

# **SUPERPOSITIVITY EXCHANGE**



# **SUPERPOSITIVITY EXCHANGE**

*The Best Conversation Humanity Can Have*

VICKRANT MAHAJAN



**Superpositivity**  
BOOKS

First published in India in 2024 by Superpositivity Books

Copyright © Vickrant Mahajan 2024

This book, or any part thereof, may be reproduced or transmitted in any form or by any means, electronic or mechanical, only with prior written permission from the author.



**Superpositivity**  
BOOKS

(A wing of Superpositivity Foundation)

books@superpositivity.org  
www.superpositivity.org  
www.superpositivitybooks.com

ISBN 978-81-973022-2-0

***Yes Thank You Universe***



# Contents

<i>Conscious Choice</i>	9
<i>Acknowledgements</i>	11
The Birth of the Exchange	13
Question # 1	23
Question # 2	31
Question # 3	39
Question # 4	47
Question # 5	55
Question # 6	63
Question # 7	71
The Spirit of the Exchange	79
<i>About the Author</i>	93





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

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

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



## The Birth of the Exchange

It is said that the brightest light shines forth in the deepest darkness. I personally attest to that. The two turning points of my life have also been emerged from my darkest despair.

The first was in September 2013. I was reeling from the debacle of my maiden Bollywood film, *Challo Driver*, which resulted in me becoming bankrupt and in the dissolution of my marriage. I have shared the experience at length in my book *Yes Thank You Universe* but still let me sum it up briefly for you. I'd toiled for over two-and-half years to make that film, putting every penny into it, obviously expecting it be a big success. But, as they say, the Universe invariably has other plans.

*Challo Driver* became one of the biggest box-office flops in Bollywood history, and my life became a seething cauldron of failures. I kept facing rejection upon rejection, humiliations kept piling up, friends stopped calling me and

## SUPERPOSITIVITY EXCHANGE

opportunities completely deserted me. Broke and broken, after a year, i had to return to my parents' house in Jammu — the only door open to me at that time.

Though i'd ostensibly hit the lowest point in my life, it providentially also became the progenitor of the highest creation in my life. I'd by then started to meditate intensively, and it was during one such session — a 40-hour continuous meditation on 19 September 2013 — that the biggest epiphany of my life occurred. I was inspired to create a philosophy called Superpositivity.

I realised that negativity is the biggest bane of humanity, and is the root cause of all human problems, whether related to money, health, mind, relationships or anything else. It occurred to me that we are living in times of supernegativity, and the solution to that is the highest level of positivity: Superpositivity.

Over the next 10 years, i patiently developed this philosophy. I travelled all over India and in several other countries, creating awareness about Superpositivity. I spoke about Superpositivity at over 2,000 schools, workplaces, homes, sporting centres, spiritual retreats and welfare institutions. However, as it was a brand-new way of living and a unique flow of consciousness, i made a resolve that for

## THE BEST CONVERSATION HUMANITY CAN HAVE

the next 10 years, i will practise it solitarily, without any organisational framework. I decided to do my work quietly, by myself, in a fluid, somewhat unstructured way. I didn't have any team or resources supporting me but just a flow, a movement of superpositive energy. I called it Superpositivity Movement.

The vision was that on 19 September 2023, i'd organise a public event and formalise my work into an organisation called Superpositivity Foundation. I was charged with enthusiasm, yearning to witness the fruitful completion of an arduous 10-year-long journey and the ushering of a new one. Plans were elaborately drawn. But as i've humbly admitted before, the Universe invariably has its own plans. And they are mostly revealed to us in unforeseen, undesirable ways. It was during one such revelation that the second turning point of my life emerged.

On 4 September 2023, just two weeks before the event, my mother had an acute brain stroke. And exactly like my film 10 years ago, my plans came crashing once again. Just like i'd expected *Challo Driver* to become a grand success, i'd expected the launch of my foundation to be a grand success as well. But it clearly was not to be. My mother had to be hospitalised, and her left side was rendered completely immobile.

## SUPERPOSITIVITY EXCHANGE

Anyone who knows my mother also knows how active she has always been. For over 50 years, she had pretty much the same routine: get up at 5 in the morning and toil in the kitchen till 11 at night. Cooking was her full-time passion and attending to the family was her full-time occupation. She was an epitome of activeness and the proverbial inspiration of our family. Her energy literally drove the household. And then suddenly it was stymied.

You can imagine the adverse effect of that incident on the family. My father, who was 80 at that time — and a beneficiary of most of my mother's tireless energy — was shaken badly. My elder sister Niddhi was devastated and flew from Argentina to be by her bedside. Our extended family of uncles, aunts and cousins — who were all frequent recipients of her fabled delicacies — went into a state of shock. For weeks on end, she required round-the-clock nursing care and full-time medical attention.

Anyone who has had a critical ailment in the family knows how enervating it can get. The veritable life energy seems to have been sucked. It wasn't any different in our case. Given the enormity of her stroke, doctors prophesised that it'd take her at least a year to start walking again — if at all! That projection hit everyone hard. For the first few weeks,



## THE BEST CONVERSATION HUMANITY CAN HAVE

everyone just wore a solemn face and a grim outlook. All they'd talk about was: "Mrs Sharma had a brain stroke and she is still on bed!" "Most people never recover from a brain stroke!" "Brain stroke patients lose their memory — we hope she retains hers!" "At least she's alive!"

Everyone was insistent on being a grim reaper of sorts. It was challenging to have even a normal conversation with anyone. It is said that in the throes of a calamity, positivity is the biggest casualty. Given the melancholy that was being generously doled out, it'd have been the same at our home. But then what would those 10 years of Superpositivity have been worth!?

Looking back, if there's one thing that i will always take pride in, it is that i never became negative, however bleak the situation seemed or however downcast the others were. The first couple of weeks, when my mother was in the hospital, i barely slept a wink but my spirits kept soaring. I continually kept myself and others motivated and kept looking for ways to keep everyone afloat. Not occasionally afloat but consistently so — consistency was the key thing i was looking for, because most people do say a few encouraging things fleetingly but then quickly spiral back to a litany of complaining and criticising.

## SUPERPOSITIVITY EXCHANGE

To be honest, much more than my mother's condition, it was people's attitude that flustered me. I wondered how people discover — rather invent — ways to say negative things to each other, without realising the impact of their words! Alongside my mother's healing, i started actively looking for a concerted way to transcend the tumult inflicted by negative conversations — not just now but forever.

Within a few weeks, sitting by my mother's bedside one evening, i had a moment of pure awakening: "It is beautiful questions that lead to beautiful answers." And it is invariably the negative or empty questions that give birth to negative or empty answers. All people were asking was: "What did the doctor say?" "Why don't you take her to Delhi for treatment?" "Why don't you show her to that doctor?" "Why don't you get that physio instead of this one?" "Where was the need for her to wake up at 5 in the morning every day?" And so on. Even if out of concern, the questions contained an element of paranoia — and so answers vibrating on the same frequency were to naturally ensue. Even if everyone was there out of love and respect, i realised they were adding to the chaos by asking a deluge of unpositive questions. And that evening, i had the eureka

## THE BEST CONVERSATION HUMANITY CAN HAVE

moment. It is not what people were *saying* — it is the questions they were asking — where the negativity lay! I resolved to change that dynamic right away.

Spontaneously, i asked my mother: “What are the positive things that happened in your life today?” There were six people in the room, and they were honestly a bit startled, given the gravity of the situation. But i insisted. After a long, almost interminable, pause, my mother said chokingly: “I am happy that i am alive today!” Tears gnawed at everyone but those were tears of joy. I asked everyone the same question. And reflectively, beautiful answers began to emerge. Slowly, the energy of the room changed. I was as inspired as i was when Superpositivity was born exactly 10 years ago.

I resolved to make this a daily habit. Because of the question-and-answer format and its give-and-take dynamic — and because it was born from my need to create a superpositive environment at home — i started calling the initiative Superpositivity Exchange. In the true spirit of an exchange, i resolved that it won't be a one-way preaching but a two-way conversation. The best conversation we'd ever had — that would keep getting better every time we'd have it. In fact, the best

## SUPERPOSITIVITY EXCHANGE

conversation that anyone, anywhere could have and feel the same uplifting energy as we were.

