb and flow is a part of everything in the Universe. Just because you didn't have one, or a few, good meals, you don't stop eating altogether! Likewise, if you haven't had one, or a few good experiences in love, it shouldn't make you stop loving altogether. Love is there to teach us lessons. Listen carefully to what it has to say. And then follow

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it to where it takes you. To the realm of infinite higher energy. And into the loving heart of the Universe. So, here's my Yes Thank You Universe to love, now and forevermore.



# Joy

Thanks to the Superpositivity Chant, i can now create my joy at will. My joy doesn't have to be acquired any more — it just has to be *activated*. I just have to say four beautiful words — Yes Thank You Universe — and my brain keeps track of them like a scorecard. And rewards me with joy every time i say them. Happiness cascades within me just at the sound of these words. I have tried it hundreds of thousands of times. And it has worked like magic every time. And it's not just me. I have seen it happen with countless others as well. All over the world. So, in my own small way, if i can tell something about joy it is this: whoever you are, or wherever you are, *you* are the only one that controls your joy and is responsible for it. Just like a flower creates its fragrance from within itself, every life form has to create its joy from within itself. And spread it to others. Joyfully again.

Without joy, our life is like a billion-dollar building equipped with the most sophisticated appliances but zero electricity to run them. It will be very good to look at, but devoid

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of life. Only after you activate the electricity of joy will anything else be of any value in your life. Only then will all the appliances of your life work.

If you look at it, the entire Universe vibrates to the energy of joy. A flower blooms, a bird flies, a rainbow appears, a brook flows, a tide comes, the sun shines, the moon glimmers, a peacock dances, a galaxy spins — all because they are replete with joy. Like a parent that loves to see their children happy, the Universe loves to see us happy and vibrating with joy. It feels gratified that its progeny is living a life that is in sync with its own rhythm. Of joy, passion, enthusiasm. And just look at its thoughtfulness: it has kept that joy *within* us. Safe and simple to access.

But as I have realised, simple is not necessarily easy for most people. Their state is like the proverbial deer. That looks for the musk everywhere in the forest but its own navel — where it actually resides. Tell me, how is it going to find it outside? Similarly, how can you find your joy outside? You can only find it by going within, and by yourself. And this is where the Superpositivity Chant truly helps.

It is the ultimate example of Do It Yourself. To chant, you don't need anything. You're on your own, by yourself and tasting freedom in the truest sense. It is one of the very few joys in life that are entirely self-activated. For most other kinds of happiness, you are dependent on others: if the spouse has said, "I love you"; if the boss has complimented you on a job well done; if your parents have been appreciative of your performance; if your colleague has noticed your new hairstyle; if the bonus has come in; if you've got a parking spot; if the traffic is less; and so on. However much you wish, all those conditions are never going to be ideal,

## YES THANK YOU UNIVERSE

because they are dependent on thousands of other combinations. Even if they're good some of the time, they're not going to be good *all* the time! Such is the nature of external life. And, honestly, it is the way it is. Entire neighbourhoods, cities and countries can't run for you or me. In the old days, they used to for monarchs. But look closely at history, and one'd realise that they were not very happy people either!

Our social conditioning is such that we equate joy with success. But that is like equating the sky with ozone layer. The ozone layer is important and so is success. But just like the sky is way, way beyond the ozone layer, our life is way, way beyond our success and dreams. And i say this from experience. Now i have been someone whose life has been singularly devoted to the pursuit of dreams. And i have always fulfilled every one of them, big, small as well as those in-between: whether it was becoming a school captain, writing a bestselling book, getting a podium finish in the biggest male modelling competition in the country, travelling all over the world, making a Bollywood film, creating world records, and many others. All these dreams have given me a lot of joy. But today, there is an even greater joy that i experience over and above my dreams. And that joy is the sheer joy of being. An inner joy complete in itself, and independent of external conditions.

The lesson that joy is an attitude rather than a condition is one that i learnt early on in life. When i was eleven, my family moved into a suburb that was still coming up. The labourers had made mud huts on vacant plots nearby. Late into the night, one could hear songs of frenzy and delight from those huts. Now, those people had very little to show for them financially.

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They would toil through the day earning a meagre wage. Usually a family of six lived in an eight foot by eight foot box of a house. But the amazing part was that they were not constrained by their financial conditions. They took life one day at a time and savoured it to the fullest. It was their sheer zest for life that prompted them to slough their backsides off through the day and "party" like crazy late into the night. Their songs clearly showed how happy they were. Even in the midst of testing conditions.

Most of us let conditions sap our zest for life. But, you see, conditions are like clouds in the sky. They come and go. And merely block the sun for a fleeting while. But however dark a cloud, the sun never gets affected or lessens its light or intensity. It simply scorches through, its joy intact. In fact, i believe it scorches through *because* of its joy. And like the sun, you, too, should shine through the clouds of your life, your joy intact. And to enable you do that, i suggest a very simple activator: the Joy Activator.

## THE JOY ACTIVATOR

Whenever i am surrounded by any sadness or negativity, i find myself a place of solitude. I chant Yes Thank You Universe 100 times while putting a smile on my face, and clapping enthusiastically (even if i do it a low volume). I keep counting mentally as i chant. It takes me two minutes. And leaves rivulets of joy coursing through my body. It's like my fast dial to joy. Try it. Works like magic.



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# Health

I have a novel way to look at the Superpositivity Chant: a nutritious way! Let's say you have a protein shake. It goes inside you and fills up your body with protein. And you benefit. Then by the same definition, shouldn't words benefit you as well? Aren't they also going down the same mouth, throat and into your veins and cells? I am amazed that hardly anyone looks at words like that — like food! If every morsel you eat affects your body, then every word you say affects your body and health too. In fact, *far* more! Every positive word is way more powerful than any protein shake or any other nutritious meal for that matter. A meal can at best give you some nutrients or cause an upset stomach. A word can create and destroy careers, relationships, lives and organisations. Now, if one word can do that, imagine what four words can do? *Anything!* The least of all, destroy all disease and restore health in your body.

See, any illness happens in the body when negative thoughts acquire a dense, crystallised energy form. The more negative the thoughts, the more the density and the lower the vibrational frequency of the body. So, to reverse any disease, one has to raise one's vibrational frequency. Like a laser beam, positive sound goes into the body and dissolves all negative energy patterns. Done with intensity, the Superpositivity Chant raises our vibrational frequency enormously. The higher rate of vibration in turn creates larger spaces between cells, making the body less dense and preventing any disease from sticking to it.



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The Superpositivity Chant fills you up with the true nutrients of the Universe — cosmic energy — and opens you up. And for your health to blossom, everything has to be in a state of openness: your mind, eyes, nose, ears, cells. It's when you close yourself that energy starts blocking. You can't expect to be in an air-tight room for long. Then how can you expect health to flourish in a closed environment? It needs to flow. The Superpositivity Chant converts the potential energy of the body into kinetic energy. Or the energy of motion. That kinetic energy flows through every cell of your body, thereby improving blood circulation, heart rate, pulse rate and muscle mass. It combats the free radicals in your body that cause most of the ageing, and it fires you up, giving you vitality and bristling health.

It has been observed that while doing any chant, a chanter's breathing rate goes down from sixteen breaths per minute to about eight breaths per minute, which is excellent for health. And it is a fact that longevity is directly proportional to one's respiratory rate: a mouse breathes 150 times a minute and lives for 1 year; a dog breathes 22 times a minute and lives up to 10 years; a human being breathes 16 times a minute and has an average life expectancy of 71 years; a turtle breathes 3 times a minute and can live up to the grand age of 200 years.

Conscious chanting brings about rhythmic deep breathing which in turn triggers an added supply of oxygen. The extra oxygen gets supplied to the pineal gland and it gets activated. Pineal has also been called the seat of the soul or the brain within the brain, and was considered by ancient masters to be our link to the Universe. Also known as the master gland of the body, it has enough power to light an entire city! Though it lies dormant

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in most human beings, it can be activated through repeated use. A fact proven in a study done by the National Taiwan University a few years ago. They studied brain scans of people while they were meditating, while they were reciting mantras, and shortly thereafter. The scans showed that the pineal gland was the most active when those people were chanting. A fact that rishis of the Himalayas knew very well. That's why chanting, or jap, has been part of Vedic traditions for thousands of years. Through the repeated invocation of the Superpositivity Chant, you will activate the pineal gland which will release youthful hormones like melatonin and serotonin, and they will keep you healthy and young. Like the proverbial elixir.

Let me give you two examples of people I know very well who've reaped tremendous health benefits from the Superpositivity Chant.

First up, my Dad. I've already told you about his sugar problem in the Introduction. His fasting blood sugar was always in excess of 140. When he started doing the chant, within three weeks, he got it down to ninety-eight. Within seven weeks, it was down to ninety. He continued the same diet and the same dose of medicine — which he's brought down to half over the past eight years. As another wonderful upside, his vigour today matches that of any thirty-year-old man. And his zest for life is greater than ever before.

Second, Darshan, our milkman. He had been suffering from high blood pressure for seven years. I shared the chant with him and told him to do it for half an hour daily. Full credit to him, he'd get up at 4 am and do it for thirty minutes before getting to work at his dairy. Exactly six weeks later, he was

## THE BENEFITS

completely cured of his blood pressure problem, and told me he'd never felt that light in his life.

They are among thousands of others who have physically benefited on some level or the other. But let me give you a small word of caution here. If you already have a medical condition and are undergoing a remedy or taking a medicine for it, please don't forsake the treatment right away. Though i believe in a medicine-free life, and have been blessed to live one myself (Yes Thank You Universe for that), i am aware that each one of us is at a different point in this journey of life. You might be at one where you need medical help right now. And that's ok. What i am saying is that it is not the *only* way to restore your health. And not the best one either! On my suggestion, do the Superpositivity Chant for forty days. See for yourself if it contributes anything beneficial to your health. And then decide what *you* want to do. All i am truly trying to convey to you is that every disease has originated in your body and has been triggered by you: mostly unconsciously. It can be cured by you alone and in the body itself. Just give yourself — and this simple two-second chant — a chance, and a lifetime of glowing health will be yours to experience. Forevermore.



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## Energy

Now, there's a reason why this is a separate section from the previous one. Being healthy alone is not the same as being energetic. I've met a lot of people who are otherwise healthy yet low on energy. They live what I call a borderline life or just-passing life. Asleep to the passion of life. And oblivious to its magic.

You see, all life on this planet is a quest for energy. From the time life is conceived in an embryo, the quest for energy begins. Now, the collective human mind has been programmed to believe that everything weakens after a certain time. I must accept that it's true about mortality. Everything that is born on this planet has to die. Period. The acceptance of that truth is fundamental to us living fully. But, the question is: must it deteriorate before dying? Now, most of have seen or heard of people who were very active and fit even beyond an advanced age. "Old" people who have worked 24-hour days, run marathons, climbed mountains, procreated — all of which require enormous energy. Let me give you a few examples.

Fauja Singh ran his first full marathon at the age of 89 and ran his last at 102, Yuichiro Miura climbed Mount Everest at the age of 80, Ramjit Raghav became a father at the age of 96, Roger Allsopp swam the English Channel at 70, Oscar Swahn won an Olympic silver medal at the age of 72, Christopher Plummer won an Oscar at 82 and received another nomination at 88, Hastings Banda was the president of Malawi at the age of 96, Khushwant Singh kept writing till 99, Minnie Munro got married

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at 102, and so on. I am sure all of us know many more who can be added to this list.

They are what I call the Fullitarians: people who live their life fully. The fundamental key to their energy is that they draw all juice from the very breath that they breathe. You see, fullness is the way to optimum energy. Whatever you are doing, if you do it with fullness, you shall be performing at the peak of your potential. And that is the ultimate desire of the Universe as well. To reach its optimum potential through each one of us. Life forms and the Universe are not mutually exclusive. They are inclusive and have a bearing on each other as well. Each one of us comprises the Universe, and it is with our energy that the Universe blossoms further. It's like a family. If one member's wealth grows, the whole family's wealth grows. Similarly, the more your energy grows, the more the energy of the Universe grows.

And the best thing about energy is that it can be renewed anywhere, anytime. Even factories and warehouses that have been shut for decades have only a temporary energy blockade. Once the old structure is brought down or renovated, a surge of new energy flows in and takes its place, making it vibrant again. The teeming malls in every big city are shining examples — most of them were once defunct warehouses. Or take Dubai's example. What stood as dust and sand five decades ago is today an economic powerhouse, home to some of the most incredible human-made creations on this planet. All of which needed enormous amounts of energy. Now, the visionaries of Dubai saw energy where people of lesser consciousness only saw barrenness. And look who prevailed!

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Once you have energy, you also get the capacity for unlimited effort. And everything in life comes down to effort. Let me give you an example. Let's say you're looking at the night sky. With the naked eye, you can see up to 9,000 stars. With a decent pair of binoculars, you can see up to 2,00,000 stars. With a regular telescope, you can see up to 1,50,00,000 stars. And large, sophisticated space observatories allow you to see trillions of stars. It's the same night sky, but just imagine the difference! Now, the Universe doesn't limit. The beautiful thing is it allows you to see 9,000 stars as freely as 9,000,00,00,000,00,00,000! Just that you have to put in the *effort*. And with effort, you can activate experiences which are beyond your greatest imagination.

The way i look at it, the most glorious way to live this life and eventually culminate it, is how Robert Baden-Powell once said: "Leave this world a little better than you found it." And it's actually very simple to do: Imagine you are a guest at someone's house. You've got a room to stay, let's say, for a week. Now if you're unconscious, you will leave it in disarray, thinking the host will take care of it. If you're conscious, then you will leave it like you got it. Neutral. And if you're superconscious, you will not just leave it the way it was but also add some special touches for the host. Leaving a box of chocolates with a Thank You card by the bedside. What do you say: is it possible? Absolutely! Just that it takes *effort*.

Have you ever wondered: what if the earth were to stop spinning? Or the sun were to stop shining? Or the Universe were to stop its cosmic energy flow? After all, all this requires effort. In fact, incalculable effort. If they can do it, so can you and i. Let's go beyond "I've done enough" to "I can do much, much more." More, more, and then some more. For, that's also the way of the Universe.

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And the simplest way to activate the energy within is the Superpositivity Chant. When i share it with people, i make them one request: do it *energetically*. Because, i know the more energy they put in, the more it will come back to them. See, the Universe doesn't like any vacuum on this planet. Anything that gets emptied instantly gets filled up as well. By energy. Till now you've been told that you should "conserve" your energy because you have only a limited supply! And that erroneous thinking comes from people who are disconnected from the Universe. Once you make the Universe your role model, it's quite simple really. And the energy of the Universe is inexhaustible. Rather, it's *growing*. While chanting, you should summon and use that energy to the fullest. It's like swimming in the ocean. You don't go swimming, thinking that once you are done, there's going to be less for others. Zero! There's always enough for everyone. In fact, the realisation of plenty is sacrosanct knowledge. That this Universe is a pool of plenty. That you are here not just to dip your feet. But to immerse into it fully. Skirting the edge of the pool will not do.

And to sum up this section, let me tell you what i learn from the Fullitarians i spoke about a few pages ago. It can be summed up in a simple rule i now live my life by. It's called the 1 Millisecond or 1 Millennium Rule.

