

GOALETICS

GOALETICS

The Sport of Goals

VICKRANT MAHAJAN



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BOOKS

(A wing of Superpositivity Foundation)

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

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Yes Thank You Universe

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Conscious Choice

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

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

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Acknowledgements

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

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

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

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

Introduction

When you centre yourself in your core strength in life, magic happens. That's how *Goaletics* was born. I have shared the story of its genesis in the book *Goalete*. But for those of you who haven't read it, let me retrace.

In early 2019, i was creating a motivational program to lift the performance of Team India at the Olympics and other sporting events globally. Since i've never been a competitive sportsperson, i deeply contemplated on a unique skill that i had that even a world champion would need. I meditated on this for many days, putting my sporting wherewithal to an intense scrutiny. One evening, while taking a walk, the answer — or rather an epiphany — occurred to me.

For over 30 years, i'd been playing a sport that was the foundation of all sports — a sport from which

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all other sports have been derived. The more i thought about it, the more i realised that every organised human activity has emerged from this sport. In fact, civilisation itself has emerged from this sport. It is as old as the cosmos — it is the sport of goals! The name of this sport also came to me during that epiphany. The athletics of goals. Or Goaletics. And the one plays it is an athlete of goals. Or a goalete. So, simply put, Goaletics is a portmanteau of two words: Goal and Athletics.

I drew a list of goals that i'd set and achieved over the past three decades: i'd been a Mr India podium finisher; i'd broken over 100 Guinness World Records (at one point, i'd simultaneously held Guinness World Records in five sports: cricket, soccer, squash, frisbee, basketball); i'd motivated hundreds of thousands of people across every administrative region in India and across all states in the US; i'd worked as an editor in HarperCollins, one of the biggest publishing companies in the world; i was at one time among Asia's highest paid photographers; i'd modelled for some of the topmost fashion designers in India; i'd written over 20 motivational books that had created an impact; i'd scripted, produced, directed, and acted in a mainstream Bollywood movie. As i looked retrospectively, i'd been playing the sport of setting and achieving goals all my life. And now time had come to share this sport with the world.

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The way i look at it, goaletics is a sport at which every sportsperson has to excel. In fact, it is a sport at which every human being has to excel. Once goaletics is in place, then athletics — and every human endeavour — naturally flourishes. It is with this realisation that i am bringing you *Goaletics*.

Though this book is a much shorter read than *Goalette* — and if you are earnest about accomplishing goals in life, then you must read that book — it offers a deeper foray into how the sport of goals was born, what is needed to play it and where it is played. Rest assured, after reading it, you will start seeing goals in a beautiful, new light altogether. And you will walk convinced that where there is a goal, there is always a way, and enlightened that in the sport of goaletics, *everything* is possible. So, here's wishing you the very best in your journey of goals forevermore.

Chapter 1

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The Birth of Goalitics

A goal is a word. Or — if you are truly conscious — a goal is a world. In fact, the world we live in was born from and with the energy of a goal. Let's see how.

13.76 billion years ago, the Universe was a pure concentration of energy. It was in a state of bliss, in a state of absolute rapture. Love was its being, and it was a pure love complete in and of itself. Neither was time an aspect of that state nor was any other tangible. There was nothing to be done and nothing to be created. The Universe was itself. Superconsciousness. Perfection personified. The highest realm. The greatest dimension. The most exalted entity.

But then the Universe had a thought — its first-ever thought — which became the sponsoring thought

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of all creation. It realised that even the most exalted entity has to have an expression. Why else is it existing? The Universe realised that without an expression, an entity — even in a state of absolute perfection — is selfish. Perhaps it is contented with its own perfection. Or perhaps, it is scared of its own perfection — scared that if it steps down even an infinitesimal bit, it'd lose its perfection. The Universe asked itself: how can perfect be scared of the imperfect? How can its perfection be subtracted or taken away from? How can that perfection be distracted or affected? It can only be added to. How can infinity be limited? It can only be unlimited. To test the veracity of that realisation became the Universe's goal.