Like all creative works, the Superpositivity Exchange developed organically. Like chemicals mixing in a lab, one inspiration led to another and one question gave birth to another and yet another. Till a month later, from one basic question, seven were born — seven questions that were inspired by the Superpositivity philosophy and crystallised all its pivotal elements: consciousness, inspiration, gratitude, forgiveness, appreciation and improvement. All these questions were so simple that even a small child could answer them yet so rare that most grown-ups never ask themselves or each other these questions even once in their lifetime! In the following chapters, i will talk about each of those seven questions, their essence and how to answer them simply yet originally.

While my mother was still in that state, i started doing the Superpositivity Exchange multiple times every day with my family. Full credit to my parents that despite their advanced age, and despite their initial hesitation, they opened themselves up and quite literally forced themselves to give answers that most people in that situation would

## THE BEST CONVERSATION HUMANITY CAN HAVE

have considered improbable. Especially my mother. She was not fully in control of her body but she still participated — even if her most of answers were feeble and incoherent. Most refreshingly, the exchange brought about a welcome change from the unconscious onslaught of negativity that she unwittingly faced throughout the day.

And we all began to witness the proverbial “miracle”. Slowly, my mother’s condition started to improve. Within two months, she started walking, showering and changing clothes by herself. And within three months, she was back in her bastion, the kitchen — cooking! She started visiting her friends and even went on a road trip we’d planned for their wedding anniversary. People were startled. Now, while i’d give fullest credit to her neurologist and the care and nursing of everyone attending to her, i know the Superpositivity Exchange played its beautiful part too. Not just in her revival but in keeping the spirits of her core team of caregivers afloat.

We all used to look forward to the exchange, however challenging the day had been. And if at all there was any heaviness, we’d dissolve it in our exchange, often done over mealtime. The three perhaps most difficult months of my life went by in a breeze. And instead of feeling

## SUPERPOSITIVITY EXCHANGE

wistful over not giving a befitting finale to my first 10 years of Superpositivity, i was inspired to give an even better direction to the movement of superpositivity.

In January 2024, the Superpositivity Foundation was officially born, and one of its first tasks was to share and spread the Superpositivity Exchange the world over. It is estimated that there are over a billion households in the world, and it is my vision that Superpositivity Exchange be held at each one of them. Where instead of trifling talks about politics, gossip and maligning, people would nurture their family and friends with transforming talks about gratitude, appreciation and improvement. Where they'd enrich each other's lives on a daily basis. Where they'd motivate each other to be their finest versions every day. And, above all, where they'd encourage each other to have the very best conversations humanity can ever have.

Yes Thank You Universe to that superpositive possibility and its glorious manifestation forevermore.

## Question # 1

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

The first step towards Superpositivity is consciousness or an awareness of how priceless the human life is. It is an acknowledgement of how invaluable the very opportunity to be born a human is. It is an understanding of how priceless this whole creation is — and how lucky we all are to be playing a part in it. Regardless of how low one thinks of oneself or how derisively one thinks of one's own life, the fact is that each one of us is an integral part of life on this planet. Even if a person is the biggest "sinner" on the face of this planet, that fact doesn't change — the cosmos would be incomplete without that person. The very fact that someone exists in creation also means that they are a sacrosanct part of existence.

## SUPERPOSITIVITY EXCHANGE

In order to behold the enormity of creation, just take a look at the sky on a clear night. There are trillions of stars spread out in the sky, twinkling like diamonds in the dark, illuminating the limitless expanse of creation. Or go to a garden early morning. Take a look around. There is so much lushness, so many trees, flowers, countless blades of grass. Take a deep breath. There is so much oxygen, so much life energy flowing there. Or watch the birds fly in the evening. There is so much rhythm, such poetic flow as they glide across the dusky sky. Well, all this is creation, and each one of us is naturally, beautifully a part of it.

As i shared in the previous chapter, i have been through some of the most testing times a person can face: separation, humiliation, bankruptcy, failure. Yet i became one of the most positive persons anyone can meet. How did it happen? Let me tell you the secret. In the midst of some of the most turbulent times, i expanded the understanding of the phrase "my life". Now, whenever most people talk about their life, they just talk about their individual life: their career, their relationships, their health, their thoughts, their aspirations and so on. I went beyond that. I imagined my life to be the life of creation! Let me elaborate. For instance, "my life" this very moment would mean to someone else a



## THE BEST CONVERSATION HUMANITY CAN HAVE

person sitting in a house in Jammu, typing on his laptop. But this very moment, there is so much more happening as well. Billions of minute details that i am completely oblivious of, are happening nonetheless: the earth is rotating, the sun is shining, the galaxy is spinning, birds are chirping, a beautiful breeze is blowing, leaves are dancing, traffic is coursing the street, kids are returning from school, someone is laughing, my father is watching cricket in an adjacent room, the stadium is abuzz, music is playing in someone's car, and so on. Those are the details that i started to include in the scope of "my life" and started rejoicing in them.

I began to imagine that whatever wonderful is happening anywhere is happening in my life as well. Because anyway the fact is that if it is happening somewhere, it is happening in the Universe. And because i am an integral part of the Universe, it is happening in my life as well! Simple as that. Trust me, it's not rocket science. I am someone who has given talks on Superpositivity at thousands of institutions all over the world, created scores of Guinness World Records, motivated Olympic champions and written 30-plus books on this topic — and what's the secret of my positivity? Just expanding the scope of "my life" to the "Universe's life" and imaging that all the wonderful things that are

## SUPERPOSITIVITY EXCHANGE

happening in the Universe are happening in my life as well. Now, there are zillions of wonderful things happening in the Universe — i trained myself to believe that they are happening in my life as well. That all its positive energy, its happiness is coursing through me as well. I started drinking the very elixir of life, tasting the very juice of every moment. That consciousness became the ongoing way of my life — and the secret of my Superpositivity.

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

Whenever people become negative, they are simply looking at what's going "wrong" with their life, how dishevelled it looks. They are getting fixated on things not going the way they'd envisioned them or the way they'd like them to be. They are focusing on the criticism, the hurt, the pain, the grief. They are playing all the unpleasant things of their life in their head and then replaying them hundreds of

## THE BEST CONVERSATION HUMANITY CAN HAVE

times, on a veritable loop. Even if that negative thing happened to them 20 years ago, they are replaying it now and creating their misery in the present.

People who experience depression or live in its clutches are the ones who have had a negative experience, whether real or imagined, and just keep focusing on it, never letting it go. They seldom recount anything positive that has happened or is happening to them, however uplifting it is. It's like they are in a diamond field, the diamonds are in front of them but they are insistent on looking only at the mud and pining to be doused in it. They just have to look around and see the diamonds, which are aplenty! Some of them are clearly visible while some are covered in mud, but they are there.

Not seeing the diamonds that are present in our life is the basic human anomaly that the Superpositivity Exchange intends to address with its very first question: "What are the positive things that are happening in your life today?" There are innumerable answers to this question, and each one them would be correct. In fact, there aren't any "wrong" answers when it comes to the Superpositivity Exchange. Anything positive that you can express is a correct answer.

Let me draw your attention to the very first exchange that i had (as mentioned on page 19) and to the very first

## SUPERPOSITIVITY EXCHANGE

answer that my mother gave: "I am happy that i am alive today!" To be honest, there can't be a better answer than that! There isn't a greater gift in human life than the gift of life itself. Statistically, we breathe 17,000-plus breaths in a day. If you're 50, you've breathed a staggering 300 million breaths till now! Any of those breaths could have been your last. The very fact that you're still breathing, that you're still alive, rejoicing in this phenomenal gift of life, isn't that in itself the best, the most positive thing that is happening in your life today! Isn't life itself the best reason to celebrate! If a dying person were offered a choice between trillions of dollars — or for that matter, the whole wealth of the world — and yet another chance to live, what do you think they'd choose? What would, or should, anyone choose in this case? Clearly, everyone would say the chance to live. Because what use is all that money to them anyway! Life is clearly the most valuable asset that anyone can have — infinitely more precious than the grandest riches of the world. So, the best answer to the first question that anyone could give is: "The most positive thing that is happening in my life today is that i am alive and i have been gifted a chance to live another invaluable day on this planet." That ideally should be everyone's common answer.