### 1 MILLISECOND OR 1 MILLENNIUM RULE

They say death happens in 1 millisecond. The way i live my life — fully, rejoicingly — i am prepared to go in the next millisecond, if the Universe so ordains. Zero regrets, zero complaints.

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However, i am equally eager and energetic to live for the next millennium, if the Universe so ordains. Zero hangups, zero worries. I have the firepower which i hope to kindle for the next 1,000 years at least. So, the way i look at it: the quantity the Universe decides, the quality i decide. And at all times, there's going to be a symbiosis between the two of us. A happy, unconditional and *energetic* one!



# Harmony

I have seen that the one quality almost everyone in this world is seeking is harmony: inside as well as outside. Lots of people have money but very few have harmony. And wherever you seek, you will find that the core reason for all disharmony is resistance or ego — the thinking that it is I that do anything, and it is *my* efforts that get me what i want. The ego is always at loggerheads with the Universe. It says, "I will do it on my own", while the Universe says, "Come let us do it together." Which option would you say is preferable? The I is John begging on the streets, while the Us is the Universellas rolling out the proverbial red carpet all the time. Due to our own inflated bigness, if we think ourselves disconnected from the Universe, then that is akin to a plant abandoning its soil and hoping to grow on a cemented floor! Or, consider again the example of the ocean and the drop.



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Think of any quality, and the ocean and the drop share it — except that the ocean is the source and the drop its fraction. But just like the drop has to drop all resistance, and be one with its source, we have to stop thinking ourselves any less and know that what our source is, we are too.

Most people spend their lifetime resisting what is happening: "But that's not how it *was supposed* to happen!" or "That's not how I had planned it!" They live in the agony of their life not following *their* plan. Not realising that things not working out as per their plan are part of a larger plan. To make them aware that there *is* a larger plan! It's like a roller coaster. You can't be stiff or will it to go or not go a certain way. You are going to enjoy it only if you let the coaster turn and churn you as it likes. And the more frenzied and unpredictable the turns, the more you will enjoy the ride.

Look at it this way: if every atom of the 7,000 trillion trillion atoms in your body has been created and given to you by the Universe, then don't you think the situations in your life have been created and given to you by the Universe as well? Doesn't it make sense! So, if you want to come out of any situation, it is best to drop the resistance, accept it and say Yes Thank You Universe to it. Believe me, a tremendous, magical power will begin to move from the farthest corner of the Universe and lift you higher than you have ever thought. You see, Yes Thank You Universe means to accept — rather than agree to — something. For instance, it's a cloudy day. Acceptance means to look at the sky and accept that it is cloudy, even if you don't agree with (or like) that. See, it is cloudy at that moment, whether you like it or not. By sulking about it, you create negative energy. By accepting it, you release

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positive energy. And one day for sure, it will clear. It *has* to. Similarly life. If it seems cloudy at the moment, say Yes Thank You Universe to it cheerfully. And one day, the situation, like the cloudy sky, will change. Naturally.

Whenever we complain, we focus on what's wrong rather than what's right and create negative energy. And life is never ideal. There could always be a better job, better government, better economy and a better world. Most complaining is driven by the assumption that what is craved for is better than what has come about. Now, to work for betterment is one thing. And to whine for it is another. Be ever progressive towards the life that you desire. But never complain about what you have. Else, you will be putting a smokescreen between yourself and the Universe. Your job is not to criticise the world, but to plod through it to find its highest virtue. Quite like sifting through mud for a diamond. Look for the diamond by all means, but don't criticise the mud. For it is in the mud that you will find the diamond.

The moon is a classic example of how paradoxical we human beings are in giving our acceptance. It is perhaps the most beautiful sight in the night sky. Countless mystics, poets and philosophers have sung paeans to its beauty. But even at a distance of 3,84,400 kilometres, we can clearly see the blemishes on its skin! Do we harp over that? Zero. We look at the moon and admire it despite its flaws.

Somehow we forget to do that with the people around us. We are constantly bringing them down in our judgement. Ignoring them if they've done well and criticising them if they've not. Not realising how counterproductive it is. You see, humankind is connected by an invisible wire of energy. We are all small fluorescent bulbs that hang from that wire. If we all

## THE BENEFITS

shine together, we shine brighter. And if others fade away, our individual glory will not amount to much.

So, one of the things i do every now and then is to look around me everywhere at everything and everyone, and say an emphatic Yes Thank You Universe. I apply it to a traffic snarl: something beyond my control. I keep saying Yes Thank You Universe, and it gradually eases up on its own. Or if i come across an act of "insensitivity": someone jumping a line, for example. I smile, look above and say Yes Thank You Universe. Where earlier i'd have given them a piece of my mind, i now give them peace of my mind. The moment i catch myself complaining (even mentally), i say Yes Thank You Universe, and it puts me in concord with all creation. Even if i see vehicles parked haphazardly or people loitering around aimlessly, i give them my consent, because in that moment the whole Universe does. And if i don't, then it's my problem and not that of others or the Universe. So, i approve of things, even if i don't agree with them. Gives me inner harmony and frees me up for the higher pursuits of life.

After going through an entire spectrum of experiences in my life, i have learnt that harmony is a product of patience. And like everything else, i have learnt that quality from the Universe. See, after it was born, it took over nine billion years to create the sun, the moon and the earth. It took almost eleven billion years to create oxygen. It took over thirteen billion years to create the first plant. Followed by another 300 million to create the first flower. And it has taken almost its entire lifespan to create a human being! Do you think all of this couldn't have happened simultaneously? That the Universe couldn't have fashioned a readymade creation? For, that's what most of us want: a

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readymade life, without working for it! The way i look at it, if the Universe, with its infinite power and potential has taken so long, then who am i! See, light is the fastest, most energetic phenomenon in the Universe. But it still takes eight minutes and twenty seconds for the light of the sun to reach the earth. Doesn't happen instantly. The light of the stars that we are seeing in the sky has taken billions of years to reach us. Even light has to be patient to reach its destination. So why not us! "Oh it's taking so long" is a No. Be patient. Let the naysayers say: "Time is running out, get married!" or "When are you going to have a baby?" Just say Yes Thank You Universe to all of them. For they are all reacting to the seen rather than the unseen. And let me tell you, it is the unseen, the invisible, that is extraordinary. An atom is the most extraordinary thing in the Universe. And it is invisible. The entire Universe is made up of waves and particles of cosmic energy, which is singularly responsible for the creation as well as expansion of the Universe. But we can't see this cosmic energy — only feel it. And it can only be felt by being still, or by being patient.

Someone has beautifully said: "It is the patience of watching disconnected pieces that enables the creation of a masterpiece." Your life is a masterpiece, even if it doesn't look so right now. The master crafter called the Universe is chiselling away at it. Let it do its job. Patience is your biggest contribution in the co-creation of that masterpiece. Bring it into play, and you will be amazed at what your disjointed pieces will become, once the Universe is done with you.



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# Abundance

Let me ask you a question: if you were to choose between abundance and scarcity, what would you choose? I'm glad you chose abundance. Almost every person on this planet would. Because it is a positive condition — a Yes. And in choosing abundance, we are choosing the way of the Universe. Which is the epitome of abundance.

Many people start the Superpositivity Chant looking for abundance. And it joyfully upholds their wish. Let me give you an example. Siddharth is a silk exporter based in Ahmedabad. I met him on a flight, and he was sitting on the seat next to me. I was chanting softly, and he got curious. We started to talk. I got to know that his exports business was languishing, and he was neck deep in debt. It was affecting his health and marriage. I told him to chant for one hour daily. Credit to him, he gave it his all. On the twenty-fifth day, he got the biggest order of his life. Suddenly and out of nowhere. Within six months, he was out of debt. Like I said, the chant will give you what *you* intend. The general benefits will come for all, and the specific benefits in line with every individual's deepest wish. In Siddharth's case, he was looking for financial abundance, and so it manifested.

As you know by now, the Superpositivity Chant invokes the infinite power of the Universe. And the Universe is synonymous with abundance. It doesn't believe in less. You're at best thinking of a few more millions in your bank account. The Universe creates millions of stars in the blink of an eye!

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Come to think of it, there's nothing more abundant in the Universe than the Universe itself! It is everywhere. It is unceasing. There is nowhere that it is not. In fact, the same Universe exists in Somalia, China, Scotland, Canada, Brunei: everywhere. It's the same Universe that is present in blue-chip boardrooms of Fortune 500 companies as it is in remote villages where even electricity hasn't reached yet. It's the same Universe that Bill Gates inhabits as a beggar on the street. That's also the reason why we find the richest people in the world in some of the poorest countries. And the beauty about the Universe is that it offers itself freely to everyone, independent of the region they inhabit, in exactly the same fashion, all its glorious abundance intact. If we work in harmony with it, then that abundance will be ours too. And when I say abundance, I don't just mean of the material kind. I mean of every kind: health, money, energy, people, opportunities, everything. Because they are all wrapped and cloaked in the ethers around us. Heard the line: "Out of thin air"? This is what it means. That it's all literally out there, in thin air, just waiting for us to manifest it.

As you're reading this, there are literally hundreds of millions of people all over the world who are living a life of unlimited abundance. If it works for them, or exists for them, then it does for you as well. If you intend to ordain a state of surplus, just remember that it already exists in the Universe. All you need to do is to invoke it into your life, and work in alignment with the Universe to do so. Through chanting, you will put out the right energy and signal which the Universe will catch and help you manifest. And that works with everything on this planet. The manifestation might take some time, but it will happen for sure. The Universe will ensure it does.



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# I M Possibilities

If you'd happened to visit earth 4.6 billion years ago, you'd have thought it impossible that life is going to exist here one day! The conditions were extremely inhospitable. There was zero land, and zero signs of it either. Water abounded everywhere, along with a surfeit of poisonous gases. So toxic was the environment that even oxygen could not survive in it! And that state lasted for a *long* time. It was only a billion years later that the first sign of life (bacteria) appeared on this planet.

Now, would you believe that all life and each one of us on this planet emerged from a single-celled organism called the Cenancestor? There are millions of species on this planet, many of them comprising trillions of cells. And all of them came from just *one* cell! And if you go back a further nine billion years, there lived another solitary, small atom. It was called the Universe. Now, imagine the power of one invisible atom. See, what all it has given birth to! Who'd have thought of that? I'm sure none, except the Universe itself! For there was none else to think for it. It was undeterred by the prospect of giving birth to an entire cosmic creation. Or rather, it was untarnished by the word Impossible!

Please remember that every time you use the word Impossible, you are accepting a false sense of limitation. Just because *you* are unable to manifest something, you say it is impossible. But look around, and you will realise how false that word is — once you behold all the impossibilities that have become possibilities.

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You see, most inventions that are taken for granted in today's time were considered impossible in the past. Take electricity for example. 150 years ago, people thought that having electricity is impossible. But there were a few brave humans who had faith in their dream. Even if the whole world thought them crazy, they pursued it doggedly. And today, our life owes its enormous ease of existence to the "impossible" dreams of those humans. So is it with all conveniences of modern life.

Aviation has been one of the greatest human discoveries. And it was considered impossible, too, till 125 years ago. However, intrepid dreamers pursued it maniacally and made it a reality.

Running one mile under four minutes was considered impossible till sixty years ago. Then, one day, a doctor accomplished it! And since then, it has been broken thousands of times. Same with the 100-metre sprint. Or any sporting record for that matter.

The television. That you could watch an event "live" happening thousands of kilometres away on a screen in your room is a miracle. Or thought to be one.

Likewise the Internet. Did anyone think even thirty years ago that we'd have an entire library, or libraries, at our fingertips?

The telephone. Again thought to be impossible. Till proven otherwise. The cell phone takes it further.

Till sixty years ago, transplant, cloning, space travel were the stuff of science fiction. Are they not a palpable reality today? All attributable to the possibility-centred dreams of their creators.

You see, the atoms in our body are as old as the Universe, which means that our consciousness is as old as the Universe as well.



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But none of us has yet explored it abundantly enough. Not even the geniuses amongst us. Not more than 10 percent. Who knows what hides in the remaining 90 percent? Maybe the ability to fly one day! You might laugh and sneer at it (and, honestly, i don't know any better either) but who knows about the possibilities! What lies out there! Or in here! Maybe *you* are the one to discover that "paranormal" power. Or maybe your great-great-great-great granddaughter. But please don't ever deride something just because you don't know any better. In doing that, you'd be committing the same error that the ignoramuses did when Galileo proposed that the earth is round. And that it revolves around the sun. People laughed at him. Outrageously. Why? Because they didn't know any better. You see, you and i have to stretch the boundaries of human imagination. We are a link in the chain. Between the ones who went and the ones who shall come. And the very purpose of our existence is to take the boundaries of human possibilities further. Of manifesting things that have not been manifested before. And working with the universal laws for that.

Now, for the Universe, aviation is not a bigger phenomenon than let's say regeneration. You see, the ability to regenerate limbs already exists on this planet. Creatures like lizards can grow a new tail after the old one is severed. Snakes can grow a new skin after shedding the old one. And they do it not by using any cosmetic procedure. But by the power within them. The very fact that they can do it shows that it is physically possible. Just that with our limited consciousness right now, we don't know yet how it's done. But it is not impossible. It exists in the Universe. And anything that exists in the Universe exists for you and me too. We just have to expand our consciousness to

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first believe and later manifest that. Even aviation was deemed impossible one day not too long ago. But then humans looked at birds and saw them fly. That sight gave them an insight and inspired them to develop the technology to physically experience that phenomenon. But they did not create anything new. The creation was already there in the Universe. Humans just discovered the law to experience it. Likewise everything else. Anything that we see plants or animals doing, or *anything* for that matter, is manifestable. We just have to find the technology for it. And one day, quite propitiously — just like Newton discovered the Law of Gravity — the technology will be revealed too.

But, first of all, the word Impossible has to go out. Then the conditions will present. And the manifestation will follow. That's the sequence. So the Law of Regeneration and the Law of Teleportation will be a reality one day. Rather, they *are* a reality. All we need to do is learn the way from the Universe. And invoke its powers. Which are perpetually present.

You see, there are facets to the cosmic energy of the Universe which we can't yet fathom, but which are a reality nonetheless. Take bilocation, for instance. In many experiments, particles of light, or photons, have been observed to bilocate, that is, be in two separate places at the same time. Similarly, there is an entire spectrum of colours and sounds which is beyond and above human perception. But just because we don't perceive them, it's not like they don't exist. They do. Ultrasound for example. So respect all life and all possibilities. Say Yes Thank You Universe to every atom and molecule of the Universe. Because when it comes to the Universe, *everything* is possible!



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# Giving

Every drop in the ocean bonds and merges with the other drops to form the ocean. Imagine if every drop were to stay aloof and indifferent to the others, would the ocean be one coalescent whole? Or if every molecule of air were to have its own separate identity? Or if every blade of grass in the garden were to not blend with the others? You see, even if inadvertently, every organism on this planet is part of a chain and helps all the others in the continuation of life. By virtue of its very existence, the worm helps the bird, the bird helps the snake, the snake helps the mammal, and the mammal helps the human, and so on. Even if none ate the body of an organism, it would decompose and go back to the soil, fertilising and nourishing it. It is in fact the decomposed and fossilised bodies of plants and animals that are today being used as fuel to run automobiles and factories. They died hundreds of millions of years ago, and are still helping civilisation!