It was the very first goal the Universe had. To manifest itself in infinite forms. And yet to be above all of them. To create unlimitedly. And yet to be unaffected by any of the creations. To birth an infinitude of glorious species. And yet to stay above them eternally.

Once the goal had brewed abundantly within the Universe and had strengthened into a resolve, it created a framework of the manifestation of that goal, not as a one-off phenomena but as an ongoing craft. If the Universe so intended, it could have rushed into random and haphazard creation. The idea of creation was just so unique, so tempting, that anybody would be impelled to

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rush into it. But not the Universe. It resisted the temptation of impulsive creation. It created a covenant. And stayed focused on its original goal: to continuously create an ever-higher level of creation and to eternally stay above it. That covenant or goal had two parts: *to create an ever-higher level of creation infinitely* and *to eternally stay above it*. In order to fulfil the first part, the Universe decided to create a framework. A design. A pattern. A sport called goaletics. Its original goal was called the Covenant of Goaletics. So, goal and goaletics both were made before any matter or before any creation was done. And that is the sequence it made for *all* creation, for *all* times to come. Before anything is created, its goal has to be created first. Before matter comes about, energy has to go forth. In the form of a goal.

From the Covenant of Goaletics, the Universe created the Law of Goaletics: *fulfilment of a positive goal eventually leads to a higher goal, in a continuous cycle*. That's the energy the Universe blessed goaletics with.

Thus was born the Universe's second goal, its first physical one — a goalete called the first atom, or the Manifestation.

In that atom, the Universe infused all its creative powers. In that atom were transferred an infinitude of expressions that the Universe envisioned. For billions of

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years perhaps, the Universe just worked on the strengthening of that goal alone. It didn't do anything else. It knew that, one day, from that atom, an infinitude of goals would be born. And the sport of goaletics would develop. But before that task could be attended to, the Universe just attended to one atom. It worked on one goal alone.

Then it worked on its third goal: to create a set of natural forces — gravity, electromagnetism, strong force, weak force. Every possibility or goal had to adhere to those rules and was assigned a purpose. Gravity was given the purpose of holding things together, electromagnetism was given the purpose of illuminating and magnetising, strong force was given the purpose of making subatomic particles such as protons and neutrons, and weak force was given the purpose of radiation. The common goal of all these laws was to harmonise and keep entire creation in concert.

Eventually, the explosion of all those possibilities happened. In the form of Big Bang. That is when all matter was created. The event occurred 13.76 billion years ago. That was the Universe's fourth goal — and a wholesale display of the sport of goaletics. In one trillionth of a second, the first atom, the Manifestation, grew to a ball trillions of times its size. And the building block of all stars, planets, galaxies and clusters came about. There was all-pervasive light.

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3,00,000 years after the Big Bang, all that matter cooled down sufficiently. Now the light of the Universe needed to express itself as well. So, the Universe's fifth goal was born. Space was created. Or the darkness of space came about. Unless there was dark, how would light know itself. The beauty about this goal is that this is where the Universe discovered that in order for a force to know itself, the absence of that force was needed as well. This realisation would become the leitmotif for the Universe in all its subsequent creations.

Altogether, in its first five goals, the Universe took billions, perhaps trillions, of years. It just didn't rush into anything. It just allowed its perfection to lead to more perfection. In fact, perfection is the plasma from which the Universe has created everything. Nothing in it is random or arbitrary. If the Universe wanted, it'd have gone about creation in a zigzag or arbitrary fashion. It'd have created just for the sake of creation. But the Universe decided during the conception of its very first goal that the sport of goaletics would not be about pleasure. But about evolution. About improvement. About perfection leading to more perfection. About inspiration leading to more inspiration. About beauty leading to more beauty. About consciousness leading to more consciousness. Because, at the core, goaletics is about consciousness of

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one's own perfection, or an awareness of one's highest self. It is a sport that is played not just for a lark. But for an expression of the highest self. That is also the genesis of creation.