## THE BEST CONVERSATION HUMANITY CAN HAVE

Since the question is exhaustive, one could mention an endless array of things beyond the fundamental answer of being alive — almost anything that you notice: “It’s excellent weather today.” “I am feeling healthy and active today.” “It’s our country’s Independence Day today, and i am elated.” “It’s Diwali today, and i feel like celebrating.” “I’ve been promoted at work today.” “It’s Sunday, and i’ve got a chance to relax today.” “My boss appreciated me today.” “My parcel arrived today.” “My cousin called me today and we had a beautiful chat.” “I am blessed to have a wonderful family.” “I still have a job that I can go to.” “There is peace and harmony in my neighbourhood.” “We are all having dinner together.” “This Superpositivity Exchange we are having is a positive thing happening in my life today.” And so on.

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



## Question # 2

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

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

The first one has an element of luck while the second one is a product of karma. It is all about your actions. Almost every human being does a lot of wonderful, affirmative, positive things on a daily basis. Just like they are oblivious to

## SUPERPOSITIVITY EXCHANGE

the magic and positivity of the present day, they are oblivious also to the magic and positivity that is latent within them. They take their life for granted — and they take themselves for granted as well.

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

An average human being performs thousands of actions every day, unconsciously as well as consciously.



## THE BEST CONVERSATION HUMANITY CAN HAVE

The conscious actions are the ones where the positive actions also reside. Whenever i used to consciously watch the sunrise or the sunset, i was taking time out or putting in special effort for that particular endeavour. At that time, i could have done a bunch of other things but i prioritised what might seem trivial to many but was made profound in my consciousness. Rather than sleeping till late or watching TV or scrolling the social media feed, i consciously immersed myself in watching the beauty of the sunrise or the sunset. That beauty slowly, naturally started permeating in every aspect of my life, including my work.

Slowly, i started awakening to the infinite potential that exists collectively within each one of us as well as the uniqueness that exists individually within each one of us. I realised that if i can motivate myself to watch the sunrise despite a million-dollar loss that happened a few days ago, i can certainly motivate myself to do bigger things as well. I realised my unique gift: to motivate others to never lose hope in life and to be infinitely positive. In fact, that gift became my purpose and birthed many, many bigger positive actions in a period of 10 eventful years from 2013 to 2023: scores of Guinness World Records, dozens of

## SUPERPOSITIVITY EXCHANGE

books, thousands of talks, road trips across contiguous India and the US, and enabling dozens of gold medals won by my mentees at the biggest sporting competitions globally.

Of course, today i can happily say “I motivated an Olympic champion today when he was feeling low” but the joy of saying “I hugged my parents today” is the same or even more. And it is the latter that led me to the former. Quite literally. You see, my parents were in depression in 2012, after the failure of my film and the dissolution of my marriage. I made it my first goal to reintroduce them to happiness, to inspire them to rediscover the small joys of life and reconnect with the positives that are suffused in every moment of life. That was my first positive deed, my first act of motivation. Only after i'd motivated my parents to be fulfilled, did i deserve to motivate an Olympic athlete to be successful. But if i hadn't attended to the atoms of my life, how would the molecules have formed? If i hadn't noticed the positive in the smallest, how would i have noticed the positive in the largest?

You see, life is a continuum rather than a disjointed fragment. Everything leads to everything else. One moment leads to another, one conscious step leads to another, one positive action leads to another. As countless researchers

## THE BEST CONVERSATION HUMANITY CAN HAVE

have said, it is positivity that leads to happiness. True happiness can never be measured. It is neither small nor big. Water is water. You don't need an ocean to quench your thirst — a few sips will do. Similarly, you don't need the whole world's ecstasy to make you happy — a few small joys will do.

As i emphasised in the earlier section, it doesn't take much to notice what positive is happening in your life. It is the simplest, the most atomic of things like "I am alive today." Similarly, it doesn't take something earth-shaking to express the positive things that you did today. It could be the simplest of things like "I folded my hands and expressed my gratitude this morning." Or "I said hello to my neighbour today." Or "I exercised today." Or "I made coffee for my partner today." Or "I read an uplifting book today." Or "I listened to a beautiful song today." Or "I made a gratitude list today." Or "I saw the sunrise today." Or "I spent a few moments admiring the flowers in my garden today." Or "I learnt a new recipe today." Or "I held the door for someone today." Or "I cleaned my wardrobe today." Or "I learnt words of a new language today." The possibilities are infinite. And each one of them is a wonderful reason to rejoice.

Our life is a product of our actions. "As you sow, so you reap" is something we all learn early on in life. But most

## SUPERPOSITIVITY EXCHANGE

of us forget this basic precept as the years pile on. We forget that the energy we are giving is the matter that is manifesting in our life. All unconscious energy is negative energy. When we don't realise the goodness that is latent in us and, consequently, we don't express it, negative energy will be a natural by-product. In a garden untended and uncared for, weeds are a natural by-product. It happens when the gardener doesn't give much importance to the garden and neglects it. But if the gardener attends to it every day, then the garden will be well-groomed. Honestly, it doesn't have to be big actions every day.

Rather, small ones, barely noticeable ones. Even a very small daily audit would do: a look-over, a few snips here and a few plucks there would be enough. That responsibility is the gardener's, nobody else's.

Similarly, the garden of our life. A very small audit would do: a few pats here and a few claps there would be enough. That responsibility is ours, nobody else's. And it doesn't have to be big, epic things every day. We don't have to do Nobel Prize-winning actions every day to say that we did something positive. Even the smallest of gestures count. More than half the world follows a routine of some sort, even if it is waking up early or saying a prayer or taking care

## THE BEST CONVERSATION HUMANITY CAN HAVE

of their hygiene or going to school or workplace. All these things require effort — effort that distinguishes humans from all other species. It is this effort that needs to be lauded too. Remember, it is always the smallest that leads to the largest. Only by going to a kindergarten will one eventually get to a university. The latter can't happen without the former. They kind of follow each other in an organic outflow. Similarly, by noticing and acknowledging the smallest positive actions that we are performing every day will we start noticing the largest positive actions we perform as well. The latter won't happen without the former, and they will follow each other in an organic outflow.

What we reinforce in us on a daily basis becomes our sponsoring energy, our guiding light, in life. If we start attaching positivity to our small actions every day, positivity will start attaching itself to our bigger actions as well. It works like the Law of Attraction: we attract what we consciously nurture. Start upholding yourself today and life will uphold you more in the times to come. Simple as that.



## Question # 3

*Who has inspired you today?*

Inspiration is the fountain from which the most beautiful deeds of humanity have sprung. It is the river in which the most valuable minerals of life abound. It is the path on which growth exists. Quite simply, inspiration is the oxygen of life.

The reason most people live such listless lives is that they are uninspired. In the previous two chapters, we highlighted the importance of looking for positives in life and in oneself. If one can't find it in oneself, chances are one won't find it in anyone else either. But once one has indeed found it in oneself, then one *has to* find it in others as well. What goes in must come out. Naturally. Once you've started discovering your own beauty, you must also start finding that beauty in others. In fact, in everyone else. And that is

## SUPERPOSITIVITY EXCHANGE

what the third section of Superpositivity Exchange is designed for: to look for beauty in others and allow them to inspire us.

I call myself a sum total of thousands of people i have been inspired by, at different points in my life. When i was 12, i read a book called *The Power of Positive Thinking* by Norman Vincent Peale. Before that, i hadn't heard anyone in my ecosystem talk of positivity, but that book singularly inspired me towards the limitless realm of positive energy. It showed me the way — but only because i was willing to see the way. Or, i was willing to be inspired.

You see, there are countless entities around us that are inspiring us — or potentially inspiring us — every moment of our existence. In the previous chapter, i spoke about the sunrises and the sunsets that i used to watch every day. I was doing it for more than just the ethereal beauty of that cosmic spectacle — i was seeking inspiration from the sun. By looking at the sun doing its work tirelessly, ceaselessly, i was filling myself up with the possibilities a single entity can manifest, even when surrounded by seemingly insurmountable obstacles. That phenomenon inspired me immeasurably.