One of the principal reasons we are on this planet is to be of help to others. Any help given out always comes back. Maybe not from the same person. Maybe from another one. The thing is, most of us are stuck on receiving from the same party to whom we give. You see, the seed of a flower seldom grows in the same soil. Usually, it travels afar. To enrich distant lands. Now, if the flower were to rigidly assert the growth of its progeny right next to it, how would others benefit, those that live far and wide? Similarly, a patch of land that contributes to the emergence of a cloud seldom benefits from the rain of the same cloud. Wind usually makes it travel far and wide so that distant lands and people can reap its benefits.

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Likewise human beings. Many a time, the fruit of our deeds is reaped by someone else. Which is fine. For, we too, reap the fruit of other people's deeds. See, the electricity that we are enjoying comes from facilities built by someone else, wires laid by someone else, appliances manufactured by someone else and installed by someone else. The food that we eat comes from crops sown by someone else, harvested by someone else, processed by someone else, stocked by someone else. And so on it goes. These are acts of giving. Even if they are performed indirectly.

However, most of us are very selective when it comes to giving. "I will give to her but not him!" or "I will do it for you but not for them!" We should learn from the elements. Does the sun select who's going to receive its light? Does the river select who's going to receive its water? Does the ground select who's going to stand on it? Does a flower select who's going to receive its fragrance? By discriminating, one also creates the biggest detriment for the energy of the Universe to flow. Such a person might lead a "superior" life but not a fulfilling life. Fulfilment happens only when you go beyond selection. And give freely. Without expectation.

Most of us labour under the notion of "indebtedness". That when we do something for someone, they should *at least* be grateful to us. That's also the cause of misery of most people. See, i get a lot of calls from people who thank me for creating a positive impact in their life — sometimes for saving them from the worst. I immediately say Yes Thank You Universe and ask them to say Yes Thank You Universe in return. Because by thanking the Universe, they are automatically thanking me. See, it's like someone who's living in the United States doesn't thank

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Christopher Columbus every day for discovering their country. And if they did, Columbus would thank Queen Isabella and King Ferdinand of Spain for sending him and his fleet on the mission. Who would thank their ancestors. And so this chain would spiral all the way back to the Cenancestor, who would in turn thank the Universe! So when you thank the Universe, you are thanking others automatically. From now on, don't expect gratitude from anyone. You and i have a lifetime of gratitude to *give* to be bothered about receiving it.

So share your resources heartily with others. Because the only thing that can lessen is energy. And the very nature of energy is that it never lessens. Through the Superpositivity Chant, you are creating unlimited energy. And offering it to the Universe. Forget about the resources. They will come on their own. And if somebody has "taken" any of your resources from you, if your energy is right, either the same resources will come back to you, or better ones will. Guaranteed. Just be centred on giving. And remember that "Give rhymes with Live." Only when you give happily, will you live happily.



# Luck

I strongly believe that every person controls their own luck and is singularly responsible for activating it. Just that they have

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forgotten how to. It's similar to having electricity in the house but not turning on the light switch. Or having a mobile phone but keeping it off. Or sitting in the sun but keeping one's eyes shut. Or, let's say, there's a light board in your house with a seal on it. To get electricity, you have to remove the seal. You have the ability and the choice to remove it any time. And if you don't, then you should never blame the seal but your own inability. Similarly, zero person or event should ever be blamed for your life. What you call fate or destiny is the light board you have been given, with or without a seal. If you believe your fate is not working with you, then put in the effort to remove the seal. And then you too can enjoy the benefit and advantage of electricity. As simple as that.

Another example i can give is that of dynamite. Let's say there's a dark, dingy basement. Now most human beings look at it and shun it, thinking it's so run down, so derelict: what's the point of working there! But not dynamite. It simply says Yes Thank You Universe to the power residing in it and explodes its way out of that basement however damp or derelict it seems. It knows that it is above, beyond and higher than any situation or challenge. The dynamite simply activates its power and "luck" wherever it goes. Zero mountain too high, zero ocean too deep for it. Each one of us has to be like that dynamite, and then we will become "lucky" too.

For centuries, it has been believed by human beings that they are hardwired at the time of birth. That their fate is sealed the moment they are born. That they have zero choice or say in their life. Most people equate their luck with their genes. And are thus resigned to the thinking that their luck is completely

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governed by their genes. So, whenever something unsavoury happens in their life, they invariably blame it on their genes. Now let me admit that part of it is true. That genes are a limitation — only as long as you acknowledge them. And like most fallacies on this planet, the fallacy of genes too has sprung from the collective unconsciousness of humans.

Let us go into the science behind it. Researchers have found out that we human beings have an innate gift called neuroplasticity: the ability to completely reshape our inner circuitry. They have found that only 3 percent of our genes or DNA is fixed at birth. The remaining 97 percent is completely flexible. In fact, it is as malleable as clay and takes the form of the experiences we give it. What it means is that our genes are shaped by the environment — words, thoughts, feelings, actions — we give them and are under our conscious control. Implying that the more conscious we become, the more we bring our genes and our "luck" in our control.

So what we learn from this is that it isn't luck or genes that create an extraordinary life quality. Rather, it is possible for *anyone* to resculpt their brain and their life. But the only way to do it is intense practice, focus and repetition — qualities that the Superpositivity Chant exemplifies. The more you do it, the more the power of the Universe you develop. And that's what we call "luck". Also, chanting is the best expression of free will. Nobody is forcing you to do it. But once you do it, you become a truly activated human, activating your own luck.

You see, free will is a beautiful gift of the Universe to us. Like fish in an ocean of water, we are swimming in an ocean of air. Just like it swims of its own will, we too use the same tool (free will) to swim through the ocean of life. To be positive or

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negative is not luck — it is choice. It is free will. Only after you activate it, will you enjoy this human life to the fullest. And only then will you realise how lucky you are to be born a human in the first place.

And to understand luck still better, let me share with you the karma theory of the ancient Himalayan sages. They used to believe that a person's fortune is a product of their karma. And according to them, karma doesn't just accrue from one's actions, but more so from one's words. One good (spoken) sentence constitutes one good karma, and one bad (spoken) sentence comprises one bad karma. They held that one chant removes one bad karma. So if you believe that your luck is not working in your favour, there is a debit balance of karma that needs to be addressed first. With every utterance of Yes Thank You Universe, you wipe away one at a time the karmic load that is holding you back. And when you've cleaned your slate — depending on your karma, it could be a few hundred thousand chants or a few million — your luck will start shining. Provided you remain conscious enough to not accumulate more bad karma.

The way i look at it, luck serves two functions. The first one obviously is to bring one magnificent gift in your life after another, which, as you're reading in this chapter, Yes Thank You Universe does very generously. In the forms of love, joy, health, wealth and harmony. The highest forms of luck. However, there is another equally important function luck serves: saving you from trouble. In that sense, luck works quite like echolocation: the mechanism that helps bats fly in the dark. Bats, though not blind, can barely see at night, just like humans. To solve the problem, they send out high-frequency sonic waves when in flight. The waves



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hit distant objects and echo back, warning the bats of impending danger. Similarly, Yes Thank You Universe sends out sonic waves that travel far, and sensing a danger, ricochet to save you from it. It creates a shield around you, like ozone layer. Negative energies will get deflected or burnt up, like cosmic debris entering the earth's atmosphere. After a few weeks of continuous chanting, you will encounter in your life fewer arguments, reduced misunderstandings and increased coincidences. Without even realising it, you'd have started getting luckier. Let me give you an example.

An aunt of mine is an avid chanter. Recently, she'd made a plan to travel by road to another city with friends of hers. The morning of her journey, she slipped in the bathroom and twisted her ankle. She had to cancel the trip. And felt miserable about it. However, that very evening she got to know that her friends had met with a major accident on the highway. Though they luckily survived, they were badly injured and had to go through three months of therapy before they could resume normal life. You bet my aunt hasn't stopped thanking her "lucky" stars.

You see, most of us are creatures of our own unconscious mind and society, and are constantly buffeted by the circumstances around us. It is only when we start chanting, and bring our total awareness to it, that we regain control over our life, and create it the way we want to. That's when our "luck" starts working for us. And i can at least say it for myself: the more i chant Yes Thank You Universe, the luckier i get. In every sense. And if you want proof, then keep track of my life. And you will know how true it is.



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## Completions

Someone has beautifully said: "What the Universe starts, it always completes." Just like the Universe has given you life and the strength to complete it as well, it has given you goals and tasks, and the strength to complete them as well. And like I've been saying throughout this book, you have to *activate* that strength.

I strongly believe that a goal is the Universe's way of propelling you forward in life. See, the very word Goal has the word Go in the beginning. It means to go, to reach out, to the energy of the Universe, with your arms wide open. To go inwards as well as outwards with full awareness. Of your core nature. And of your eternal potential. It's like a train that's leaving the platform. In order to reach your destination, you have to board it. If you just keep standing on the platform, you are never going to get where you want to. So, be aware of the train, and the fact that it's moving. You've got to get onto it. And go. Where your heart tells you to. Where your goal tells you to. Just go. And the Universe will gladly follow. Because in your completion lies its completion as well!

Now, your goal need not be a material goal. Or even a tangible one. For example, becoming a more compassionate person is as worthy a goal as running a full marathon. Becoming punctual is as lofty a goal as learning how to solve the Rubik's Cube. Making others enjoy is as honourable a goal as shedding ten kilos. Doing community service is as exciting a goal as scuba diving. Just has to be a goal, where you can give *your* all. Let it be

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an original goal. Let it come from within you. Then you can be sure it has been given to you by the Universe.

And believe so intensely in a goal, love it so much, that even if you leave it, the goal doesn't leave you. I will give you an example. At the age of fifteen, i set a goal that i am going to make a film one day. I kept that goal to myself. Time passed. After coming second in the Mr India pageant in 2003, i left my job with HarperCollins as an editor and moved to Mumbai to pursue my dream of acting. However, things did not turn out as i'd expected, and after some modelling work here and there, i went back to Delhi. And started a new career as a lifestyle photographer. I did that for five years and was as good as done with the original goal. I even forgot about it. Till one day an innocuous incident fired me up again. In March 2009, i was driving in a neighbourhood called Vasant Vihar in Delhi when at a traffic signal i stopped and looked at the car next to me. I saw that a girl was driving and her domestic help was sitting on the back seat. A bolt of lightning streaked through my head. What if i were to reverse the roles! The girl would become the employee and the guy the employer. It was a simple idea yet unique too. There were hardly any female chauffeurs in India at that time, and definitely none that i'd heard of. I was superinspired by the idea and was willing to manifest it with all my being. A few months later, i went to the New York Film Academy to do a four-week filmmaking course to get a basic idea of how to make a film. Armed with fifty books from the Barnes and Noble store in Union Square, i returned to India and immersed myself in the process. Over the next six months, i read all those books thoroughly and made notes. Then i worked on the script. When

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it was complete, i showed it to my ex-wife Ronicka who loved it so much that she suggested that we move to Mumbai. Over the next two and a half years, she and i put the project together piece by piece and eventually the film got released in 2012. Thereby completing a goal that took twenty years to do so. Now, if you realise, there was a five-year hiatus in which i completely let go of my goal. But i'd breathed it with so much intensity and passion earlier on that it was the goal that took me forward. And that holds true for every goal of everyone, everywhere.

As i look back, there are three wonderful things that resulted in the fulfilment of that goal. First, i saw that girl at the traffic light. Second, Ronicka believed in the project and insisted that we move to Mumbai. The third, i was willing. Now, much as i'd like to, do you think i should take any credit for the first two? As Paulo Coelho has beautifully put it — it was the whole Universe conspiring to take me to the completion of the goal it had given me. So, what was my contribution? The third: my willingness to follow my goal. That's all. And that's how any goal is fulfilled or co-fulfilled. By the Universe and you.

Goal-setting is a technique, and like everything in life — and what is also the leitmotif of this book — it has to be *activated*. Start by setting small, daily goals. It's always the smaller that leads to the bigger in life. The microcosm that takes you to the macrocosm. And this is where the Superpositivity Chant truly helps. Set a goal that you have to chant, let's say, 500 times a day or half an hour a day. Once you've done it for at least forty days, you will be ready for (and driven to) the bigger goals. Let me give you an example. At a time when i was floundering for inspiration, the microcosm came to me in the form of the

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Superpositivity Chant, giving me a fresh lease of life. I set a goal that i have to do the chant 10,000 times every day for forty days. It used to take me seven to eight hours a day but i did it. Yes Thank You Universe became my only goal for those forty days. And when i finally accomplished it, it filled me up with so much energy that my appetite for other goals was back. Organically. And soon a newer goal appeared on its own: in the form of this book. And then i set myself another goal. That i have to publish it within three months. Which i again completed.

And if you're new to goal-setting (or goaletics — the sport of goals — as i call it), and wondering where to start, here's an approach i suggest: make the present task your goal. Whatever you are doing or asked to do. Let's say someone has asked you to run an errand. Now, you have three choices: to do it unwillingly, to not do it at all, or to do it meaningfully. As you can imagine, the first two choices will create negative energy. And it is my personal experience: if you leave anything incomplete, it will come back to haunt you. If not in the same form, then some other. Till you rise to the occasion and complete it. The positive alternative always is to add meaning to a task and set a goal that you have to complete it, come what may. Let me illustrate that with an example. My mother likes to go grocery shopping on weekends: a task i don't much look forward to. But here's what i do — while she's buying the groceries, i set a goal that i have to chant, let's say 1,000 times. So she does her shopping, and i do my chanting. She enjoys and so do i. In fact, with Yes Thank You Universe by my side, zero task is unpleasant for me anymore. I enjoy them all. And that creates even more positive energy for the higher goals that i've set.

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And finally, let me tell you why this section is called Completions. I firmly believe that there aren't any unhappy endings in life. There are only unfinished endings. And in the journey of life, there is one thing you have to do: like the Universe fulfils its goals of creating one galaxy and life form after another, you also have to keep completing the tasks of your life, one after the other. If it is a broken relationship, bring it to an amiable resolution, never mind the awkwardness. If it is an outstanding debt, pay it off, however long it takes. If it is an unfulfilled dream, manifest it, heedless of the effort. If it is a festering emotion, lay it to rest, regardless of the pain. If it is an impending duty, go ahead and discharge it, whatever the price. Once you've done it all, you will be suffused with a feeling of completeness in life. That you've had a full life. And that's the best version i can give of nirvana. Or true freedom. It's a feeling one cannot imagine. Only experience. And once one does, one has truly tasted the elixir of life. And of the Universe.



## Oneness

Atomically, we all are one. Hydrogen, the most common element in the Universe, and a major feature of almost every creature's body, was produced in the Big Bang phenomenon 13.76 billion years ago. So, every atom in the body of every creature comes from the "physical" body of the Universe and is as old as the Universe!

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Inside every human being alive, there is not just an atom of all human beings that have ever lived but also of all plants, animals, planets, stars, galaxies and superclusters that have ever existed. It's like the entire Universe exists inside each one of us. And that's not just a metaphysical assumption but a scientific fact.

There's a little bit of you in me and a little bit of me in you. There is an atom of a mouse inside every human being, an atom of a rabbit inside a lion, an atom of a tiger inside a fly, an atom of a flower inside a spoon, an atom of a river inside a chair, and so on. But all the other species are unaware of this. That's why there is so much hostility in the animal kingdom. A human being is perhaps the only species capable of this realisation. But as things go, most human beings too are unaware of this atomic oneness. That's why the alienation and disconnect that most of us feel from others.