Without the stringent framework of goals, the Universe wouldn't have been able to do that. And the consequence of that would have been chaos. But the Universe infused intricate harmony in its goals. It added a sense of rhythm to the way it expressed itself — or to its own perfection.

Once the goal of space was met, the Universe moved to another goal. To the creation of molecular clouds — the building blocks of stars and galaxies. Matter came to concentrate together in a cluster over a period of hundreds of thousands of years. Once again, if you look at it, the Universe did not hasten into building stars arbitrarily. First it created a pattern, a design for ongoing creation beyond the first one. Rather than plunging randomly into stellar creation, it again kept working on the mechanism of how stars would continue to form beyond the first one.

Right from its inception, the Universe played the sport of goaletics by working on a consolidated mechanism rather than one-off, solitary phenomena. As we learnt earlier, much before the Manifestation happened,

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the Universe had formulated a strategy for goalistics. An integral part of that strategy was to never rush into anything. But to build things step by step. To establish a framework within which all creation would happen — even if infinitely so.

One goal of the Universe led to another. Once the molecular cloud goal was met, the next goal of the Universe was to create stars. Since the Universe's second goal — the Manifestation — was met, another 200 million years passed since the first star was born. This was the moment when the Universe saw for the first time something that was so magnificent that it proffered it a temptation to stop. From nothing, from an abstract idea, suddenly was born an astoundingly beautiful sphere of light. It was shining scintillatingly. Plus, despite its humongous weight, it was spinning brilliantly. And doing so autonomously. It was so easy for the Universe to get caught up in its creation, in its splendour and to get attached to it. But that's where the Universe stuck to its very first goal. To create an expression of its perfection yet to be detached from it, to perpetually rise above it. To participate in it fully yet to not get so involved that it stops. To unstop itself eternally was the Universe's first goal — and also its principal one.

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Along with the creation of the star, the Universe gave it a goal: to birth planets and satellites. In fact, every goal of the Universe led to another goal. Every entity was given an ongoing goal. Every goal was the seed of another goal — the Universe reminded itself after the star came into being. Rather than taking the star's splendour as a distraction, the Universe inspired itself further. It detached itself and thought of creating further beauty. Soon, in the disk of the star, from the dust and gas swirling around it, planets were born. And while they were swirling, in their disks, satellites were born. Each one of them was assigned a different purpose.

Then the Universe had another goal: to create supergroups of stellar systems called galaxies. These would be like teams that would spin together and traverse the length and breadth of the cosmos together. That goal led to a bigger team called cluster and a yet bigger team called supercluster, then a local group then a supergroup, all the way to the singularity called the Universe that joined all the pluralities.

Besides these, the Universe also created many other emissaries like the comets, meteors and asteroids. Its goal was to deliver water to the planets through those comets, to carry vital minerals through those meteors and at times change the shape of planets through asteroids. For

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instance, when a meteor hit earth, that's when the moon was born. The Universe had a specific goal in mind when it created all those entities.

Then on these planets, the Universe played out the sport of goaletics optimally. Let's take planet earth for example. 9.16 billion years after creating the Manifestation and almost 9 billion years after it created the first star, the Universe figured that it had sufficient expertise to create a stellar system where it'd display versatility in all its myriad forms. Thus came about the birth of the sun, the earth and the moon. It custom-built the sun in such a way that it was smaller than most other stars, it was less hot and bright than some giant orbs and also had a gravitational field that was perfectly suitable for planetary movement. Then it created the earth that was at a perfect distance from the sun — neither too close nor too far — for water to come about. In fact, water was a key component of the molecular cloud in which the solar system was born. It was from that cloud that the sun was born as well ice! It was the Universe's goal of coexistence — to show that polarities can live together — that despite the birthing of sun that had a temperature of 15 million degrees Celsius, ice molecules survived and they dissolved themselves into planet earth and became a vast ocean, covering the entire surface of earth.