I realised that the sun is perpetually surrounded by darkness yet it doesn't ever give in to it. It never gets



## THE BEST CONVERSATION HUMANITY CAN HAVE

overwhelmed by the lack of illumination in the outside world. It simply goes within and brings out its own light, rather creates its own light. It doesn't borrow its energy from any extrinsic source but creates it from within. However many clouds it encounters, however many eclipses it has to transcend, it just shines through each one of them. It is neither affected nor does its performance diminish. It doesn't resist or revile darkness but embraces every iota of darkness it meets with the light of its own consciousness.

Looking at the sun — rather noticing the sun — day in and day out inspired me. It gave me hope for my own situation. What was I facing in comparison to the sun! Even if a tidal wave of negativity had engulfed me, I just needed to deal with it like the sun deals with darkness. It doesn't become negative while trying to overcome negativity. Rather, it overcomes it with its superpositivity. It stays true to its purpose. Unflinching fidelity to one's purpose is what the sun inspired me towards — to first find my purpose and then stay true to it.

I sought inspiration from the life of Buddha. Before 2012, I'd lived a very comfortable life, plush with all the amenities of modern living. But once the resources had vanished, and when putting even two square meals on the

## SUPERPOSITIVITY EXCHANGE

table had become a struggle, i needed to be inspired on how to live minimal. Buddha was once a prince, who had at his behest every comfort imaginable. But then he gave it all up in the quest of truth and joyfully embraced a life of austerity. I wanted to get to a point where i'd do without things not just because i had to but because i wanted to, and Buddha's example deeply inspired me to do so.

I was inspired looking at my mother. Shaken and affected as she was by what happened to me in 2012, she nonetheless went about her life in the most functional of ways. However hard the previous day might have been, or however tired she was, she'd get up at the same time next morning. She'd cook for family and friends with the same devotion, and she kept performing housework like she had for 40-plus years with clockwork precision. That inspired me towards commitment.

I was inspired by my sister Niddhi. She is one of the most large-hearted people that i have known. Each one of us has our fair share of complaints in life and thinks that the other has wronged us, whether it is right or otherwise. We often find forgiving others one of the hardest things to do. I was going through a phase where it'd have been easy to become bitter but seeing the ever-present forgiving trait in

## THE BEST CONVERSATION HUMANITY CAN HAVE

my sister inspired me to be more forgiving in life and to just let go.

I started seeking inspiration from everyone who came to the house: domestic help, gardener, courier boy, everyone. I saw that they were contributing so much to the running of the world, adding so much value in their own ways. I was inspired by our milkman, who come summer or squall, was at our doorstep at sharp 8 in the morning with his canister of milk. And *always* with a smile. I looked at all of them as my teachers. On a daily basis, i'd spend time with each one of them and learn how they dealt with their life problems. Trust me, they taught me more about the art of problem management than any life coach would have! I resolved to emulate their work ethic.

I was inspired by a guava tree at my parents' house. A year before i moved back to Jammu, most of its branches were cut down. It looked withered and wilted. However, the very next season, 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 simply accessed its own capacity to regenerate and started blossoming again. I don't know if anyone else noticed its

## SUPERPOSITIVITY EXCHANGE

work but i did. The guava tree powerfully inspired me how to rise from the proverbial ashes.

I was inspired by the story of a man in Akbar's kingdom who stood in freezing water all night to win a handsome prize that the emperor had promised anyone who'd stand in his regal pond wearing minimal clothing. That man was in turn inspired by the light of a lamp feebly flickering in the distance and feeling its warmth inside him. I was inspired both by the man's vision and the lamp's role. It showed me that if you silently fulfil your purpose, you will help someone, even if inadvertently.

I was inspired by a video i saw of Nick Vujicic, a man born without both arms and legs, a rare medical condition that affects only one in a billion people in the world. To see him smiling and gushing forth with enthusiasm, despite the harsh card life had dealt him, inspired me towards the power of unlimited optimism.

Essentially, friends, i was inspired by countless people on innumerable occasions. I just had the eagerness to look for them and the humility to learn from them. Every day, i'd seek inspiration from the same people or new ones. Honestly, the source doesn't matter as much as your capacity to process that inspiration. It is like whether

## THE BEST CONVERSATION HUMANITY CAN HAVE

you take oxygen from the tree in your house or from a tree in the park, it doesn't matter so much. It is how you use and process the oxygen that truly matters.

Look around you. Behold. Inspiration is all-pervasive. Every person has the capacity to inspire you: parents, partners, siblings, friends, colleagues, celebrities, commoners. Try to seek inspiration from a fresh source every day. It will broaden your perspective and will nudge you to see the same spark in everyone. Don't overlook anyone just because they haven't "achieved" much. I shared a while ago how much i was inspired by my mother and sister. Now, they are not "achievers" in the conventional terms yet they became my main bulwarks of inspiration. I was looking for qualities, not qualifications. And i encourage you to do the same.

Take a moment when you are asked this question and think of who all you have sought active inspiration from today. It could be a liftman, a delivery person, a traffic cop, a neighbour, a relative, a passer-by, a mason, an athlete, an artist, a politician, a fictional character, a piece of furniture, a monument, a vehicle. Be generous in your expression of the inspiration you have received. And as experience tells me: what you express, you become.

## SUPERPOSITIVITY EXCHANGE

If you keep expressing on a daily basis the inspiration you receive from others, in due course of time, you will become a source of inspiration to others as well. Simple as that.

## Question # 4

*What are you grateful for today?*

If i could share the best ingredient for happiness in life it'd be: gratitude. There isn't a happier person than a grateful person. Happiness has been one of my favourite subjects in life. I have travelled the world and interacted at length with thousands of people from all walks of life. I have observed them closely, talking to them at length about happiness. Though they all came from different cultures, backgrounds, aspirations, stories, skills and influences, yet there was a common denominator in those i'd consider the happiest among them: gratitude. They were all unexceptionally grateful for their life, however "imperfect" it might have seemed. Now please bear in mind that these are not kings, princes, heads of state or CEOs that i am talking about.

## SUPERPOSITIVITY EXCHANGE

Rather, i am talking about regular people, who were dealing with the same, or graver, concerns about life as you and i. Most of them were working-class people, holding 9-to-5 jobs. Some were cabbies, some porters, some concierges, some lift operators, some tourist guides, some air stewards, some servers, some cleaners, some bus drivers, and so on. One could say almost none of them had a rosy, comfy life. They all had the same insecurities about their life and most of them went through the same humdrum as almost anyone else. But among the thousands, the hundreds that i'd call happy were the ones who are grateful.

I remember Jimmy, a street busker in Innsbruck, Austria, who was juggling while balancing on a unicycle. Some onlookers were occasionally dropping a few coins in his hat but most were nonchalantly passing by. He had the brightest smile nonetheless, and his enthusiasm was so palpable that i made it a point to talk to him after his act. He told me that his parents had passed away when he was very small, and he had an ailing younger brother for whose treatment he was collecting money. Some days were good, but on most days, he just had to scrape through. Going by his meagre collection, it clearly was a day when he was just scraping through — but looking at his energy and enthusiasm, one could never guess that!



## THE BEST CONVERSATION HUMANITY CAN HAVE

He told me that he loved juggling, he'd been doing it since he was a small child, and he was grateful that he was getting to meet new people every day and getting to display his skills in front of them. Money was not his main drive — it was just a means for him to get his brother back on his feet. He was grateful to just perform. He was grateful that despite his financial situation, he could afford balls and a second-hand unicycle on which to perform. He was grateful that so many eyes lit up when he did his manoeuvres. He was grateful that people from far-off countries stopped by to take his pictures. He was grateful that he could be a part of happy memories of so many people. He was grateful that he could make children smile. He was grateful that his brother hugged him warmly whenever he went home — rather, he was grateful that he had a brother, a human touch, a family that he could go back to every day. Meeting Jimmy that day was such a powerful learning in gratitude. He is one of the most enthusiastic people i have met in all my travels — and what drove him was not money or talent but gratitude. Since then, i have always remembered and practised that lesson in my life, however tough the situations have been.