You see, we are all part of a cosmic dance, a cosmic spin. What you have to remember is that what is affecting you is affecting everyone else, and what is affecting everyone else is affecting you as well. The only isolation is a perceived one — that of the mind. On the level of the soul, we are all one. Whether you acknowledge it or not, it honestly doesn't change a thing. Quite like you were to say you are not breathing. Would it change the fact that you are!

It's a physical fact of our planet that nothing ever truly leaves its realm. Things merely change form, but they keep circulating here, getting recycled endlessly. Take water, for example. The water that we are drinking right now is the same water that existed on this planet billions of years ago. It simply goes from liquid to gas to solid and then becomes liquid again

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in one interminable cycle. So, the water that you are drinking is the *same* water that sages drank as did countless criminals, that dinosaurs drank as did countless insects, that Gandhi drank as did Hitler! Neither is the water any different nor are we separate from any of those entities. Rather, we are all one with any person who has ever lived, is living or will ever live on this or any other planet in any part of the Universe.

The air we breathe is one as well. Where does Christian air start and Muslim air end? Where does Chinese air start and Russian air end? If you realise that every breath you inhale is the breath someone else has exhaled, and vice versa, you would never feel any separation from anyone else. The same air has been circulating on this planet for billions of years. What it means is that the breath that you're breathing right now is the *same* breath that Buddha breathed, Christ breathed, Krishna breathed, Nanak breathed and countless other masters breathed. In fact, *you are breathing Buddha, Christ, Krishna, Nanak right now!* Their energy is soaked in the very breath that you and i are breathing. It hasn't left the ethers. Breathing the present breath consciously is encountering all the masters that have ever lived, and being one with them.

Similarly, fire is one. It does the same thing, whether you use it, i use it, or anyone else uses it. It treats everyone the same way. Zero division, zero partiality. You can singe from it with the same ease as you can ignite with it. And it doesn't ask you your name or religion before sharing its properties with you. And it will help you whether you're making pasta, chicken or vegetable stew; whether you're stoking it in a shrine or a prison, in a poor man's house or a rich one's castle.



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Earth is one. But it is we that have demarcated it. This is where my house ends. And yours begins. This is where my country ends. And yours begins. Let me tell you something: i have travelled to thirty countries and to every state in India and the US, but i have always felt the ground under my feet same everywhere. In my parents' house in Jammu, plants from seeds all over the world are growing, from guavas to lychees to grapes to mangoes. If nurtured well, any seed has the potential to grow anywhere. Because it all comes from the seed of oneness.

Many people think that the true journey in life is just to go within. But chanting shows you how to travel the zone between the within and the without. The in-between zone. For what goes in, comes out, and what comes out, goes in. Both are beautiful, and they both co-exist. If you just stay within, then you are missing on the outside, and if you just wander outside, you are missing on the within. The key is to be one with both. Every time any of us says Yes Thank You Universe, we activate the oneness that is the essence of the Universe. We remember that we are all a part of the Universe. It is not just about you, me or anyone else. But about all of us. The whole of creation, including the Creator. All that was, all that is and all that shall ever be. It is about the Universe. And its inclusiveness.



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# Passion

Let me tell you something about the rose. Its passion is to give fragrance. And it lives it to the fullest. So it gladly accepts the thorn that is part of its stem. Likewise the sun. Its passion is to give light. And it lives its purpose to the fullest. So it accepts the blistering heat that is part of its very existence. Ditto the cloud. Its passion is to give rain. So it accepts the transience of its life. The rose, the sun and the cloud are all gushing with energy because they are all true to their core and expressing their passion to the fullest. They do what they love to do. Unmindful of the bouquets and the brickbats. For the detractors of the sun exist, like the admirers. Many step out into the sun at midday and give it a look of consternation. "The sun is going to burn my skin!" What do you think the sun does? It just remains aloof and keeps fulfilling its purpose with fidelity.

Each one of us has a purpose on this planet: collective and individual. Our collective purpose is the flowering of our consciousness. To remove the divisiveness of our mind and merge with the soul of all creation. To reclaim oneness with the Universe.

As for the individual purpose, it is unique to every individual. Like DNA and fingerprints. Two people are never born with the same fingerprints. Or the same passion. Though it might be a similar one. One person might want to be a chef, another might want to own a restaurant. One person might want to act, another might want to direct. One person might want to spend their life lazing at a beach, another might want to create a

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private beach. One person might want to run a steeplechase, another might want to organise it. There are infinite expressions of creative energy, each one of them equally magnificent. Yours could be painting, architecture, pottery, cooking, gardening, bioengineering, robotics or dramatics. Whatever your passion, just follow it with all your being. Even if you're laughed at or deemed crazy for doing so. It's a lesson a bunch of "loony" drivers taught me once.

In 2012, i participated as a volunteer in the Raid de Himalaya — one of the toughest car rallies in the world. Drivers come from all parts of the planet. The terrain is brutal and 1,000-foot gorges dot the 2,000-kilometre route. The temperature dips to way below zero, and by the end it's a race for survival. Every year there are serious mishaps. The prize money is just Rs 2,00,000. On an average, drivers spend five times that time amount just to participate in the race. Economically, it makes zero sense. But then none of 100-odd drivers come for the money. Or the fame. They come for the love of the sport. Defying all conventions. And that's what passion does. It gives you an inexplicable drive. You pursue it if you get paid trillions of dollars. And pursue it if you get paid nothing. It is what you'd do even if none else on this planet told you to. Or if everyone else told you not to! It is what you'd be prepared to risk anything for. Like Yuichiro Muiira.

Yuichiro's passion was not to climb mountains, but to slide down them! Skiing 45-degree slopes at 90 miles an hour, made him feel "one with the mountains". In 1970, he became the first man ever to ski down Mount Everest — a feat so unusual that Edmund Hillary was shocked! Just before the historic descent, he took a deep breath and told himself: "I must face death. Otherwise, i am not eligible." He jumped. And survived. Only

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to go ahead and ski down the highest summits on all continents. And then as a poetic twist, forty-three years later, he also became the oldest man ever to climb the Everest. He'd kept his passion alive, and i believe his passion had kept him alive.

Chanting Yes Thank You Universe leads you down roads you never knew existed. Or the ones you once loved but have long deserted. For example, i love writing books. It stirs me like nothing else. But i hadn't written a book in six years. Yes Thank You Universe led me back to my passion. Once i started it, i kept chanting while writing it too. And i found that my inspiration came from unimagined sources. Energy would just keep flowing. That energy would in turn keep me awake, inspire me and make me do all the work. I wrote this book over three months, writing fourteen hours a day, without taking a single day off. And it was one of the happiest times of my life. It just didn't feel like work. Simply put, this is what i did: i drove Yes Thank You Universe, and Yes Thank You Universe drove me as well as my passion.

I believe if you truly want to live, first find out where your passion lives. And it always lives in a quiet, secret chamber inside you. Only you know the key to it. And you can only find it by becoming still. And going inside you. Finding and following that passion is the key to living the most amazing life you can ever imagine. And the key to why you're on this planet in the first place.



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# I ndependence

Have you ever wondered why we come alone and leave alone? Why is it that the Universe has not sent us here in droves! Whoever we are, we come one at a time and leave one at a time. And it is not a design flaw on the part of the Universe! But a superconscious decision. Because it wants each one of us to discover our true essence, one at a time.

See, on a core level, we are all alone. By that, i mean we do things by ourselves. We eat alone, we drink alone, we think alone and, above all, we breathe alone. However much you love someone, or someone loves you, they can't breathe or eat for you. It is estimated that over 90 percent of our life is conducted alone. Even if you're part of a group, the core aloneness of most of your activities does not change. Even if you're sitting on a table with twenty other people, you're still eating for yourself and thinking for yourself. Just that you are a lot less conscious of it.

Right from infancy we have been dependent on other people. We *need* them around us all the time. But the point is: do we *cherish* them? Do our relationships exist because we need people or because we cherish them? Do we want to take value from others or do we want to add value to their life? And if we really want to give anything of value to anyone, we have to become valuable first. And for that we have to first of all find our voice. Our inner voice. Which can be listened to only in stillness. Only by being independent. And through chanting.

## YES THANK YOU UNIVERSE

Once we start chanting Yes Thank You Universe, it will make us independent in ways and forms we haven't imagined yet. Let me give you a small example. I never used to do my own dishes earlier. I know i should have but i didn't. (It's just the way we men in North India were unconsciously conditioned back in the day!) After i started chanting, one day on my own, i picked up my plate, went to the kitchen and washed it. Naturally and without any nudging from anyone. That day i understood for the first time how much effort our domestic help used to put into her work. It made me even more grateful for the people around me. And let me tell you something even more wonderful. One day, my Dad saw me doing it, and he started doing his own dishes as well. Again, naturally and without any nudging. You see, positive energy has a domino effect. Once you reclaim your independence, others would love to emulate.

And to me, that independence comes from the Superpositivity Chant. Every time i say Yes Thank You Universe, i am creating superpositivity rather than wishing for it. If you look at the chant, it is truly independent of anyone or anything. There is zero equipment to be used, zero limitations of place, age, background, religion, time, etc. You can do it anywhere, anytime. There is zero experience involved, zero expenditure involved, zero supervision involved and zero risk involved. You are the activator. And you are the instrument. You don't need a person, place or thing to assist you. Not even a picture, icon, symbol, hymn or book. Nothing else. Just the pure, independent you.

## THE BENEFITS

And i believe it is from that pure, independent zone inside you that true motivation also comes. Let me give you my own example. None of the projects i have ever done in my life have been commissioned by anyone. This is a truth of my life, and i share it with you ungrudgingly: nobody has ever *given* me an opportunity to do anything. Now, i believe lucky are the ones who are given an opportunity by others. Shows that others believe in them. But i also believe lucky are the ones who *create* an opportunity to do anything in life. Shows that they believe in the Universe. Now, what good would have come out of my life if i'd kept sitting on my backside, twiddling my thumb and waiting for others to give me a "break"! That's how most of us waste our potential anyway. I decided early on in life, that i'm not going to die with my music unplayed. That i'm going to go out there and play my music full on. So what if it's shrill, and so what if none cares to listen! In that sense, i'm like a cactus. I know i'm born for a reason, and that reason is not "impressing" others, but to activate the energy of the Universe inside me. I try (and will keep trying) to uphold that purpose. That's what all my efforts in life have been.

In fact, i am writing this book also as a way to tell myself that however much i fail, and however much judgement or criticism comes my way, i am never going to stop dreaming big. And doing bigger. I owe that to the Universe. I accept that i might not have the talent, but i also accept that i have the drive. And if there is one thing i've learnt in life, it is this: crazy drive always surpasses crazy talent. And i believe crazy drive always comes from independence.

## YES THANK YOU UNIVERSE

So, my earnest request to you is: don't keep waiting for a miracle. Go out there and create it. And it is only by being independent that you truly start creating and enjoying the miracle of life. Yes Thank You Universe to that.



# Presence

All that there was, is or shall ever be on this planet is in the NOW. Almost the entire humankind suffers from two major ailments: thinking about the past and thinking about the future. You see, the past was once a present, and the future will come as a present too. It is always the present that you inhabit. Look at it this way: you can't go back to yesterday and eat the dish that you ate yesterday. You can eat a similar one but not the same one. Let go of all hankering for the past. If it was glorious, great, rejoice in that. And carry forward its emotional memory. But not the events themselves. For once lived, they are gone. It is now up to you to create new ones. And don't worry about the future either. Can you eat the dish now that you're going to eat tomorrow? So, let tomorrow take care of itself. It is only by living intensely in the present that you reach out to the bounties of the future, not otherwise.

It's like swimming in a 100-metre pool. You reach from one end to the other by swimming a few metres, one stroke at a time. You cannot straight away jump to the other end. Likewise, covering a 100-kilometre distance by car. All you



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see is a few metres ahead at a time. And that's all you need to cover. Step by step.

See, life is an atomic process. By being attentive to the smallest unit, you can enjoy the benefit of the largest. And the most atomic unit of life is the present breath. Statistically, we breathe 17,000-plus breaths in a day. So there are 17,000-plus opportunities for us to live our life and act on our calling! And by acting, I mean starting. Whatever your goals are, start moving towards them now. There's enormous energy in the now. In fact, *all* energy in the Universe exists in the now. And you can invoke it only in the now. Don't keep sitting on the sidelines as countless opportunities pass you by. You are a surfer. What good will it do to you if you tuck your surfboard under your arm and simply watch the waves come and go? You have to hurl your board onto the wave and ride it. There will be a good wave, and at times a not so good one. Take it all in your stride. So long as you are surfing, it doesn't matter. Most energy damage is caused by putting things off, postponing them to the morrow. You see, tomorrow, or even the next moment, is an uncertainty. You can never be sure whether it will come or not. The only thing you are certain of is the present. By making it a habit to do everything in the here and now, you will get all the energy you need. In fact, it is the perfect synthesis: you have energy now and you do things now. There is zero lack or paucity ever. Things seem impossible only because they are postponed. By bringing them into the domain of the present, by acting now, they lose their intimidation.

Whether it's the walk that you are walking, the food that you're eating, the book that you're reading, the conversation that

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you're having, the message that you're typing, or the website you're browsing, be attentive towards everything. Many Buddhist monks take an hour to drink a cup of tea. In every sip, they put in a lifetime of exhilaration. To them it's not a gulp-and-gone activity. Now, i do concede that for most of us "worldly" people, devoting such an extended time to a cup of tea is a little impractical! And, honestly, it's not how long you do something that governs your enjoyment from it. But how attentive you are while doing it. When you're completely attentive, while doing anything significant or "mundane", that's true meditation. That's when the sluice gates to higher energy open, and you get transported to the level of infinite energy.

In fact, do an experiment right now: put this book down and chant Yes Thank You Universe thirty times. Go on. Do it. If you're able to, then let me give you a huge round of applause. It shows that you are attentive enough to the present. And as Bill Keane has beautifully said: "The past is history, the future is a mystery and this moment is a gift — that's why it is called the present!" So, learn to enjoy the present that the present is. And since it must begin with me, so let me say an emphatic Yes Thank You Universe to the present. And also say aloud my happiness affirmation: "Yes, i am superhappy forevermore!"



## THE BENEFITS

# Forgiveness

Let me ask you a question: between healing a wound or letting it fester, what would you choose? It is a given that most people will choose the former. Especially with physical wounds. But when it comes to inner wounds (the emotional ones), they do the exact opposite! They find it impossible to let go of the past. Especially all the pain. Now, pain is like a pothole in the middle of a road. It slows down traffic and causes inconvenience to everyone. Besides, zero pothole is ever permanent. One day, when the road gets renovated, the pothole is going to get filled up too. And there will be zero sign of where it was. Please remember that all pain is temporary. And where pain exists, healing does too. For, where night exists, day does too. Where snow falls, spring comes too. At the *same* spot. Just let go of all that's holding you back: bitterness, remorse, guilt, vengeance, anger, fear, weakness, ego. Especially let go of ego. The word Ego ends with Go. It has to go. For you to blossom.