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Now let's see how the Universe's goals on earth have been met. 4.6 billion years ago, when earth was formed, there was only water. Everywhere. Life, as we know it, didn't exist, neither on land nor under water. The only companion of water was a mixture of poisonous gases — so toxic that even oxygen could not exist. The Universe then made it a goal: to develop a gas that would affirm life. Two billion years later, oxygen was born. Almost around the same time, the first species on earth, the Cenancestor was born. It was a single-celled creature, almost like the Manifestation — the first creature in the cosmos. From that single cell, slowly bacteria started to emerge. And gradually, the first plants emerged under water, on the ocean floor. From that, water insects and worms were born. Then fish were born. Slowly, other aquatic life was born. Then the Universe thought, why keep all this life hidden, why not bring it to the surface? So, through tectonic shifting, land began to emerge. Then terrestrial plants emerged. From them came the first insects. Then reptiles emerged. Some of them became massive dinosaurs.

Then the Universe thought: "Flight is a very important aspect of my creation — there are meteors, comets and asteroids flying all the time — so let me create birds." Some of those reptiles morphed into birds. Over

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time, some amphibians became mammals. Flowers blossomed on land. Fruits emerged. Some of the mammals walked on land while some climbed trees, and they became apes. Till then, almost all species were just concerned with rudimentary functions of existence: eating, mating, surviving. The Universe now intended to create a species that would go beyond basic survival. Its goal was to create a species that would become the highest expression of itself. That would not just eat and forage but live and resonate with love and devotion. That would be capable not just of performing one function but billions of functions — one from every species. That would not just survive. But create. That would not just hold. But uphold. That would not just prey. But pray. That would not just contribute to the food chain. But to the love chain. That goal of the Universe led to the creation of human. It took the Universe almost 13.76 billion years to do so. And it wouldn't have happened if the Universe wasn't playing the sport of goaletics.

See, in any conventional sport, much as one would like, one can't straight away jump to the outcome. It has to be built and covered step by step. If a team has scored 100 runs, one can't get there in the very first ball. The entire journey of the chase has to be fulfilled. Similarly, humans wouldn't have come about without bacteria, trees,

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ants, fish, sheep, apes, fruit, flowers first being born. All those species have actively contributed to the birthing of the human species. Just like every batter's hit has contributed to the way the scoreboard looks, every life form has contributed to the way a human being looks. When the first anatomically modern human evolved around 2,00,000 years ago, their goal was as primitive as that of their ape ancestors: foraging for food, fending for survival. All sorts of hostile animals reigned supreme and the earliest goals were to just survive. In a way, it was exactly like how the cosmos was created or like any other species was created: it always started out rudimentary. Like how every sport has started as well. The more it is played, the more the sophistication develops. That is an integral aspect of creation.

Language evolved. That is when humankind discovered that it had the most unique gift in all creation: to articulate its feelings into spoken sounds that were intelligible and could be phrased for maximum effect. Words came into being. That was the Universe's long-cherished goal: that someday, a species would come by that would rely not on gestures or assumption but on something much more manifest. Even stars, planets and satellites could not accomplish acoustic refinement to the level that humans could. When the Universe saw humans

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talk and sing in a conscious manner, something in it felt deeply contented. Post the accomplishment of that goal, myriad other goals manifested at the hands of humans.

Metal began to get fashioned into tools and equipment. Clothes were crafted. Agriculture came about. Domestication of livestock happened. Cows and sheep were reared. The biggest of all, the skill of writing developed. Humanity realised the enormity of its experience as a species and intended to record it for posterity. Paper was invented and so were writing instruments. Then printing developed and books came about. Information began to be shared on a mass level, which was another of Universe's goals of sharing. Education came about. Institutions of learning came about. What people knew in one land, people in another land could know as well. What people practised in one age, people in another age could practise as well.

Multiple ways of habitation developed, where not just one but hundreds could live together. Villages, colonies and cities developed. From caves, humans moved to houses. Plumbing, sanitation developed. A house became a mini cosmos that people could design as per their own aesthetic preference. A house gave birth to the possibility and goal of a home — a goal which several people joined by love could nourish and nurture together.

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The fulfilment of the goal of home paved the way for a multitude of creative expressions.