Gratitude is the only foundation upon which a fulfilling life can be built. Even an ungrateful person can be

## SUPERPOSITIVITY EXCHANGE

successful in life but they can't be happy or fulfilled. I have been practising and writing about gratitude all my life. But let me share with you my most profound insights on this topic, reproduced from my book *Yes Thank You Universe*.

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!

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

## THE BEST CONVERSATION HUMANITY CAN HAVE

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.

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.

## SUPERPOSITIVITY EXCHANGE

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 gratitude a daily habit. The fourth question of the Superpositivity Exchange is designed to inspire you to consciously express gratitude for what you have, what others have, as well as the blessings that are there for everyone. Though everyone's reasons would be unique, here are a few things that anyone anywhere can express gratitude for:

- ~ Life
- ~ Family
- ~ Health
- ~ Freedom
- ~ Food
- ~ Water
- ~ Electricity
- ~ A stranger's help
- ~ An elder's blessing
- ~ Books

## THE BEST CONVERSATION HUMANITY CAN HAVE

- ~ Blissful sleep
  - ~ Music
  - ~ Movies
  - ~ Internet
  - ~ Flowers
  - ~ Siblings
  - ~ An abiding friendship
  - ~ Sunlight
  - ~ Peace in one's 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 anything for you: strangers, fellow drivers, passers-by. Before you have a meal, and after you finish one, just stop awhile and say Thank You. You have zero idea how many people and energies have toiled to get that food on your plate. Start thanking

## SUPERPOSITIVITY EXCHANGE

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.

And if you still want a reason to be thankful in life, 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 for 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 and the visions we are trying to manifest. Simple as that.

## Question # 5

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

One day, my mentee, wrestler Deepak Punia, called me from the Penn State University in the US. He had gone there for a training camp. He said: "I have been having an intense discussion with the other wrestlers here — between Thank you and Sorry, which one is bigger?" I replied: "They both are equally beautiful and neither is bigger than the other. But between the two of them, i can certainly tell you which one has a greater capacity to heal." He asked: "Which one?" I said: "Sorry."

You see, Thank You adds to life's value while Sorry reduces life's pain. Thank You uplifts while Sorry upholds. Thank You gladdens while Sorry softens. Thank You is for the self while Sorry is for the other. Thank You goes within

## SUPERPOSITIVITY EXCHANGE

while Sorry reaches out. Thank You replenishes while Sorry repairs. Thank You swells a heart while Sorry mends a heart. Thank You puts a smile while Sorry wipes a tear.

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

The way i look at it, there wasn’t, isn’t or won’t be any person who hasn’t wronged or hurt anyone, even if inadvertently. Every second we inhale, thousands of live microbes go inside us, and they perish by that very act. Now if we were to look at it objectively, *we* are causing that harm to them, even if we are doing it inadvertently. One might say it is designed that way — and that’s absolutely valid. We are



## THE BEST CONVERSATION HUMANITY CAN HAVE

just playing our part in evolution, and the microbes were hurt because of their place on the evolution conveyor belt. Nonetheless, on our part, there has to be an awareness that we hurt them. And to get to that level of awareness is what this section is designed for: to say a heartfelt Sorry to anyone that we have hurt, consciously or otherwise.

It's like Sangeeta and Pooja were sitting in a café. Someone waved at Sangeeta. She didn't notice it while Pooja did, and she pointed it to Sangeeta. Now Sangeeta did not do it deliberately. So she has two choices. Either she defends herself and shrugs her shoulders or she says "I am so sorry, I didn't notice!" Which one would you say is a better choice. Of course, you'd say the latter. And that is exactly what this section epitomises: it is not about right or wrong, but about being responsible — and humble.

Ask anyone and they'd say humility is a characteristic they deeply admire in others. Humility naturally endears us to others. But how many of us actually care to practise it! Humility demands that we should not place ourselves on a pedestal but interact with the world on an even footing. That rather than expecting things of others, we should initiate them — including Sorry. You know, the quirky thing about the human psyche is that it notices a million faults in others while

## SUPERPOSITIVITY EXCHANGE

completely absolving oneself of any. It sees the slightest of wrongs that others are doing and overlooks the biggest of one's own. That anomaly is what this section intends to rectify.

Sorry is something we all must say generously. If we step in front of someone in a queue, we should say Sorry. If we brush against someone unknowingly, we should say Sorry. If we forget to wish someone on their birthday or anniversary, we should say Sorry. If we are harsh to someone, we should say Sorry. If we say something inadvertently that hurts someone, we should say Sorry. If someone reminds us how mean we were, maybe in the past, we should say Sorry.

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

As they say, practice makes you perfect. Just like we get better at golf by playing and practising it every day, we also get better at Sorry by saying and practising it every day. If you've never said Sorry to anyone, this question will sound

## THE BEST CONVERSATION HUMANITY CAN HAVE

superhard. If you've said Sorry sporadically, then it will make it easier for you to say it with more flow. And if you're used to saying Sorry liberally, then this will reinforce that energy and make you even more positive. As I have seen, Sorry helps and heals everyone, regardless of their age.

There is a family friend of ours who is living in Australia. She is in her early twenties. When I did the exchange with her, she wept uncontrollably at this question. After a long pause, she said that as she looks back, she realises how insensitive she has been to her mother over the past few years. In that moment, she felt that love for her mother even more strongly and resolved that she will mend their relationship, whatever it takes. Her tears were tears of redemption, tears of love. It's been a few months since, and her mother recently told me that their relationship is better than ever. It all happened because the daughter had a moment of profound realisation — and she released it with the simple, pure energy of “I am sorry!”

Whenever you are asked this question, reflect deeply on your actions that day, the people you met, the responses you got, the resistances that came your way. Invariably, the energy that people are giving us is a reflection of the energy that we have given them previously. If the energy of hurt is

## SUPERPOSITIVITY EXCHANGE

coming our way frequently, and people are telling us how affected or hurt they were by our actions, then we must step back and self-examine. If we keep probing, we will find that we did or said something that has triggered that feedback. Though we can't go back in time and undo a deed or a word, we can certainly dilute that harsh energy and soften it with a simpler one: Sorry.

The biggest beneficiary of Sorry is oneself. Of course, it softens the recipient but the lightest entity from the exchange is oneself. I have personally found Sorry to be cathartic, therapeutic. I consider it more powerful than almost any other therapy. I have always felt light, uplifted after saying Sorry, as if a huge load has been lifted from my body. Each one of us makes mistakes, small or big, every day — so it is obvious that we should apologise for them every day as well. The Superpositivity Exchange deeply helps me in this daily self-audit. By conducting multiple Superpositivity Exchanges every day, i literally create multiple opportunities to say Sorry to others every day, either in person or in their absence. For example, if someone calls and i was too busy to talk to them, i say Sorry to them in the presence of the person with whom i am doing the exchange. And, at the first available opportunity, i say Sorry to them in person as well.

## THE BEST CONVERSATION HUMANITY CAN HAVE

And if i can't recall anyone that i've hurt immediately, here's what i proclaim instead: "Today, i'd say Sorry to every single person that i've hurt, consciously or unconsciously, throughout my life in any way!" I say this with the purest meaning and intent, from the core of my being. Of course, it should ideally be one's endeavour to look for a specific person, relevant to one's current day's actions, but if one can't think of anyone, then a general, heartfelt admission would work equally as well.

As i've said earlier, and as you'd read further, there aren't any "right" or "wrong" answers when it comes to the Superpositivity Exchange — there are just original, unique answers that emerge from the core of your being. Of course, looking back, you can always change your answer, but then that's precisely what the *next* exchange is for! So long as you deeply want to apologise to anyone for anything, there is always going to be the next time. The way i look at it, life does give you a second chance — and that second chance is called Superpositivity Exchange! Simple as that.



## Question # 6

*Who would you like to appreciate today?*

One of the most frequent lamentations i have heard from people is: "They just don't appreciate me enough!" They feel their parents don't praise them enough, their partners don't praise them enough, their children don't acknowledge them enough and their colleagues don't value them enough. In relationships, the number one grouse that most people have is: "My spouse never appreciates me!" "She doesn't compliment me enough!" "He never praises me!" "They never say good things about me!" "I do so much but they never acknowledge me!"