Ego is one of the lowest energies in the Universe. It separates the individual from the whole. One starts seeing oneself as disconnected from the collective. "Why did that person hurt *me*?" "Why did I have to go through that pain?" Now, you see, none is separate from anyone. Like the ocean, where zero drop is separate from any other drop. Think of it this way: if not you, someone else might have had to suffer or go through pain. But the fact that *you* had to, shows that there is a lesson in it for you. And you have to surrender to it. And if a victory has come to

## YES THANK YOU UNIVERSE

you, rejoice in it. Be grateful in accepting that. But always remember that there is zero victory that hasn't been tasted by anyone before you and zero pain that hasn't been endured by anyone before you. Think of the highest victory that you can conjure: an Oscar, an Olympic gold, a billion dollars, world fame. Hasn't it been achieved or experienced by someone before you? What is so special if *you* experience it too! Likewise failure. Think of the lowest: loss of a loved one, loss of health, bankruptcy, disrepute. Hasn't that been experienced, too, by someone before you? The whole point is: why make yourself special or unspecial? Or superior or inferior. Why not revel in the collective energy of the Universe? Rather than looking at things in isolation, why don't you look at the whole? It is not for achievement that you are here. But for experience. Ego drives you towards achievement. Consciousness drives you towards experience.

If any person or situation is bothering you, include them in the Superpositivity Chant. Envelope them in the energy of Yes Thank You Universe. Send out love to everywhere, everything and everyone. And stop standing at the biggest bump on the road to forgiveness: the *cause*. In fact, do yourself a favour, and this very moment, stop looking for causes in life. If cause were the trigger for everything in life, then you should not be standing on the very ground where you stand, beneath which countless graves of umpteen creatures are dug. Or you should not be breathing the very air you breathe because countless microbial "cadavers" are floating in it! And *you* have caused their death! And now that you know that you are killing thousands of microbes by your very breath, will you stop breathing? *No!* Because, you will say, it is designed that way. And you're right.

## THE BENEFITS

Going by that logic, the hurts that come our way have been designed that way too. By the Universe. So from now on, let's stop looking at causes and, in a sense, even at our own piddly designs. And let's start looking at the design of the Universe. Which keeps giving its bounties to us infinitely, regardless of the "cause". Say Yes Thank You Universe everywhere you look, at everything you look and at everyone you look. Cherish those you think have added value to your life. As well as those who you think have "taken away" value from your life. And if you still find it difficult to forgive, then learn from the example of the guava tree.

## THE GUAVA TREE

There's a guava tree in my parents' house in Jammu. Six years ago, most of its branches were cut down. And it became brutally withered. However, this year the same tree started blossoming with fruit. Now imagine if it'd said: "No, I am not growing again, because I still hold a grudge against you!" On the contrary, it said Yes Thank You Universe to forgiveness and to regeneration. Now, a plant is a baser life form than a human being. If the guava tree, after so much pain, can still keep saying Yes Thank You Universe, then why not each one of us? And imagine, if the guava tree can blossom with so much fruit after giving its forgiveness, then how much fruit is waiting for us, once we give our forgiveness! So forgive and let go. And it will truly let your life grow.



YES THANK YOU UNIVERSE

# I nspiration

Most of us see other human beings as our role models. Often the superwealthy and supersuccessful ones. That's great, and i, too, have drawn inspiration from more people than i can recount. But, it is also somewhat limiting. Because we're still looking at the spring and not the source. And if we want the best minerals, then we have to go the very source of that spring. And actually that's what we've done throughout this book — go back to the source. To the biggest role model, the granddaddy of them all: the Universe. See, if following a human role model bestows you with their qualities, imagine what following the Universe will do to you! It is the archetype of love, joy, beauty, abundance, success, health and wealth. Connecting with the Universe is the source of all inspiration, rather all life. Any time in your life you feel rudderless or adrift, try a simple solution. Go outside or find a spot where you can see the sky. Look at it with your eyes wide open. Stretch your arms and proclaim: "Yes Thank You Universe for this beautiful life!" It will immediately connect you to the inexhaustible reservoir, the Universe, and bring an amazing inspiration inside you. Answers and remedies will start flowing to you, even the ones that you are not aware of right now.

And since the Universe lives inside every life form, then you can take inspiration from the smaller Universe as well: *you!* However less you think of yourself, there have been many times in your life when you have committed acts of great energy: staying up all night to study for an exam, running to catch your

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school bus after it left the stop, going without food for an entire day, walking several kilometres at a stretch. See, one of the precepts of the universal energy is that if you use energy to do something once, you can always re-muster it. Maybe not to do the same thing but to do something similar. Maybe if you ran a 100 metres under 10 seconds when you were 20, you could drive 300 kilometres at a stretch now that you are 60. Though the acts are different, they both require similar energy. And you always have that energy within you. You just have to recall it. Let me give you a wonderful example.

Fauja Singh was an octogenarian living in London, depressed and awaiting his "end". One day he was sitting on a park bench and blankly staring at a void. Suddenly, some old people ran past him. Something in him got stirred. He reminisced his early childhood: the time he had polio and could not even walk till the age of five. He remembered what it felt like, and realised that even though he was old, he did not want to go through the same feeling again. He immediately began to focus on a time later on in life, when he'd blaze through the mustard fields in his village. He remembered how awesome it felt. So, he got up and started training. At the age of 89, he ran his first full marathon: 42.2 kilometres. And kept running like a man possessed all over the world. Till he was 102! An interviewer once asked him why, at his age, he still kept running — why didn't he just relax? He replied: "Running keeps me alive. It is like asking, 'Why not stop breathing?' " Now, *that's* inspiration for you! Like Fauja Singh, we all have that energy. We just need to go within and invoke it to inspire ourselves whenever, wherever, however we want.

## YES THANK YOU UNIVERSE

And now on to the other aspect of inspiration. An even more wonderful one: giving it. You see, we take breath so that we can give it back. We get love so that we can give it back. We earn money so that we can put it back in the economy. Ditto for inspiration. We get inspired so that we can inspire others. During the making of *Challo Driver*, at every step of the way, i faced seemingly insurmountable roadblocks. But all along, i was spurred by the belief that if my film clicks, it is going to show an "outsider" a possible way to enter the film industry. That it tanked, and hardly anybody took any positive inspiration from it, is a different matter altogether! But it is my abiding belief that zero energy investment ever goes waste. Everything has a time and a season. In due course, my energy investment will pay off as well. I know it. Till then i am simply doing what i know best: stay on course and stay inspired.

The motto of our organisation Superpositivity Foundation is: Creating Positive Energy Forevermore. And through this book, that's what i am trying to do: creating a wave of ongoing and incremental positive energy in the world. My consciousness tells me that *that's* the reason i am here on this beautiful planet. You see, this book has been written during the most "difficult" time in my life: when i've had zero money, career, assets or opportunities. And the only reason i'm mentioning it again is that if i could muster infinite energy during such a tumultuous time, then most of you (i sincerely hope so) would be going through a much better time. Give yourself and others zero excuses for anything. Just keep taking and giving inspiration constantly. And the Universe will take



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care of the rest. So, here's my Yes Thank You Universe to a lifetime of being inspired and to passing that inspiration on. Freely and joyfully. Like my role model: the Universe.



# Newness

I have seen this with every person who regularly does the Superpositivity Chant: it opens the sluice gates to newness. And the Universe *loves* newness. As you're reading this, a brand new creation, never seen or known before, is taking birth somewhere on this planet. In fact, by the time you finish reading this sentence, 10,000 new stars would have been created by the Universe. And ten million new cells would have been created by your body. Newness is how you and I are here in the first place. If the Universe had stayed stuck on dinosaurs, we as a race would not have come about! But millions of years ago, when dinosaurs walked upon this planet, the Universe thought to itself that it needed to bring a more gentle, less hostile (really!) species, and so it conceived humans in its imagination. And created a species like nothing that had ever existed before. The point is the Universe does not discriminate. It does not say X is better than Y. It simply says, I have created X. Now let me create Y. For the pure experience of it. And that is exactly the point. Newness lifts your life experience. It is not always a better experience: it's just a *different* one. And usually a refreshing one.

## YES THANK YOU UNIVERSE

Every now and then, just shake your routine up. Don't be a creature of habit. Change is the way of life. Else, the Universe would not have introduced seasons into the scheme of things. Every new season brings about a culmination of the old and an ushering of the new. It's because the source wants the plant to do something new every few months. See, it's like you're a painter. Even if you've made a masterpiece, how long can you just keep admiring it? You can behold the creation for a while, but then you have to keep it aside, pick up the brush again and go back to work. To create something new. That's what life is. Every day is an opportunity to pick up where you left and blaze a new trail. You have to stop seeing it with the lens of past experiences, emotions and events. The previous one has gone. You cannot keep holding onto a relic. Else, you will become a relic yourself!

So say Yes Thank You Universe to newness. To everything new you've never done before. Taking a route you've never taken before. Eating a cuisine you've never tried before. Giving a hug to your spouse instead of a litany of complaints. Using your left hand to open the door of your apartment instead of the right one. Wearing mismatched socks (even if you're a banker!) Walking to the grocery store instead of taking the car. Watching the neighbour's plants instead of your own. Eating at a Vietnamese restaurant instead of Italian. Enroling for a taekwondo class. Learning a foreign language. Writing instead of reading. Or reading instead of writing. Listening to music you don't understand or like. Wearing a colour you don't usually wear. Being grateful instead of ungrateful. Giving a compliment instead of receiving it. Making a card for someone instead of expecting it from someone. Whatever it is, just know that doing

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something new is a surefire way to generate bushels of positive energy. And to optimally vibrate to the rhythm of the Universe.

And as you've learnt by now (hopefully), everything in life has to be *activated*. Including newness. And that's where the Superpositivity Chant helps again. As i've said earlier, i take chanting as breathing. Just like every breath of mine is a new one, every chant of mine is a new one. Just like i've taken over 250 million breaths, so what if i've said Yes Thank You Universe 25 million times already! Every breath brings a chance to say it one more time. Yes Thank You Universe to the newness of that.



# Unlimitedness

You see, rain falls once. And then it falls again, and again, and again. But every time it feels like the first and the last one. Similarly, flowers bloom once. And then they bloom again, and again, and again. But every blooming feels like the first and the last one. Likewise the flowering of our life. It flowers once. And then it flowers again, and again, and again. But it is our own limited thinking that makes us feel that this is the only time, and there might not be a next time. Because most of us live in the bubble of limitedness. The track that goes inside most people is: "This is all that i have, and it is going to run out soon!" Such people are daunted by the "demands" by others on them and their resources. They think that once their resources run out, they won't be

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replenished. Obviously, they don't spare much thought to the Universe. Which has trillions of stars and species living in it, putting unimaginable demands on it and drawing from its vitality this very moment. And it has been like that for billions of years. Has its energy lessened even one infinitesimal bit? Has it ever said to any of its creations: "Right now, i'm a bit tired, come to me after some time, maybe i'll see then!" Have you imagined what might happen, if the Universe decides to take even one "breather"? Just think about it: if you *truly* do, you will never complain about any lack or limitation ever.

You see, every human being has unlimited potential. It is impregnated in our DNA. All other life forms are pretty one-dimensional. They largely do one thing throughout their life: a lizard eats insects and sticks to it, a cow grazes grass and sticks to it, a lion hunts game and sticks to it. Ask a lizard to heal someone, a cow to build someone a house or a lion to feed someone: they will all draw a blank. Now, please understand that i not making fun of any of these life forms or questioning their purpose on this planet. I am merely pointing to you the core difference between animals and humans. That of potential. Look at it this way: if the Universe did only one thing, only green would have existed on this planet, not red or blue or any other colour. Birds would not have existed, only mammals. Meadows would not have existed, only deserts. Peace would not have existed, only conflict. Abundance would not have existed, only scarcity. Love would not have existed, only hatred. And, above all, 500 billion-plus galaxies would not have existed, only one. But the fact that all of this does, and much, much more, is a testament to the Universe's appetite for more. And its unlimited nature.

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When it comes to human beings, i think our limitation starts with how most of us understand this phenomenon called nature. To most of us, the extent of nature is only till the solar system: sun, moon, sky, air, plants, flowers, people, birds, animals, rain, rivers, seasons, mountains. But, as you know by now, this solar system is only a tiny speck in the entire Universe. It is great to admire the sun, because it is thanks to the sun that life exists on this planet. But then what about the source, the Universe, that has created the sun and trillions of stars brighter than the sun? What about the source that has placed the earth at a precise distance from the sun so that it is possible for life to exist? Through the Superpositivity Chant, i invoke *that* source, the Universe, the very energy, the very intelligence, that made all this possible. I invoke nature, yes, but also para-nature, sub-nature, extra-nature, and everything in between. It is the nature that i am conscious of every breath of my being. The nature that tells me that unlimitedness is my true *nature*. And, if i still come across any limitation on any front, i instantly apply the .01 Percent Rule.

## THE .01 PERCENT RULE

I apply this rule to all aspects of my life. For everything i have done or experienced so far, i believe i have used only .01 percent of my potential. And that is despite giving my 100 percent — or what i believed to be my 100 percent — to that occasion. Now, anatomically, if only .01 percent of my body is physical matter, then it is only logical that that is the *maximum* i can use! Right? 99.99 percent of me is anyway an emptiness, a pure energy, which

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can neither be exhausted nor used up. So where is the question ever of "I've done enough"! What this rule does is that it frees me up from collecting the ownership of any experience and being weighed down by it. It also leaves a huge room for improvement in everything. It tells me: "When 99.99 percent is still untapped, imagine what you are still capable of!" The title of one of my books is *Stretch Yourself*. And that is also my number one credo in life. When i multitasked on my film — wrote, directed, acted, produced, did the lyrics, released it — i did not do any of this because i was vain. People misunderstood me. I did it because i was hungry. For growth.

Early on in my life, i decided that, come success or failure, criticism or appreciation, i will keep growing every day of my life. And *all* that i've ever done in my life has been driven completely by that quest for growth. I've had twenty-five vocations till now. Who knows, maybe twenty-five more await me! The point is: i don't set limits for myself. My life is driven purely by an inexhaustible drive. And it is the Superpositivity Chant that fuels that drive today. Let's say i've set myself a target of two hours of chanting. Just when i reach the exhaustion point or the threshold, i drive myself for some more, for a bit longer. Actually, how it works is very simple: i drive the chant, and the chant drives me. And thus unlimitedness becomes my ongoing way of life. Whatever i do, i know something bigger yet awaits me. That a bigger inspiration is going to charge me. A bigger idea is going to occur to me. That if i could do something wonderful with just .01 percent, then imagine what the remaining 99.99 percent holds! *Unlimited*, right!



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# Originality

I learn the lesson of originality from a diamond. It is formed over a billion years at a distance of 150 kilometres below the earth's surface at a temperature of over 1,000°C. Can you imagine that kind of pressure? And for *that* long! Now, maybe while it is going through the pressure, its neighbouring minerals tell it: "Come join us as we drift away. It's so much easier!" But the diamond knows that it's born to be original. And it follows its purpose with fidelity. And one day, because of that quest for originality, it becomes the hardest mineral on this planet. Also the most precious. So what does that demonstrate? That if you stay original, what will emerge is a strength as rare as the diamond. It also tells you that if you stay true to your purpose, whichever corner of the planet you are hiding in, you will be "discovered". Imagine, who'd think of going to a depth of 150 kilometres into the earth's volcanic mantle to "find" a diamond! But the Universe has enigmatic ways. It doesn't let anyone or anything of value ever go unnoticed. At the right time, reward is given. You and I need to just stay true to our core. And just display grace under pressure. For, that's what the diamond does. It doesn't complain. Nor does it try to dodge the extreme heat. Rather, it goes right through it. And the result is a rare, priceless gem, bristling with vibrancy and energy.