The Universe has been a traveller since its first moment of creation. It loves to explore itself — and the infinite possibilities that come from that exploration. When it created the first land on this planet, it sent amphibians to explore that land. Now, it assigned that goal to humans. They became curious about what lay beyond the horizon. Was it the end of the world or was there something else? That curiosity led to the development of ships. People started to traverse the oceans in search of distant lands — and the possibilities they held.

Commerce came about. Spices from one land were exchanged with perfumes from another. The Universe had created the cosmos on the give-and-receive model. In order to bear life, the earth receives energy from the sun. In turn, the sun has received energy from the nebula that it was born in. The nebula has received energy from the sponsoring matter that was created at the time of Big Bang. The Big Bang matter has received its energy from the first atom, the Manifestation. The Manifestation has received all its energy from the Universe. Among all these entities, there is an active remembrance of that give-and-receive transaction. The Universe's goal for humankind

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is to make the human species an exact replica of itself in terms of all the actions it performs — and the goals it fulfils. Commerce or give-and-take is also one of those goals. Not the be-all and end-all but one of those goals. It taught a human the full trinity: feeling a need, fulfilling it and then ultimately transcending it. But without first feeling a need and fulfilling it, creation wouldn't have proceeded in its march. That's why the goal of commerce was an important one. Foot travel, mule travel, horseback travel, then ship travel fostered it and built it. Once that was fulfilled, automatically the next goal emerged. The Industrial Age dawned.

Machines came about. Now humanity could play the role of the creator more actively. Create machines and assign them to do tasks, just like how the Universe had designed humans and given them tasks. Now humanity could play the role of an overseer without direct interference. Creativity peaked. Mass engineering started. People started to harness the energy of nature. Electricity developed. That is truly when humanity came into its own. The Universe had envisioned a species that would transcend darkness, and humanity fulfilled it. After all, as the Universe knew, darkness is just the absence of light. Once there is light, there isn't any darkness. As humanity began to optimise the time at its disposal, a multitude of

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inventions and ideas came about — remember: *fulfilment of a positive goal eventually leads to a higher goal, in a continuous cycle.*

The phone came about. For billions of years, the Universe was envisioning a species that could connect with each other in real time over long distance without any physical proximity, without seeing each other. If stars and planets were “talking” to each other octillions of kilometres apart, it was only possible because they could see each other as they rotated and revolved without any obstruction whatsoever. Even the light of a star travelling to a planet octillions of kilometres away could see its partner and thus talk to it. This was truly a momentous goal accomplishment for the Universe. With the goals of light and sound in place, a torrent of other goals followed.

The automobile came about. Humans could now sit on a machine and with minimum physical exertion, traverse great distances in comfort and style. Plus, for once, land travel could be done without heaping burden on an animal like cow or horse, at a much swifter pace and could be used to travel and transport objects over a great distance.

The airplane came about. The Universe had already designed stars, planets and satellites that could stay afloat; comets, meteors and asteroids that could fly; birds and insects that could fly. The Universe’s core intent for humans was: “every species has contributed to humanity

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so it should be able to perform at least one function per species." As part of that intent, the Universe gave humanity the goal to discover the joy and benefit of flying. Thanks to an airplane, people could fly across the ocean in one long stretch and carry tons of cargo in the process. To the Universe, this was a step beyond comets: unlike a comet that would move on a pre-assigned path, an aircraft could be manoeuvred at will; unlike a comet that would transport only ice and minerals, an aircraft could transport people, luggage, animals, mail, ice, minerals with equal felicity.

Then a gamechanger among goals came about: computers. A function that manually or even mechanically took hours could now be done in seconds. Rockets could be built and launched. One of the goals of the Universe for humans was the ability to forecast weather. Dogs and cats had already been given the ability to portend an impending storm. Now that goal had to naturally travel to humans as well. First foretellers and weathermen came about, whose work was more of a conjecture: "It might rain today", "There might be a storm tomorrow". But computers enabled humans to perform this function precisely. They enabled humans to create satellites, calculate the height at which they should orbit earth, ascertain how the generation and transmission of weather

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data should happen and how that data should be interpreted. Essentially, computers revolutionised every aspect of human civilisation.