The cross of unappreciatedness is one that most people carry onerously throughout their life. Most people never admit it but they secretly carry a simple need in their

## SUPERPOSITIVITY EXCHANGE

hearts, much more than the need to acquire diamonds, big cars or fancy houses: the need for appreciation. People meander through their whole life, fetching for appreciation. They invest their energies predominantly in seeking that from others but like a deer's elusive quest to find musk in the jungle, their pursuit is mostly futile. Because, as i said in the previous chapter, the energy we give out is the energy that comes back to us. If people are not appreciating you, it is because you haven't cared enough to appreciate them — or to appreciate anything! Period.

In my interactions with the world, and in my deep observations of it, i have seen that criticism is what comes naturally to most people. They have a natural knack for criticism. Right from the Creator to the weather to the country to the government to the infrastructure to the relatives, they criticise everyone. Fulsomely.

The sixth section of the Superpositivity Exchange — “Who would you like to appreciate today?” — is designed to rectify that anomaly. Normally, we don't ask others (or ourselves) directly who they'd like to appreciate. That's why most energy of appreciation never gets activated. But this question gives us a direct incentive to appreciate someone — anyone — for their qualities or actions. It could be an



## THE BEST CONVERSATION HUMANITY CAN HAVE

athlete, a politician, a teacher, a civic official, a fictional character, a colleague, a friend or a family member.

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

I'd request everyone to use the Superpositivity Exchange platform to generously appreciate three entities: your family, the larger world and yourself.

Let's start with appreciating your family members. This is a glaringly simple thing but also one that people overlook the most. They often say: "I find it so artificial to compliment them when they already know it!" Or "They know how i feel — why do i have to express it?" Agreed.

## SUPERPOSITIVITY EXCHANGE

The feeling is untold. But the expression is spoken. Understanding is a feeling. Appreciation is an expression. Ever since the Big Bang 13.76 billion years ago, the Universe is in a constant state of expression. And when you appreciate, you join the Universe in the outflow of that expression. When you praise something, anything, you praise not just that thing, but the energy that resides in that thing. You praise the energy of the Universe. And family is one of the most beautiful blessings of the Universe upon humanity. It is so easy to pick on them, to find faults in them but so much more beautiful to pick them up, to find virtues in them. I have seen that most people are often critical of their relatives and family members. Bring about a change in that trend. I make it a point to compliment my parents generously every day: “Wow Mama, you are the best cook in the world!” “Wow Papa, i love how active and agile you are at 80!” I believe — rather i am convinced — that the happiness my appreciation has given them has come back to me manifold and has been the progenitor of all my accomplishments over the past 10 years. Try it for yourself with your family — try it genuinely — and you too will understand and unlock the infinite potential of this affirmative energy.

## THE BEST CONVERSATION HUMANITY CAN HAVE

Next, appreciate the larger world. There are so many wonderful people out there, doing such wonderful work! A scientist somewhere, a musician somewhere, a filmmaker somewhere, a social worker somewhere. Appreciate them today. Or look closer. Among your neighbours, friends, acquaintances and colleagues too you will find a wealth of qualities and virtues. Acknowledge them. Say how uplifted you feel by their work or their personhood. Notice something good in everyone and express it generously. While you must appreciate those who are ostensibly doing something wonderful, it'd be great if you can also acknowledge something wonderful in those who most people are taking for granted. A homeless person, for example. Close to our house, there's a temple, on the steps of which a lot of homeless people sleep, even in excruciating winters. I really admire their grit and tenacity, and so often during the Superpositivity Exchange, they are the ones i appreciate the most. They might not be adding to the GDP of the country, but the way i look at it, they are surely adding to the bodily threshold of the human species. As they say: "Beauty lies in the eyes of the beholder." My take is: "Beauty lies in the eyes of the appreciator." When you start seeing the world with

## SUPERPOSITIVITY EXCHANGE

the eyes of appreciation, you'd find that even in the seemingly uninspiring ones, there is always something to be appreciated.

And the third entity that must be consciously appreciated is: oneself. People set forth the energy of criticism by first being critical of oneself. Every now and then, whenever you feel you've done something wonderful or just like that, give yourself a pat on your back. Or you can learn from my sister Niddhi who does this section the best. If there are six people participating in the exchange, she will make it a point to appreciate everyone — including herself. She will mention a quality in herself — “I'd love to appreciate myself today for my Superpositivity” or “I love the fact that i achieved my goal of 12,000 steps today” — and appreciate herself just like she's appreciating another person. Of course, it is easy to go overboard and sound vain or narcissistic when it comes to appreciating oneself. There is always a very thin line one has to tread. But if done objectively, superpositively, it sounds beautiful and inspiring, like a work of art. What i love about my sister's approach of appreciating everyone is that it is inclusive and encompasses all the participants, like a rose objectively touching all the inhabitants of a room with its fragrance.

## THE BEST CONVERSATION HUMANITY CAN HAVE

Appreciation simply makes one value the merits of even those who are one's "opponents" or sitting on the other side of the fence. Let me give you an example. My father is as avid a cricket fan as there'd ever be. His heart throbs for the Indian national cricket team, and he reveres their every move. He has been watching cricket — rather worshipping cricket — for almost 65 years, and he is never as upset as when the Indian team loses a match to an overseas team. Till recently, he took every loss of the team as his personal loss, and there was never a complimentary word for the opponents, however good they played. To expect him to do so would have been akin to expecting some water on Mars! But thanks to Superpositivity Exchange, that water was found on the 28th of January 2024! That was the day India lost an epic test match to England — the first-time ever it'd lost a match in Hyderabad in its storied cricketing history. You'd have expected Papa to sulk and moan. But later that night at the exchange, when he was asked question # 6, he said calmly: "I'd love to appreciate the English cricket team today for the excellent cricket they played — they deserved to win!"

Now *that* is true appreciation. When those who deserve appreciation, are given their due, regardless of whose side they are on. When those who deserve the claps

## SUPERPOSITIVITY EXCHANGE

are given the applause, regardless of who the hands yearn to punch the air for. When those who deserve to stand atop the podium are given the cheers, regardless of which flag they represent. When those who deserve the trophy are given the ovation, regardless of how many hearts break in the process. Above all, when the circle of appreciation is generously extended to one and all, because in life, not just the winner — but the entire species takes it all. Simple as that.

## Question # 7

*What improvement are you trying to bring  
or would love to bring in yourself from today?*

According to me, there are two core functions of Superpositivity: celebration and improvement. The foremost endeavour of a human being has to be an unconditional and unlimited celebration of life. All the preceding sections — consciousness, inspiration, gratitude, forgiveness and appreciation — of the Superpositivity Exchange are designed to drive us towards a celebration of life at its simplest and purest. Once you start practising these elements earnestly, regularly, celebration of life will become a natural outflow. And they will organically lead us to the second principle function of Superpositivity: improvement.

## SUPERPOSITIVITY EXCHANGE

The way i look at it, life is a school. Just like a school's core purpose is to make its students better, life's core purpose is to make us better. In a school, every subsequent level poses a bigger challenge and reward, and in life, too, every level poses a bigger challenge and reward. Each one of us should be prepared for that. You see, nothing in the Universe is static — or is meant to be static. We think the sun is static but it is blazing through space at a speed of 7,20,000 kilometres per hour. We don't feel the earth moving but it is spinning at a speed of 1,10,000 kilometres per hour. We don't see the Milky Way churning but it is hurtling through space at a speed of 8,28,000 kilometres per hour — 240 times faster than the fastest fighter jet! The bigger a body, the greater its movement. Every star, particle, planet, galaxy, constellation is born to keep moving along its orbit steadily, briskly. Our movement along the orbit of improvement has to be the same too. Wherever we are, we can't be static, even if we want to — we have to become better today than we ever were. That's how the Universe does it too. After 13.76 billion years of creation, the newest stars are much more radiant than the earliest, the newest galaxies are much more powerful than the earliest and the newest species are much more versatile than the earliest.