I say an eternal Yes Thank You Universe to originality. In the toughest year of my life, when survival literally meant going

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from one meal to the other, i did what might seem stupid to 99 percent people (and maybe inspiring to 1 percent), but what seemed to me the most natural: i devoted that entire year to meditation and writing. While most well-wishers kept goading me to take up a job, i did not listen to anyone. It was very hard, but i persisted. I just kept my tenacious spirit alive. I knew light was around the corner. In fact it was *within* me. I just had to see it. There was literally zero social life and zero opportunities. But despite the odds, i kept saying the bigger Yes: to the voice of consciousness. Rather than the smaller Yes: to the voice of logic. And while at logic, let me give you my take on it: if logic were the driving force of the Universe, then there is absolutely zero logic it should have created 500 billion-plus galaxies, when only one would have been enough! I believe there is way, way more intelligence and energy that we can tap than we tap. And i continue to say Yes Thank You Universe to that intelligence and energy.

Let go of the word Competition from your dictionary. Who are you competing with anyway? Always remember that you are the chosen one. The very fact that you are on this planet attests to that. You were once 1 in 300 million sperms vying for life. But the fact that you prevailed over the others means that the Universe wanted you to be born. And ever since you did, the Universe has been watching over every breath of yours. Every step of yours. It wants you to prevail. Not over others. But over yourself. Stop standing in your own way. And that of the Universe.

Like i've said earlier, there is nowhere, nothing or none that has more power than anywhere, anything or anyone else. It is just the degree of consciousness in an entity that governs the



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expression of that power. And the expressions of that same power are different in different species. The mountain and the ant are classic examples. For all its might, the mountain can barely "move" a centimetre in a year, while for all its puniness, the ant can move several kilometres in a day! If one aspect of power is agility of movement, then should it perhaps be said that the ant is more powerful than the mountain? *Of course not!* In fact, neither is more powerful than the other. Each entity on this planet is blessed with uniqueness. And the originality with which it expresses itself becomes its state of power. In human beings, the majority thinks that power lies outside of them. They assume power is something that other places, things or people possess, and they can maybe dream about that power but never *have* it actually! They think a film star or a politician has more power than a commoner. Now, the former can't roam about freely while the latter can. If freedom of movement is an aspect of power, then may we say that the latter is more powerful? Again, that's not true! Each one of us has been bestowed with phenomenal power. And that power is *originality*. Once you realise that, making a cake will give you the same power as making a nuclear reactor gives someone else. Please forgive my audacity (especially if you're a nuclear scientist) but to the Universe, they're both equally significant. And equally unique.

In fact, Unique is a beautiful word. Look around you, and you will realise how unique every creation on this planet is from the other. The mountain doesn't look like the ocean, the ocean doesn't look like the flower, the flower doesn't look like the sky, the sky doesn't look like the butterfly, and the butterfly doesn't look like the rabbit. And the beauty is that they all rejoice in

## YES THANK YOU UNIVERSE

their uniqueness. It's been millions of years, and do you know the funny thing: not a single one of them tries to compete with the other in "looking better"! In fact, they don't even try to look the same. Rather, they just let each other be, and express their own innate uniqueness. Similarly, you need to liberate yourself from the trip of looking, or being, a certain way to seek admirers. Fully live in your own skin, and you will automatically feel and look good.

When i share the Superpositivity Chant with people, i tell them what i'm telling you now: don't follow anyone, not even me. Just flow with your own rhythm, your own style. Whether you sing or not is not important. Say it like a lullaby, in prittle prattle, set it to the tune of a film song, sing it like a soprano, dance, jump, hip hop, shimmy, jive. Whatever. Do it *your way*. Be original in your rendition of Yes Thank You Universe, and you will be original in life. And there's nothing more beautiful in the Universe than that.



## Overcomings

I know this word is literally incorrect. But i also know it conveys the meaning of this section the best. Because i believe you truly

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blossom in life when you overcome two things: loss and failure. Let's talk about loss first.

### Loss

Research says that it takes most people a maximum of three months to overcome any loss. Of any nature. And that is the time it takes unconscious people. Conscious people take only a few weeks. Very conscious people overcome it in a day or so. And superconscious people don't feel any sense of loss. They see life and all its parts as an indivisible reality.

And it applies to relationships as well. Let me give you an example. My ex-wife had once sworn that she couldn't even bear the thought of ever living without me. There was a lot of intensity and attachment. But as fate would have it, we parted ways. When i met her six months later, she was happier than ever before. It was just her *thought* that she could not live without me. In fact, she was better off! The same applies to every person. None is indispensable. The sooner you and i accept it, the better it will be for us.

Anyway, loss is a relative term and it means different things at different stages in life. See, when you were in second grade, losing a sharpener meant the end of the world. In high school, a love unreciprocated meant a loss. If you didn't get the college of your choice, that was a loss. If the dream company didn't pick you up, that was a loss. And the commonality in all these is a loss of "image": what will others think of me! Or the fear of criticism.

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See, i have received a lot of criticism in my life. But i made a conscious decision a long time ago. That i am not going to give it back. That i am going to be beyond finding faults with anyone. I have enough of my own to rectify. And that alone should occupy all my attention. Criticism is lower energy. I believe there's nothing like "healthy" criticism. A healthy direction is more like it. The need to criticise presupposes that i know better than someone else, or i am better than someone else. Neither of which is true.

When i made *Challo Driver*, a lot of people said the most caustic things i do not wish to repeat. How do you think i dealt with them? Simple. I just smiled within. I thought if it means them gaining an ego massage, let them have it. I had only one goal at that time: to let none of that negativity affect my spirit. Which, i believe, is the only loss ever. If anything makes you lose your positivity, then that's the only loss. If not, then there's zero loss. Then there's only gain-gain. The other person gains voyeuristic satisfaction, and you gain superpositivity. Which is invaluable.

You see, life is all about perspective. Things are not what they seem to be. When you assume that you're looking up at the sky, you might be tilted down on the earth's axis and looking down at the sky, without realising it. Isn't it one of the great positive scenarios in life: when you think you're "down", you actually might be up! When you think you've lost, you actually might have gained! Just be superpositively centred in the energy of Yes Thank You Universe, and one day you will be compensated for every loss you've had to endure. For, that is the eternal promise of the Universe.

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And to make it simpler, i have a credo that helps me keep life in perspective:

### IT ALL BELONGS TO THE UNIVERSE

Over thousands of years, we humans have looked at the sky and asked one question: "Is there life out there?" We've not got the answer yet. Because we've asked a flawed question. We need to rephrase that question and ask a simpler one: "Is there Universe out there?" We will get an instant answer: of course! For, where is the Universe not? And wherever the Universe is, there has to be life. Sure, its forms can (and do) vary. The life of a photon is different from the life of a squirrel. The life of a planet is different from the life of a centipede. The life of an interstellar cloud is different from the life of a human.

Now one might say: "How can a lump of gas have life?" Okay, so let's see how. An interstellar cloud collapses under the intense force of gravity, and from the dust of that cloud, a star is born. Inside disks of gas and dust that rotate around a star, a planet is born. And in the spin of the planet, unseen forces come together to create "life". Now if you and i have life, how can the interstellar cloud not? For, how can life come from non-life? And how can life go into non-life? Everything is in the Universe, comes from the Universe and goes back to the Universe. Back to where it belongs. And that's how i implore you to look at everything: whether it's mine, yours or anyone else's, it eventually belongs to the Universe. It includes the gift of life as well. See, it is estimated that 108 billion human beings have lived on this planet since the dawn of humankind. It means that leaving aside the 8 billion that are living right now, over 100 billion people

## YES THANK YOU UNIVERSE

have already left this planet. Tell me, after knowing this statistic, how do you see it — as a loss or a law? Of course, a law! Rather, a fact. And the fact of life is that what i call my life is also not mine. It belongs to the Universe. And is one day going to be rightfully taken away from me. I am merely an emissary sent on a mission by the Universe. When time comes to appoint my new station, the Universe is free to do so, and i shall gladly accept.

Going by this yardstick, when time comes to forfeit any material possession or anything far more valuable for that matter, say Yes Thank You Universe to that and just embrace the fact that it is going where it belongs. Now, i am not implying that you be irresponsible with your belongings or insensitive to your relationships. Far from it. But if something gets lost due to theft, calamity or perchance, then it is beyond your control. Just let it go. Go beyond any lamentation. Or grief. Just accept. The Universe is an ocean. And every drop has to continually lose some of itself, and some of what it calls its own, into the ocean to serve the ocean. If the drop sees it as a loss, then it will be an unhappy drop. But if it sees it as its true essence, then it will be a happy drop. And one happy drop after another will eventually lead to a happier ocean. A happier Universe.

## **Failure**

The next thing to overcome on the road to self mastery is failure — also the thing that human beings are most scared of. In my

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life, i have seen thousands of failures or Nos. During the year after *Challo Driver*, i took all the six film scripts that i'd written and went to forty-six production houses. But i did not get a single Yes. The financial crunch was so bad, i just had to pack up my bags and leave. Truth be told, i wanted to somehow hold on. The Universe, though, *always* has better plans. When i went back to Jammu, i providentially started the Superpositivity Movement, and eventually the Yeses started to flow in my life. Like the guava tree in my parents' garden, i became a constant emitter of Yes. I just didn't give No an option. Or, you can say, i emulated the sun. Which gives darkness zero option.

My biggest failure also taught me that nothing in life is undesirable. If i hadn't gone through that turbulent patch, Yes Thank You Universe wouldn't have come to me, and i wouldn't have started the Superpositivity Movement. The way i look at it: only by being grateful can you become *greatful*!

Ideally, a failure is meant to leave us with greater energy and not the other way around. You see, after going through fire, gold becomes purer and devoid of flaws. That's what metallurgy does. Burns away all impurities. In a way, all our difficulties and troubles are the metallurgy of life. Unless we are put through severe hardships and trials, our true value cannot emerge. Just the very act of going through hardships gracefully will leave you with far greater energy than you can imagine now. Just like a diamond owes its brilliance and sparkle to intense pressure, we owe our growth in life to hardships and trials. Have you ever wondered why the wise ones have called our difficulties trials by fire? Because they are not difficulties, but a *purification* process. Else, we will just remain raw and unpolished.

## YES THANK YOU UNIVERSE

In fact, pressure is what leads to all creation in the Universe. Whenever external pressure is greater than existing force in deep, dense regions of space called molecular clouds, you know what happens? A star is born! Now, the potential is always there inside a molecular cloud, but without pressure it won't intensify, and thus zero stellar creation will ever happen. The stars are considered the building blocks of the Universe. And they are always born under intense pressure. Such is the way in which the Universe is designed. And there is zero exception to this cosmic rule.

If you look at a plant in the winter season, it's withered, bent down and completely sapped of life. It seems so frail, one wonders if it will ever blossom again. However, come spring, and it again becomes laden with fruit and life. The same plant! What happens is that the plant is perpetually invoking higher energy. Even through the harsh winter season, it continues its quest for energy. It doesn't give up. Do you think a plant would blossom (or survive) if it gave up its quest? That quest is fundamental to its existence. And to think of it, the plant has to go through this ordeal season after season, year after year! But it does so with grace and gratitude.

Similarly, people who were once written off as abject failures are among the most successful ones on the planet today. They've counted their blessings when the chips were down and not given up. Just like the plant that has tasted the bloom of spring and savoured the peak of its glory — and has a remembrance of that — they know that life is glorious and has its wonderful highs. They know that if they stay grateful enough, the magic wand is going to work for them again. Because they



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understand and respect a wonderful universal law called the Law of Alternation. Which means that there is going to be night after day, and day after night. That the sun is going to rise in the morning and set at night. That the waxing of the moon is going to be followed by the waning. That summer is going to follow winter. That if the pendulum swings to one side, it has to swing to the other. Both the plant and the "failures" understand that this law is absolute. If it works for one, it works for all. And if it works once, it will work again.

You see, our life can be compared to the sky. Sometimes it is very clear. And at times, it seems hung over with dark clouds. Our troubles are like those clouds. Now, many people look at the clouds, and think that *that* is the sky! But that's not the truth. The sky is the ever-present reality behind those clouds. The clouds are just momentary, an aberration. Likewise, our troubles are momentary. They come and go. But, for a moment consider the significance of those clouds in the sky. If there were zero clouds, there would be zero rain. And if there were zero rain, there would be zero water. And if there were zero water, there would be zero life! Ask the farmers. They thank the clouds, and wait for them. In fact, they pray for them. Our troubles are like those clouds. The more intimidating they seem, the more wealth they are going to bestow upon us, and the better off we will be after they are gone. The wise person always sees the true reality of the sky beyond those clouds. And keeps the patience for the sky to clear. For, one day, it *has* to. There's zero other way.

So thank the "clouds" of your life and remember this credo if another one comes looming:

## YES THANK YOU UNIVERSE

### ANYTHING OF VALUE ALWAYS RETAINS ITS VALUE

Take a currency note. Any currency. It has value, right? Now crumple the note and press it in your palm shoddily. Does it still have value? *Of course* it does! The only difference is in the appearance. It just *looks* ungainly now. The same applies to every problem in your life. Just because something has not worked out the way you thought, why should you ever undermine its value!

Plants and animals that died hundreds of millions of years ago got converted into fossil fuel which is driving industries, cars and most of the modern human civilisation. Even in death they said Yes Thank You Universe. Scientists have often cloned cattle by scraping cells from carcasses: did the plants and the cattle lose all their value after death?

I apply the above credo to every aspect of my life. I got divorced in 2013 after a wonderful six-year marriage. Now an outsider might get dismayed by yet another "failed" marriage. But, truth be told, i have never questioned whether it was good or bad. Why should i? It brought me so much happiness and added so much value to my life, that i say an eternal Yes Thank You Universe to it. Where is the question of saying No to it? What about all the wonderful memories and experiences. Why should i ever negate that?

See, every atom of the Universe has intrinsic value. Otherwise it would not have existed. The fact that it has emerged from the body of the Universe means that it is valuable. Period. So, cherish the value that anyone or anything has brought to your life. Look at all your endeavours like that. Anything you've attempted has had value. And it will always retain its value,

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whether it worked out as per *your* plan or not. Don't collect the labels of things "working out" or "not working out". That is a very low denominator of looking at anything in life. Just say Yes Thank You Universe to every person or endeavour that has appeared in your life. Even if things ended on a bitter note, now is the time to say Yes Thank You Universe to the pleasant memories and positive exchanges, even if fleeting.

And, finally, remember that there are four situations only that you will have to encounter in this world: your victory, others' victory, your failure, others' failure. If it is your victory, revel in it. And let it propel you to ever greater heights. If it is others' victory, be happy. For every victory (yours or others'), essentially contributes to the collective victory of the Universe. Every smile, every hurrah, adds to its collective energy. If it is your failure, accept it with grace. And if it is others' failure, be compassionate towards them and pray for their resurgence.