The goal fulfilment of computers organically led to the birth of the Internet. Once again, space, or akash, is nothing but the Internet. It is a superdrive that holds every bit of information that ever occurred anywhere in the cosmos. Call it cloud storage of the highest level. As we are now aware, even space or akash is nothing but a creation of the Universe. It is a goal of the Universe — the first visible one there is, the highest one there is. Space is the goal, the canvas, that has led to all other goals. It is in space that the first star was born, the first galaxy was born, the first planet was born, the first satellite was born — and all life the way we know it was born. What space held in all its storage capacity, the Universe intended humanity to experience as well, as part of its one-function-replication-per-species plan for humanity. Space being the Universe's highest cosmic species, the Universe assigned replication of its information transmission to its highest earthly species. Humanity fulfilled that goal joyfully. Goals of searching and finding answers at a fingertip emerged from that in the form of search engines like Yahoo and Google. Which in turn led to multitudes of goals of sharing in the form of social media: emails, blogs, vlogs,

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threads, YouTube, Twitter, Facebook, Instagram, Snapchat. All these are goaletes that emerged from the sport of goaletics. In goaletics, just the rules have to be set, that's all. Once they are in place, the sport will play out on its own. Once the framework is in place, its faithful observation will keep leading to ever-greater goals, in an ongoing cosmic spin.

In goaletics, every entity plays a glorious part, and a unique one. The player on the field is performing a different role from the coach on the bench, the spectator in the stands is performing a different role from the sponsor in the boardroom and the referee is performing a different role from the official. But they are all contributing to the glory of the sport. They are all making the sport more interesting, more dynamic. A sport's popularity grows with each of its participants. The more passionate, the more driven and the more excellent the participants, the more the sport grows. And the better it becomes. All the major sports in the modern world, whether it is soccer, basketball, tennis, golf, cricket or baseball, have become popular because there is passionate interest in them on a widespread level. Same applies to goaletics.

One has to become passionate about one's goal; supercharge oneself with its essence, with its flavours and

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nuances; love it to the fullest, unlimitedly, unconditionally; savour it completely; incorporate it in every cell of one's being; let it become a part of one's bloodstream, one's cells. The key is oneness with the goal. Our breath is an integral part of our being. Our heartbeat is an integral part of our being. Our blood is an integral part of our being. Similarly, our goal should be an integral part of our being. Breath flows naturally inside us, and it sustains our life. Heart beats rhythmically within us, and it sustains our life. Blood circulates fluidly within us, and it sustains our life. Similarly, goal should resonate organically, onefully, within us, and then it would sustain our life as well. In fact, because goal is a much more ancient energy than breath, heartbeat or blood circulation, it'd positively impact each of these functions as well.

Before *anything* was there, a goal was there. The Universe had a goal of creating creation even before the first atom, the Manifestation, was born. Goal is the most ancient energy in the Universe and goaletics is the most ancient sport in the physical cosmos — more ancient than the physical cosmos itself. Whenever one accesses the energy of goal and plays the sport of goaletics, one is directly accessing the infinite energy of the Universe. One is replicating the creativity of the Universe. The Universe resonates best with goaletics. Anyone who plays this sport,

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and becomes a goalete in the process, is giving joy to the Universe, because that is the intent with which the Universe has created every entity — to make it a goalete. When a parent sees their child become autonomous, that is the greatest joy for the parent. When people access goaletics, they become autonomous. Without goaletics, an entity is just surviving. With goaletics, an entity is truly thriving.

Goaletics essentially works like a chain reaction. It can be played in an isolated setup but it always has to be part of something bigger, of incrementally bigger. Like the question-and-answer format. One big question always leads to a plethora of answers. The fulfilment of one of those answers opens a possibility that gives birth to another big possibility. And so on. Like a chain reaction.