## THE BEST CONVERSATION HUMANITY CAN HAVE

Let me reproduce a section from my book *Superpositivity* which sums up the essence of improvement.

If you look closely, humans have travelled a long distance since they dawned on this planet. From life expectancy of 20 years to 70-plus. From fending off animals to cloning them. From being scared of objects coming from space to sending objects to space. From not knowing how to walk properly on earth to walking in the sky. From not having a single language in which to communicate to over 7,000. From not knowing who lives in the next cave to pinpointing who lives 13,000 kilometres away. From envying how birds flew to flying 1,00,000 flights daily. From letters that took years to reach to emails that travel at the speed of light. From hiring portrait artists to clicking selfies. From thinking the sun is the farthest object in the sky to sending a spaceship billions of kilometres farther than the sun. From not knowing how to heal a small burn to transplanting hearts. All this has been possible thanks to the improvement drive that the Universe has placed in humans. A drive that distinguishes humans

## SUPERPOSITIVITY EXCHANGE

from insects. Which have been around for 400 million years longer than humans but are still doing the same thing. Or birds. Which have been around for 150 million years longer but are still doing the same thing. Or orangutans. Which have been around for 20 million years longer but are still doing the same thing. Now, please understand that i am not making fun of any of these life forms or questioning their purpose on this planet. I am merely pointing to you the core distinction between other life forms and humans: improvement.

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

## THE BEST CONVERSATION HUMANITY CAN HAVE

for being who they are. Similarly, when it comes to improvement, it doesn't have to be towards doing 100 pushups today, but towards being a better human being today, a more positive human being today. In fact, *that* is what i truly call improvement — ever-wanting to keep improving as a human being. Because i believe that regardless of how rich or how “important” we are, what is going to truly matter when we are gone is how we were as a human being. Let me share with you how i have been consciously and continually trying to practise the energy of improvement as a human being.

After the debacle of *Challo Driver*, i trained a microscope on myself and put myself under intense scrutiny. I realised how much negativity is latent in all of us — me included — and how we conveniently mask it. It was like peeling the outer layers of an onion. It is uncomfortable for sure — even makes you weep — but that's where its true essence lies. I performed a thorough audit of my personality and habits. I did something very few of us give conscious attention to: i made a list of my flaws. I realised that negativity is not always what it seems to be. Many a time, we are perfect on the surface. As well as on many levels inside. But deep, deep, deep inside, there's still a lot of work to be done.

## SUPERPOSITIVITY EXCHANGE

Thankfully, i recognised the work that was needed. I made a list of 14 qualities that were underdeveloped in me, or were not present in me in a considerable measure, and devoted one full year — at least three weeks per quality — to the establishment of each of those qualities. All i knew was that i wasn't going to accept a lesser version of myself any longer, and my goal was now to become a fully-blossomed-and-balanced human being. It was only after i'd successfully accomplished that goal — attained dominion over my weaknesses and limitations — that i embarked on the path of Superpositivity, on the path of inspiring the world to be infinitely positive.

Even today, when it's my turn to answer this question during the exchange, here's an answer that i always give: "Today, i am being more superpositive than i was yesterday and tomorrow i will be more superpositive than i am today, and i will keep giving that superpositivity to the world forevermore." Of course, i mention things that engage my attention that particular day but the superpositivity answer never changes. It is my immutable commitment, my resolve to be a forevermore better human being, come what may.

To make this section useful, mention small positive changes that you've consciously tried to usher today or those

## THE BEST CONVERSATION HUMANITY CAN HAVE

that need your attention but you've been postponing for a while. For example, "I went for a walk in the park today." Or "I will chew food more mindfully from today." Or "I am going to watch an inspirational video today." Or "I am trying to be more non-judgemental today." Or "I will wake up at 5.30 am from tomorrow." Or "I will stop binge-scrolling social media from today." Or "I will smile more from today." Or "I will not be over-reactive from today." Or "I will do my work without being told to do so from today." Or "I will be more supportive of my friends from today." Or "I will be less critical of things from today." And so on.

Many people say: "I am perfect the way i am!" Yes, i wholly agree, you are. We all are. But who says, perfection can't be improved! I always give people the example of Michael Phelps. He won a record eight gold medals at the 2008 Beijing Olympics. The very next day, though, he was back in the pool, practising for the 2012 London Olympics which were going to be held four years later! Having already won a total of 14 Olympic gold medals — more than any other athlete in history — he could have stayed smug and said: "Why do *I* need to improve!?" But we all do. Champions, commoners, you, i, all of us. On the conveyor belt of evolution, we've just got to keep progressing — as a

## SUPERPOSITIVITY EXCHANGE

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

## The Spirit of the Exchange

The motto of our organisation Superpositivity Foundation is: Creating Positive Energy Forevermore. We realise that creating positive energy is not a one-time, one-off process but an ongoing one. We have to do it every day, better than we did yesterday. We realise that unless we eat healthy every day, we are not going to stay healthy for very long. We realise that unless we exercise or move every day, we are not going to stay fit for very long. Similarly, we realise that unless we create positive energy every day, we are not going to stay positive for very long.

Now, it sounds so simple, but how do we create positive energy every day — in a way that is universally understandable, acceptable and practicable. That is something that i have been deliberating upon for years. And to solve that dilemma, i went to the very source from which negativity spreads in the world — a source that is used the most and is

## SUPERPOSITIVITY EXCHANGE

ironically abused the most: conversations. Research — as well as common sense — tells us that it is through spoken words that negativity is created within us and spreads to the world around us. It is believed that every negative emotion a person has experienced in life — fear, stress, trauma, grief — is stored in the muscles that control the tongue. Or, one can say, it is in the tongue that most negativity is locked and is released through the words we speak.

Simply put, there is a genie built in each one of us that constantly keeps creating our life. That genie lives in our throat. 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 or banter. And that's why their lives also vibrate to a corresponding negative energy. Out of the 15,000 words every day that people say on an average, positive words or statements account for only 10 to 15 percent.



## THE BEST CONVERSATION HUMANITY CAN HAVE

An overwhelming 85 to 90 percent of our words and conversations are negative, and that's how negativity keeps spreading in the world, one conversation adding to the weight of the previous one, like a snowball that keeps growing in size as it proceeds.

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

### **Rule # 1**

#### *Be Regular*

A survey done in Britain found out that an average person has 27 conversations every day, lasting an average of 10 minutes each. As we've already ascertained, most of those conversations teeter on the negative. In order for us to

## SUPERPOSITIVITY EXCHANGE

neutralise the collective effect of all those conversations, we need to have *at least* one Superpositivity Exchange every day. You see, one can function without attending to one's personal hygiene every day, but the result would be a collection of toxins. That's why we must empty our bowels, brush or bathe — *at least* once every day. It just keeps us fresh and light. Similarly, if we don't do at least one Superpositivity Exchange every day, then the weight of negative conversations would just keep adding up and would keep growing in enormity.

I, for one, do the Superpositivity Exchange an average of 10 times every day — on some days a few more and on some days a few less. Besides my parents, there are nine individuals/groups that I personally mentor or closely attend to — I do a Superpositivity Exchange with each one of them every day. In fact, I use the Superpositivity Exchange to keep them on course. Many people wonder how one can effectively ask the same questions over and over. But I can say from my experience of 1,500-plus exchanges: the more I do them, the more I love them and the more my mentees love them. One of them, Arundhati Choudhary, a boxer from Rajasthan who was the 2021 youth world champion, attests to its power. Something untoward happened in her life in January 2024 that almost made her give up boxing. But during that phase,

## THE BEST CONVERSATION HUMANITY CAN HAVE

i did multiple Superpositivity Exchanges with her — and within three days, she rediscovered her love for boxing and was selected to represent India at the Strandja Cup in Bulgaria, which is one of the toughest boxing tournaments in the world. She and many others attribute their recovery to the regularity of the Superpositivity Exchange.