Eventually, be above both these words: victory and failure. There is nothing to be won. And nothing to be lost either. You see, the very fact that we came empty-handed and we shall leave empty-handed too, attests to how fleeting all our acquisitions are. All that exists on this planet was created here. And shall be left here too. Energy should be your *only* goal. To experience a lifetime of higher energy is the life most beautifully and worthily lived. And once you have higher energy, your life is going to be of a majestic level. All is going to come to you. For you are the magnet to which all filings are drawn. So-called victory and failure are a part of human life, just like spring and autumn are a part of a plant's life. They are a part of the universal flow of energy. And there's only one thing you must do: accept them. And rejoice

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in them. Eternally. So here's my Yes Thank You Universe equally to failure and success. And to everything in between. For, that is also the way of my eternal source, the Universe.



*All* the twenty-one benefits i've just mentioned will be yours, if you do the Superpositivity Chant. But they will not accrue just by chanting once. Or twice. But hundreds of thousands of times. A hundred thousand is the minimum. If you chant for half an hour a day, you will get there in about three months, though most of the benefits would have entered your life much before that. Also, before we sign off on this chapter, you'd do well to know here that in the initial phase of chanting, not everything worked in my favour. But i persisted for a month and the greater things — love, joy, peace, health — started flowing into my life. And within three months, the great things — work, abundance, opportunities — started flowing too. The point i am trying to make is: persist with the chant. Even in the face of adversity. *Especially* in the face of it. And the rewards will be far too many to count. Guaranteed.

# 4

## THE APPLICATIONS

### *When and Where to Chant*

The Superpositivity Chant creates waves and vibrations so powerful that the entire Universe is moved. Do the Superpositivity Chant if you intend to fulfil any dream of yours. Do it if you intend to overcome any challenge. Do it if you intend to help someone. Do it while driving, working, reading, showering, shaving, cooking, walking, watching TV, surfing the Internet. The possibilities are infinite. Yes Thank You Universe is above all about celebration — a celebration of life, rather than just of things. And though there isn't any particular occasion to chant, let me give you a few suggestions when it can be particularly helpful.



YES THANK YOU UNIVERSE

## On Waking Up

Chant the first thing on waking up. As soon as you open your eyes. The tendency of the mind is to start making noises from the very start of the day. But before the mind takes over, make your consciousness take over. And put your positive energy in the driving seat. It's like laying the foundation of your day, and of the energies to follow. Here is what i do: i get out of bed, put a smile on my face, look up and say Yes Thank You Universe 100 times. It takes me two minutes. And jumpstarts me awesomely for the day, bathing me in the superpositive vibrations of Yes Thank You Universe.



## I n the Loo

Most people consider loo time to be unproductive time or "negative" time. Something that has to be done with as soon as possible. But, believe me, some of the best ideas have come to me in the loo — mostly sitting on the throne! Because i have always upheld the eminence of that act. That it is sacrosanct to one's wellbeing. I also believe that it is your conduct in the

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so-called "negative" situations that determines your positivity. Rather than idling, it will be amazingly empowering to activate your energies by chanting Yes Thank You Universe. Try it.



# While Taking a Shower

Water is the greatest physical energy on this planet. It's been around for 4.6 billion years and is as old as planet earth. It is much older than oxygen, which came into being two billion years after water, and thanks to bacteria that were born in water. I love the energy of water, and i find that every time i take a shower, my entire being feels cleansed. And with chanting being the new value addition, i enjoy bathing even more. Instead of stray thinking, i bring my attention to my body and keep saying Yes Thank You Universe. It amplifies my energy. I have seen that chanting while doing this "mundane" act makes it immeasurably enjoyable.



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## While Getting Ready

Take a moment and behold the marvel that you are. If someone asks you your age, you are quick to say the number of years you have been on this planet. But it has taken the Universe 13.76 billion years to make you. And that is what your *real* age is. Not 30 or 60 years but 13.76 billion years! Every pore of your skin is timeless. And glorious. Every limb of yours is majestic. Touch your face. Caress your arms. Bless your eyes. I have been to many institutions for the physically challenged, and they remind me of the infinite good fortune that the able-bodied among us are blessed with. Whenever you lament a couple of lost or gained pounds, or abuse any part of your body, do you have any idea how much you are insulting the Universe? I am the biggest advocate for constant improvement, but that should not come at the cost of gratitude for what you have, especially, the *only* asset you have: your body. Chant to express the glory of that marvel, and you will truly feel the pricelessness that you are. Say Yes Thank You Universe to whatever you see in the mirror from now on.





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# While Eating

Most modern diseases owe their genesis to the plate. While growing up, one of the best things my mother taught me was the habit to eat everything, and never say No to any food that was in front of me. She taught me to respect the plate rather than the palate. Consequently, after having lived in so many cities and countries around the world, food has never been a problem for me. I am grateful for all that comes. Say Yes Thank You Universe before you start eating. And then while eating, too, you could stop once in a while and say it a couple of times. It's like stopping on a highway to appreciate the bends and turns. And enjoying the journey, rather than just the beginning and ending. It shows that you are accepting food with a tremendously positive energy. And once you eat with consciousness for the joy that every morsel brings you, all the health benefits will automatically ensue.



# While Driving

I find that ever since i have been chanting while driving, my journeys are fun, fruitful and smooth. I truly enjoy the drive, the

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road, the traffic, the occasional jams, the weather, the co-drivers, the entirety. And mostly, i find myself fortuitously saved from snarls and gridlocks. One time i chanted continuously for four hours while driving, and i found that by the time i reached my destination, i was so fresh, it felt like i'd just started! My Dad, who in his own words was a "restless driver" till a few years ago now acknowledges that since he's been chanting at the wheel, he never gets worked up. And he says his daily commute to the office has never been more enjoyable.



## While Cooking

It is said that the vibrations you create while preparing a meal for someone have a direct bearing on their health. Many people cook absent-mindedly or at times with an ill feeling inside them, even if it is not intended towards the person they are cooking for. Maybe they've had a rough day at work, and they are cursing their boss under their breath while preparing food for their child. Whether they like it or not, that viciousness will affect their child on a cellular level. For, it is karmic violence unconsciously inflicted onto other people. It also means that one is not grateful for the opportunity to serve and feed someone. Food is the carrier of energy, and if the negative energy of unconscious thought gets dissolved in it, then it is capable of doing immense

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damage to the body. Chanting Yes Thank You Universe while cooking creates the highest vibrations of positivity for those that toiled to enable the ingredients to come to your kitchen — farmers, suppliers, grocers, manufacturers — and blesses those who eat that food with glorious health, energy and strength. My mother has always been an amazing cook. But ever since she's been saying Yes Thank You Universe joyfully while cooking, compliments on her cooking have just gone through the roof!



## In an "Unpleasant" Situation

It'd be ideal to chant in a monastery or a natural park. Those are places where energy is at its most rarefied. However, the Superpositivity Chant works anywhere, anytime: even in the midst of squalour. Especially there! Usually, when there's a foul environment, the natural response of most people is to grimace, pull a face or twitch their nose — responses which are unconscious. Life can't always be ideal. And expecting it to be is like wishing for only day and zero night, only sweet and zero sour: one is meaningless without the other. It's in less-than-ideal situations that our character strengthens and our true essence emerges.

So, the next time you are in a place where the surrounding air is unpleasant (say a traffic jam or an industrial area), i'd suggest

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you do the opposite of what you've unconsciously conditioned yourself to do: try being uncomplaining. Try saying Yes Thank You Universe. It is when we do the opposite of what we've been doing all our life that true breakthrough happens. I am not recommending that you do chanting next to a chimney or seek a snarl: anyway, a scenario like this happens occasionally for most people. But if it does, take it as an amazing opportunity to put your consciousness to test. The key is to bring yourself to the level of least resistance. And the fact is that when you stop resisting something, it simply loses its power over you. Self-dominion is bound to ensue when you keep your attention steadfastly on Yes Thank You Universe. Independent of every situation in life.



## While Shopping

It is estimated that less than 35 percent people on this planet have the means to shop for anything, including the basic amenities. And if you consider items of "luxury" or convenience, then that figure would be less than 10 percent. If you are one of those 10 percent, then please count your blessings. Rather than sulking that the dress you want isn't available in the colour of your choice, or fretting over the sale that you just missed, say

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Yes Thank You Universe every time you are able to pay for anything at all. For yourself or anyone else. You are that one in ten who gets such a rare opportunity.



# When a Guest Comes Over

I have been the beneficiary of many a generous host in my lifetime, from Delhi to Daytona. While growing up, we were used to going unannounced to other people's homes or having them come over. One wasn't made to feel a villain of the piece for this unsolicited arrival. Now, in the time of the smartphone, things have truly changed. And definitely for good. People are more sensitive and more sensible everywhere. But let's say, someone you barely know or like, comes over to your house. Rather than griping, give a cheerful nod to their arrival. Everything in the Universe happens for a reason, whether it is someone's arrival or someone's departure. Say Yes Thank You Universe whenever an unplanned arrival enters your life. Ultimately we are all guests on this planet. Whenever you share your house or largesse with someone, it's like one guest sharing it with another. Share it cheerfully, and the Universe, too, will open its bounties to you.



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## To Give Healing

If you know someone who is unwell, you can visit them and chant in their presence, and, even better, make them chant as well. The Superpositivity Chant literally works like tonic. If patients recovering from a disease or surgery do this chant for a few minutes every day, their recovery is going to be much quicker. I have seen it happen. Once i went to a hospital to see someone who'd been operated upon. I chanted for a few minutes with him and requested him to do it daily. That person was going to be discharged after seven days. But left on the fifth day. His family felt grateful for sure, but so did his purse!



## As a Greeting

The Superpositivity Chant is amazingly effective as a greeting. Everyone in my family uses it all the time now. There is so much energy and warmth in Yes Thank You Universe. It is a cool substitute for saying Hello. It is an alternative for Good Night — your Yes Thank You to the Universe for a wonderful day that was. And an alternative for Good Morning — your Yes Thank You to the Universe for another wonderful day that it's going to be.

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It is also an alternative for a plain Thank You. Like i said in Chapter 3, whenever someone thanks me for anything, i always tell them to rephrase it and thank the entire Universe by saying Yes Thank You Universe. For, it is the Universe that has enabled me to do anything at all, let alone helping someone. And by thanking the Universe, that person is automatically thanking me.

Yes Thank You Universe is another way to say You're Welcome. So whenever a Yes Thank You Universe comes my way, i say Yes Thank You Universe in return. I acknowledge that, Yes, i did it thanks to the Universe and that, Yes, i am going to do it again, thanks to the Universe.

Yes Thank You Universe could be used as a blessing. Whenever someone sneezes. Instead of Touch Wood. To wish someone. To congratulate someone. To encourage someone. To say Goodbye. And to look forward to seeing someone again. Like the Universe, the possibilities of Yes Thank You Universe are infinite.



### **Applying the Chant**

Like i've explained in Chapter 3, Yes Thank You Universe is a surefire way to accomplish something as well as overcome something. But to use its full power, here's a method i suggest: make an affirmation. An affirmation is a positive statement in the first person, in the present tense, said out aloud to yourself. It is your positive intention expressed to the Universe.

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Three words that put together become superstrong are: YES I AM. Affix them before any positive quality or statement, and there you go — it becomes your affirmation.

I personally attest to the power of affirmations. When I went for the Mr India pageant, I used to proclaim hundreds of times every day: “I am going to be in the Top 3.” I wish I was more confident (and conscious) and had affirmed: “Yes I am Mr India.” The important thing while doing affirmations is to be emphatic. Remember that you are invoking the power of the Universe: a power that is superfirm and responds to firmness superwell. In fact, it doesn't get along with wishy-washy very well, and for good reason on that. Imagine a force that keeps trillions of stars and planets afloat on its little finger as it were — how would a behemoth like that respond to weakness! It certainly doesn't look down upon weakness, but it doesn't approve of it either. So, strong, positive affirmations resonate the best with the Universe. Especially if you wish to fulfil a dream. For instance, a summer trip to Australia. Make it into an affirmation:

“Yes I am travelling to Australia this summer.”

Say this affirmation aloud. Now make it even stronger and more decisive by adding Yes Thank You Universe at the end:

“Yes I am travelling to Australia this summer, Yes Thank You Universe.”

Now say this affirmation 100 times. And repeat this cycle as many times a day as possible, for forty days at least.

You have done two things here. First of all, you have expressed your wish aloud — and you remember from Chapter 2 how powerful the spoken word is. Next, you have thanked the Universe in advance for the fulfilment of that wish. The manifestation is a given.



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You can literally make *any* positive statement your affirmation. Even something general. For instance, you wish to be joyful and stay that way always. Your affirmation could be:

“Yes i am superhappy forevermore.”

Say this affirmation aloud. Now make it even stronger and more decisive by adding Yes Thank You Universe at the end:

“Yes i am superhappy forevermore, Yes Thank You Universe.”

Now say this affirmation 100 times. And repeat this cycle as many times a day as possible, for forty days at least.

The list is infinite. The only caution is that the statement should be in the present tense. Don't make it a future possibility. Otherwise it will keep getting deferred.

Now, if you wish to overcome a problem, the same approach works. For instance, if you have a back problem, make this your affirmation:

“Yes i am superhealthy forevermore and my back is perfect.”

Say this affirmation aloud. Now make it even stronger and more decisive by adding Yes Thank You Universe at the end:

“Yes i am superhealthy forevermore and my back is perfect, Yes Thank You Universe.”

Now say this affirmation 100 times. And repeat this cycle as many times a day as possible, for forty days at least.

The biggest mistake that people commit is that they always talk of their problems. Instead, one should focus on the solution. And *only* talk about it. The Universe created this entire creation by focusing on the solution, rather than the problem. Create the event in your affirmation. And experience the result in Yes Thank You Universe. That's how it works.



## YES THANK YOU UNIVERSE

### **Optimising the Chant**

Within a few days of the revelation of Yes Thank You Universe on 19 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, 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. Every day, i accomplished my goal unfailingly, 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.

But as you can tell from this book, chanting Yes Thank You Universe has been the greatest experience of my life. Every single chant would give me unspeakable energy, and accomplishing the daily goal of 11,000 chants would give me fulfilment beyond compare. Because i'd simultaneously keep a mental count as i chanted, it entailed gruelling discipline, putting a tremendous mental strain at times. Yet, the

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demanding regimen also enabled me to perfect the art of goal accomplishment. Imagine accomplishing a difficult goal that requires you to persistently train and focus for five hours, for 1,826 days on the trot!

Years of deep, intensive chanting have got me to a point where Yes Thank You Universe has permeated into every cell, every pore of my being. I give immeasurable credit to wherever i am today to the Superpositivity Chant. It saved me when i had zero other hope in life. When my life was in tatters and zero other method was working. It has helped me create scores of Guinness World Records, including the longest speech, longest play, largest greeting card, largest book signing, all centred on the message of Yes Thank You Universe. It has enabled me to travel to every state in India and the US. It has enabled me to speak at over 2,000 institutions, including schools, prisons, hospitals, homes for the elderly, business establishments, and address hundreds of thousands with the message of oneness. All that i've done over the past ten-plus 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. If you'd met me in 2013, you'd have thought it impossible that i'd be doing all that i am doing today — singular credit for this goes to the Superpositivity Chant.