## **Rule # 2**

### *Be Unlimited*

The Superpositivity Exchange is designed to transcend background, knowledge, skill, language, age and every other limitation. It is the simplest of conversations that any group of two or more people can have over a meal or whenever they come together. What i love about the Superpositivity Exchange is its inclusiveness: it can be done anywhere, anytime with anyone. While the dinner table is the most convenient and optimal place to have it, one can have a Superpositivity Exchange anywhere. Just like the Universe is everywhere, the Superpositivity Exchange too doesn't need a "special" or rarefied venue. It can be done in the bedroom, washroom, boardroom, classroom, playground, airport, restaurant,

## SUPERPOSITIVITY EXCHANGE

store, car or anywhere else. It can be done anytime: i do it over every meal that i eat with my parents or anyone else. Also, since my mentees live in all parts of the world, they call me at different times of the day, and i have a spontaneous exchange with them at different times of the day. It can be done with anyone: any group of two or more people (family, friends, colleagues, strangers) can do the exchange whenever they meet. I have done the exchange with complete strangers in the most unfamiliar of settings and it has led to deeply meaningful insights for all of us. In fact, my sister Niddhi has mastered the art of doing the Superpositivity Exchange by herself! Of course, having at least one more person is great but if you're willing, you can do it all by yourself.

As i've shared earlier, the exchange can be easily done over a phone call — 80 percent of my exchanges are done that way. But one of the strongest Superpositivity practitioners that i know, Urvi Singwallia, has an even more ingenious take: she does frequent exchanges with her friends over WhatsApp! In fact, she has even created a WhatsApp group called Superpositivity Exchange. She asks them questions one by one and they reply whenever they can — now it can't get more unlimiting than that! Besides, another unlimitation that one must practise is that of the duration of

## THE BEST CONVERSATION HUMANITY CAN HAVE

the exchange. I have done a very fulfilling two-hour exchange and i have also done an equally effective two-minute exchange — a rapid-fire exchange. Adapt to the need of the moment and customise the length accordingly. Ultimately, when it comes to the Superpositivity Exchange, it's not where you do it, who you do it with, how long you do it, or how you do it but the fact that you just do it that truly matters.

### **Rule # 3**

#### *Be Unjudgemental*

The reason most beautiful conversations never take place is that people are scared of being judged. They have their guards up perpetually, trying to defend themselves and their inner beings. The very reason this exchange starts with the word Superpositivity is that it should be done with the singular intent of enabling everyone individually — and humanity collectively — to be their highest version, whereby we let others express their feelings without any prejudice and with the assurance that they will not be judged for their answers or perspectives. This is the most important rule of the exchange, and i request everyone to uphold it with full fidelity.

## SUPERPOSITIVITY EXCHANGE

Whenever you ask anyone a question, don't smirk or snigger if the answer doesn't meet with your approval. Be patient and assume the role of a listener — rather than a preacher. Preachiness is what this platform intends to avoid at all times. The world needs to and deserves to be listened to. Billions are crying within, wanting to be heard. Let's give them a positive voice and an unjudgemental platform.

While doing the exchange, all participants are requested to never try to influence the answers of anyone else to project their own viewpoint, however valid it seems. Also, be patient. If someone is taking time, let them. Give them an assuring squeeze of the hand, if need be, but never any coercion of any kind. You see, Superpositivity Exchange is not designed to inflate the questioner's ego but to uplift the answerer's spirits. Fulfil that vision — and trust me, you will feel more fulfilled than i can say.

### **Rule # 4**

#### *Be Flowing*

This is an extension of the previous rule, and equally important. There will be many times and many answers where you will

## THE BEST CONVERSATION HUMANITY CAN HAVE

intrinsically want to stop and “correct” the “errant” ones. Once again, please resist that temptation by all means. Never stop the flow of the exchange at any point to dissect any answer. Just smoothly flow from one answer to the next, without ever stopping the flow of the exchange, even if you don't like what's been shared. This is so important in the context of the Superpositivity Exchange that let me repeat it to re-emphasise it: *Just smoothly flow from one answer to the next, without ever stopping the flow of the exchange, even if you don't like what's been shared.* At times there would be controversial answers or debatable answers but here's what i do: i never get into an argument about any answer either during the exchange or later. Once an answer is given, it's over and it's time to move to the next one.

The way i look at it, the Superpositivity Exchange is like a retreat for introspection, to deep-dive into oneself and reflect on one's own actions. It is not a correctional platform but a transformational one. And those who transform will do it by themselves, once they build upon the awareness they might generate from their own answers — or while listening to the answers of others. That freedom of choice is what this platform has to uphold and strengthen. I have always maintained free will to be one of the most

## SUPERPOSITIVITY EXCHANGE

beautiful gifts of the Universe upon humankind, and every participant in the exchange must at all times be enabled that gift, come what may. And if at times a participant doesn't want to answer any question — which occasionally happens even with my mother — or wants to answer in a nod or a monosyllable, show respect to that resistance. Try to melt it superpositively by asking gently maybe one more time but if the resistance persists, unobtrusively flow to the next participant or question. As they say, the exchange must go on!

### **Rule # 5**

#### *Be Selfless*

The most important role in Superpositivity Exchange is of the one who initiates the exchange. And in my understanding, the most important part of any beautiful creation, whether a meal, a book or a movie, should invariably come last. In the context of the Superpositivity Exchange, the one who is asking the questions should *always* be the last one to answer them. If there is a group of 10 people i am doing the exchange with, i take untold joy in being the last person to answer. It helps me consolidate the energy of the discussion beautifully



## THE BEST CONVERSATION HUMANITY CAN HAVE

and serves two functions. Firstly, if i have a unique answer, it expands the understanding and awareness of the others. Secondly, if someone has already said the answer i was going to say, it humbles me and gives me a chance to give credit to the person who has already mentioned “my” point. In that case, i prefix my answer with “As so and so has already beautifully said, my answer is the same.” I then repeat that answer or maybe share the same perspective in other words. Rather than taking away credit from anyone or trying to heap it upon myself, that deed uplifts the conversation’s energy — and *that* is any way the core purpose of Superpositivity Exchange. The way i look at it, individuals are wonderful but teams are even more wonderful. Rivers are wonderful but oceans are even more wonderful. Leaves are wonderful but trees are even more wonderful. The whole point of this exchange is not one-upmanship but oneness. The former is about superiority but the latter is about equality — and that is the very premise of Superpositivity Exchange. And the core purpose of Superpositivity.

Finally, i have a superpositive way to culminate the Superpositivity Exchange — unlike the previous five rules, this one is not compulsory but you could still try it if you want. Superpositivity Exchange is built on seven pivotal

## SUPERPOSITIVITY EXCHANGE

elements of the Superpositivity philosophy: consciousness, inspiration, gratitude, forgiveness, appreciation and improvement. Since it is all about superpositive words, it should befittingly culminate with the words that have come to represent Superpositivity. Called the Superpositivity Chant, those words are: Yes Thank You Universe. I have devoted an entire book *Yes Thank You Universe* to the infinite power of these four simple words. But, in a nutshell, let me just say that they epitomise the essence of each of the seven sections of Superpositivity Exchange. Let me share with you how.

By invoking the Universe, these words remind us that we are an inseparable part of the Universe and all the positive things that are happening in the Universe are happening in our life as well — the foundation of the first two questions of Superpositivity Exchange. Since the Universe is everywhere, in everything and everyone, being inspired by any of its creations becomes so much easier. By expressing our gratitude to the Universe, we are naturally guided to enumerate the countless blessings in our life. We naturally become humble — and saying Sorry becomes second nature. We start looking appreciatively at creation — and praising someone or something happens organically. We joyfully

## THE BEST CONVERSATION HUMANITY CAN HAVE

embrace becoming better, just like the Universe — and are nudged naturally towards improvement.

After all my answers, i fold my hands and simply say a heartfelt Yes Thank You Universe. It takes a few seconds, and it adds immeasurably to the sanctity of Superpositivity Exchange. You could do the same, or if not, just be silent for a moment and rejoice in the energy of the answers that have just been shared. Be grateful and appreciative that you've added value and beauty to the human species. Be grateful and appreciative that you've inspired yourself and others to be their highest version. Above all, be grateful and appreciative that you've just participated in the best conversation humanity can have. Simple as that.



## 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.

## SUPERPOSITIVITY EXCHANGE

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

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

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

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