Now your activation of Superpositivity Chant need not be of this extreme a level. Honestly, my goal was to create global awareness about superpositivity and to share it with the whole world, so i prepared myself accordingly. Plus, i made a lot of

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

For those who aspire to accomplish a big goal in life, or are trying to emerge from a massive failure, loss or setback in life, i recommend that they chant Yes Thank You Universe at least 1 million times. And if they are as determined as me to awaken their highest consciousness and become an inspiration to others, then i urge that they chant Yes Thank You Universe at least 10 million times. By assigning three hours to chanting every day, one can accomplish the goal of 1 million chants within six months and the goal of 10 million chants within five years— and much quicker if one can give even more time to it every day.

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On completing 1,00,000 or 10,00,000 or 1,00,00,000 chants, depending on your intent, you decide whether you intend to do numbered chants further or you just intend to chant without any numeric consideration. For example, after 18 September 2018, i introduced a conscious shift in the way i chant. Though i still keep chanting throughout the day as often as i can, i have stopped counting now. Inside me, Yes Thank You Universe is resonating all the time, in every breath of my being. Earlier i was focusing on the message as well as the count, but now i only focus on the message, thus deepening it all the time. But i got to that point only after fulfilling a very challenging chanting goal i'd set for myself. Similarly, i request that you too set a chanting goal or resolve that's testing enough, and once you've accomplished it, decide the future course for yourself — though i recommend that you accomplish at least 1,000 chants or half an hour of chanting every day, even if done piecemeal, throughout your life.

From years of experience, i can vouchsafe that the more you chant Yes Thank You Universe, the better it works. The best part is that you can chant any time of the day for as long as you want. You could paste post-its or printouts at strategic places in your house or workplace, with Yes Thank You Universe written in bold letters on them. Also, it could be your computer, laptop or mobile screensaver, or your WhatsApp status. You could start setting unusual things as consciousness reminders — the banging of a door, a loud thud, the honking of a car, the ringing of a phone — to bring you out of your train of thought and into doing the Superpositivity Chant.

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You could try another consciousness tool too. Just like you have important landmarks in your life — birthday, anniversary, Mother's Day, etc — allocate one day in the year as Superpositivity Day or Yes Thank You Universe Day. On this day, have zero agenda but to just chant. Zero phone calls, zero emails and zero idle talk on this day. Just pure chanting. I did it a few years ago. From 8 in the morning till i slept at 3 in the night, i said Yes Thank You Universe continuously 25,000 times. My whole endeavour was to chant with every breath. It was one of the most unique days of my life. The concentration required was unprecedented. And the joy that ensued was also unprecedented. For the first time in my life, i did not let a single breath go by without remembering my source, the Universe, and expressing my gratitude in every breath i took. And the energy that got released in its wake is beyond words. Whatever few blockages were left in my life also dissolved. I suggest you try it once too. It requires a lot of effort, but is beautifully worth it.

You can do the Superpositivity Chant alone. Or you may create a chant group (a Superpositivity group) and chant with family, friends, colleagues, strangers. Even more powerful vibrations will be produced. But never actively looking for a partner to chant. Else you will again become dependent on others to chant, thus going against the very essence of Yes Thank You Universe: independence.

If you like, you can even play an instrument to go with the chant. You can dance and sway with joy. Your voice itself becomes the music. Sing to your favourite tune if you like. Dance with bliss while chanting. It will heighten your experience.

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In September 2020, to celebrate the seventh anniversary of the Superpositivity Chant, a musical track devoted to the chant was created by me, in collaboration with a Brazilian artist, Carlos Carty. Visit [www.superpositivity.org](http://www.superpositivity.org), and you'd be led to the track, which is available there as a free downloadable file and also as a streaming file on multiple online music platforms as well as YouTube. At my parents' home in Jammu, the Superpositivity Chant plays on a 24-hour loop. Whether we are eating or working, it just keeps playing in the background at a low volume and keeps us suffused in the energy of superpositivity. To say that it has added immeasurably to the joy and harmony at our home would be an understatement. Take a listen for yourself and you'd know what i am saying.

I have a strong feeling that as earth spins in space, it keeps proclaiming these words as well: *Yes Thank You Universe!* For allowing it to be. And for enabling it to be home to so much love, joy, beauty and abundance. As i envision earth on its orbit, i can almost hear it saying these four words. And by chanting, i come in alignment with this beautiful planet as well as the entire Universe. Its energy becomes mine. And i'm sure my energy becomes its as well. Yes Thank You Universe for that.





# 5

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### *Why Chant at All*

Every time you look at your life, you are looking at a very small picture. In fact, every time you look at the entire human race, you are still looking a very small picture. As you've learnt by now, human beings comprise less than one-millionth of all life on this planet. And this planet itself is an infinitesimal speck in the Universe. So small that a needle in a haystack seems gigantic in comparison. However, the irony is that all of us are sitting inside a stadium yet we insist on watching the game on our palmtop. It's time to close the palmtop and behold the real game. The palmtop is the human world. The stadium is the entire Universe. If you want the full picture, it's easy to figure out which one to look at.

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For millennia, we human beings have lived in the delusion that we are the only ones "alive" in the entire Universe. That we are the supreme species. I would implore you to think otherwise. A species that has so far killed millions of its own species in the name of religion and politics can't be a very superior species. At least not yet. And what to talk of aliveness! The entire Universe is suffused with electromagnetic plasma and photon particles which are carriers of light. They traverse the length and breadth of the Universe. Do you think it would be possible if they were not alive? In fact, in October 2013, astronomers discovered that every fifth star in our galaxy itself has a planet somewhat like earth. Considering there are 300 billion stars in the Milky Way, it means there are 60 billion chances there is life similar to that on earth, within our galaxy itself. Leave aside the 500 billion other galaxies. And you can imagine the range of possibilities of life and forms of life. Who knows, maybe there are two versions — a parallel life — of each person on some other planet in some other galaxy! The Universe is filled with endless possibilities for everything. Every atom of the Universe is alive. And time has come to embrace and respect that aliveness.

Human ego has bloated to a level where a human being is conditioned to think that the Universe exists for her or him. And that is the biggest anomaly of human existence. Let's see how. For a moment, imagine a planet in the outer space. Consider the conditions it has to contend with:  $-270^{\circ}\text{C}$ , toxic gases, pitch darkness and hostile objects frequently hurled its way. It doesn't get a moment's "respite". It has to constantly keep spinning by itself and around its host star. There is zero entertainment. Not even a pat on its back. Nobody comes to share its loneliness.

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And it has to do so for billions of years. Do you think the planet complains? Or changes its orbit wilfully because it's had enough? Or refuses to spin? And there are trillions of planets out there. The common thing among all of them is that they do their work joyfully, gratefully and responsibly. Because they know that they are not just doing it for themselves. But for the Universe. Every creature in the cosmos is aware that it is born not to serve itself but the Creator. They all know it. And they all do it. Except us human beings. The only creature in the entire Universe that thinks of serving itself and not the Universe. You see, a nut exists for the machine. It simply helps the machine. Only an unconscious person thinks that the machine exists for the nut. Similarly, a leaf exists for the tree. It adds to the tree. The tree doesn't exist for the leaf. You and I are nuts and leaves respectively of this machine and this tree called the Universe. It is most obvious that we all exist to serve the Universe. Rather than the other way around.

Many of us are saddled with the feeling that life has been unfair to us, that somehow it hasn't given us our due. But do you for a moment stop and think if *you* have been fair to life? You might be the 280 trillionth organism to live on this planet, and this might be your 10 millionth lifetime, but despite all your previous "misdoings", the Universe is still giving you another chance, right? And you have the power and the capacity to set it right, however late in the day it seems to you. So, even if you have breathed a staggering 600 million unconscious breaths so far, you can still undo this grip. This present breath of yours could change it for you. Just like one evolved human being can positively impact the course of human evolution, your one conscious, present breath can positively change the course of the rest of your

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life. Only if *you* will it to. And if your breath is suffused with the beautiful energy of Yes Thank You Universe.

I suggest that Yes Thank You Universe be the first thing that children are taught at home and in school, before they learn math, science and history. Imagine what an amazing service we would be doing to our coming generations by giving them at the very outset the correct tools to consciously work with. They will absorb it like a sponge and take the collective human consciousness to the next level. I have shared the Superpositivity Chant with kids as young as eighteen months, and they say it with amazing ease. Schools could implement this as part of their morning assembly or before their class begins. They could do the chant for just half a minute daily. And you can imagine how positively it'd charge the students before their classwork.

See, it doesn't matter how you've been in the past: except that you will have to deal with the conditions you've already created, and you have to accept that they will not change overnight. Expecting things to change suddenly is the surest recipe for disappointment. And that is the place where most people falter. They think if it's not a quick-fix solution, why even bother! Then might as well let life run its course, however chequered that might be. What they don't realise is that the state they are in is a result of hundreds of thousands of lifetimes of unconsciousness, and not always as humans: the ancient Vedic scriptures say, you have to be incarnated 8.4 million times before you take a human birth! How can it be altered in one or even a hundred chants? That would be akin to saying Michael Phelps became a legend only by doing one lap of the swimming pool! It takes time. And sometimes a very long time. But once you

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start, rest assured you will reach the destination. Just your realisation will ensure that you do.

And the only way to do that is in the now. Don't think that "someday" you will do it. What to talk of someday, *this* could be your last breath! If you're hungry now, you eat now, right? You don't say: "Oh, i will eat tomorrow!" Likewise, if you're in dire straits, shouldn't you act now? And what does it take anyway? There's zero technique. Zero formula. Just a two-second chant, that's all.

Actually, most of us are so used to complicated processes that the mind immediately rejects anything simple as ineffective. And anyway *this* sounds too good to be true: if the remedy for all our problems is just a four-word chant, then what is the need for hospitals, counselors, police stations and courtrooms? Now, let me make it clear that they are all serving a wonderful purpose. The Universe has allowed them to come into being, and i say a joyous Yes Thank You Universe to all of them. But please understand—and i am sure those i just spoke about will agree—that all these correctional institutions are for people who have led or are leading unconscious lives. People who have abused themselves, their families or their surroundings on some level or the other. Besides, mass awakening will not happen simultaneously, and never in one go, for that matter! The way it's going, it might take a few hundred years, or maybe more. But then, every drop makes the ocean, and every human being on this planet makes the human race. We all have individual responsibility to awaken. And reverse many a lifetime and many a millennia of unconsciousness from our DNA. For now, just accept your own responsibility, and act on it. The rest of the human race can take its time.

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Whenever evaporation happens, it happens drop by drop. Every drop plunges headlong (or skywards), rather than waiting for others. It doesn't say: "Oh *that* one hasn't become a vapour yet, maybe i should wait as well!" The drop that is vaporising considers itself lucky, and follows through with its evolution solitarily, leading by example.

It's like mountaineers climbing a summit. One of them climbs first and ties the rope so that one by one the others can follow. The one that goes ahead has to face the greatest dangers and hurdles, but then the joy of helping others is unmatched too! When you start saying Yes Thank You Universe consciously, you will experience an unlimited joy that you will then want to share with everyone. Such is the bliss of the Superpositivity Chant that, even if you don't consciously try to, the world will automatically become a better place. Like even if a flower doesn't try to, the world becomes fragrant by its mere presence. By becoming conscious, you will inspire others, and the chain will keep on growing. Every candle will light many other candles. I, too, was groping in the dark, till one day i had this inspiration, and i decided that by first enriching myself will i enrich others. By first learning myself will i help others learn. It is a duty as well as a gift.

So far, the Universe has been supremely protective of us. While the sun's intense heat makes life impossible anywhere else in the solar system, the Universe has created a magical shield (the ozone layer) around our planet, so that the ultraviolet rays don't harm any of us, or any other life form. But thanks to human destructiveness (unchecked industrial growth) that shield is being attacked violently. The ozone layer is fast depleting. See, now

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the source has to auto-protect. It will watch this drama for a while longer, and if the madness continues, then humankind (not so *kind* any more) will have to give way. For, the Universe is an expert in elimination: it is estimated that 99.8 percent of all life forms that ever existed on this planet are extinct today. All said and done, humans are just one of the Universe's zillions of creations. Life in this cosmos is a continuous evolution, and the way it functions, the Universe will learn its lesson from this creation and ensure that the next species is a more conscious and respectful one.

Crude as it sounds, even if the entire human race were to become extinct from the planet in one stroke, the energy of the Universe would still be conducive (even if it takes millions of years) for fresh life to emerge and thrive on this planet. Look at it this way: dinosaurs came and went, and who knows, maybe they'd have thought that they are the most evolved species on this planet! Millions of years later (which is actually but a moment for our source), we humans sprouted on this planet. And who knows, maybe when we humans as a species are gone, there will be another species. Or maybe we only will come back as a better species! Because in the evolutionary cycle, one day we started as cells, then we became insects, then we were dinosaurs, today we are humans and tomorrow we might be angels! But what would the commonality be: that we would still be breathing the same breath that we are breathing right now. That's the law. There hasn't been a single species nor will there ever be that will breathe a different breath from what you and i are breathing now. And this is the oneness that all scriptures and masters have always pointed towards. That it is in our breath that the past, present and future are connected and will always be. If each one of us

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starts to activate our own consciousness, we can save all of us and all the other beautiful species that inhabit this planet. That the only danger for the entire human race is its own unconsciousness. Do you believe that just by chanting joyfully for a few minutes every day, you can uplift and impact the entire human species? There is zero technology or technique required. That's it: as simple as that!

You see, whatever the Universe intends to, it does for sure, mindful neither of bouquets nor brickbats. And the beauty is that it does it unfailingly. Because it carries with it, and within it, the responsibility to perpetuate life. And we have the same responsibility too. The responsibility to live the highest life that we are capable of. And we will live the highest life only when we reach the highest level of consciousness — by chanting with the highest level of awareness. Or by speaking positive, grateful words. Because every word that each one of us takes and gives impacts the Universe. As the saying goes: "One rotten apple spoils the entire case." Similarly, every word of negativity spoken by any of us is responsible for the sorry state the world is in. Just like it is the collective responsibility of every member of a house to keep it clean, it is our collective responsibility to speak this planet clean.

Otherwise, the Universe likes to clean up anyway. Traces of entire galaxies, let alone civilisations, have been cleaned up, so that the way is paved for a new one. If you pass a spot where an animal has died, and cross it again a few days later, you'd barely find traces of it: the animal would have been devoured and cleaned up in toto by a host of other species. See, the Universe is supermeticulous, and it can't leave things in disarray for a long time. It's the chairperson of this office, and it wants its



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desk organised. Period. It will fire the secretary otherwise, and hire a new one. So, if we don't respect the order of life on this planet, we will have to give way. And a new species will emerge. Simply the one that lives with consciousness. A species that will not complain, insult or damage. A species that will uphold the dignity of life and be eternally grateful.

We can still be that species. Only if we care to be grateful, that is. The simple two-second Superpositivity Chant can be our greatest contribution to this beautiful planet. And also our ultimate homage to our eternal source, the Universe. As always, we're free to make our choice. Yes Thank You Universe for that freedom and for an infinitude of blessings in our life. Yes Thank You Universe. Forevermore.



## ABOUT THE AUTHOR

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

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

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

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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.

[www.superpositivity.org](http://www.superpositivity.org)

[www.goalete.com](http://www.goalete.com)