All goals are actually like a relay race. The same baton passes different hands after the completion of a lap, from start to finish line. In the goaletics of evolution, one species runs a lap with a certain function and then once it has successfully done so, it passes that baton to another species to refine the race and play its part in its completion. It could be inter-species or intra-species (as happens with humans) or it could be a synthesis of both. One generation's work is the stepping stone of another generation's work. An example of intra-species goal relay is metallurgy. What started with the Mesopotamians

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12,000 years ago and was nurtured by the Egyptians has now been refined by contemporary humans to a higher standard and is constantly improving. An example of inter-species goal relay is aviation. What started with the insects 400 million years ago and was nurtured by birds has now been refined by contemporary humans to a higher standard and is constantly improving. That applies to all goals that existed, are existing or will ever exist.

Think for a moment about earth: what an enormously challenging function it is performing! Imagine fully turning upside down, unsupported, every 24 hours and yet to keep all life forms — every single atom of them — intact, without letting them hurl chaotically into space. It is the truest miracle, if you come to think about it. And it is thanks to goaletics that this miracle is possible. Earth has a goal — to bear the highest among species and to keep them intact — and it plays that goal according to the rulebook of goaletics.

As we now understand, the blueprint for goaletics was created by the Universe much before creation came about. That standardised framework is also the blueprint with which every sport is played. When street fight acquires white robes and a mat, it becomes martial art. When fisticuffs acquire gloves, it becomes boxing. When an arrow acquires a target, it becomes archery. In fact, all

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sport emulates goaletics in letter and spirit. What is seen in sport comes from goaletics. In fact, all that is seen in the world comes from goaletics.

In sport, one action leads to another. A swing of a bat throws the ball in a certain direction, kinetic energy moves in the form of a player running to catch that ball, all spectators are drawn to that point, and the dynamic of the scoreboard keeps changing. That's how creation works as well. As the Universe kept playing the sport of goaletics, one species led to another, one life form led to another life form, one life function led to another life function.

All of this happens very gradually, almost imperceptibly. Because the Universe is always playing the sport of goaletics! Its rule is to follow the rule of creation — or its original goal. To create an ever-higher level of perfection yet to be always above it — and to do it in an absolutely unrushed manner. Its laws are among its earliest goals and they can't be breached at any cost. Only when all the laws are in unison, in concert, will a new goal be met. One could think of those laws as the boundary line in a football match. The ball has to be kept within those lines for it to be in play. If it goes out, there is a penalty incurred. The bigger the breach, the greater the penalty. That's why sport matches the design of creation the closest. The ultimate honour in sport goes to the one

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who respects all rules of the sport and plays it with complete scrupulousness yet with full vigour. Similarly, the ultimate honour in life goes to the one who respects all rules of goaletics and fulfils them with complete scrupulousness yet with full vigour. Understanding the origin of goaletics is just the first step for a goalete. Once it has been traced, they have to become familiar with the equipment with which it is played.

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The Material of Goletics

Goletics is the simplest of all sports. While every physical sport requires some tangible input in the form of a racquet, ball, bat, stick, net, hoop, etc, and an esport requires phone or computer and Internet, the sport of goletics doesn't require any tangible input at all. While every other sport is dependent on something extrinsic, goletics is the only sport that is dependent only on the intrinsic. The equipment for every other sport is to be had from the outside. While the equipment for goletics is to be had from the inside. The only equipment needed to play the sport of goletics is: a goal!

Remember, a goal is the equipment the Universe used to create the physical cosmos. Before any matter existed, the Universe was just pure, formless energy. It

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did not have any matter to work with. As we read in the previous chapter, before the physical cosmos was born, the Universe was just pure consciousness — a realm of the absolute. After staying in that state of bliss for countless aeons, its first-ever act was to create a goal. Now, this is a very important thing to understand: before any matter was created, a goal was created. And it is that goal that led to the creation of matter. Before the cosmos came about, a concept came about. Before the tangible came about, a target came about. Before the physical came about, a purpose came about. Before all came about, an aim came about. Before genesis came about, a goal came about. The most important thing to remember here is that it is the goal that led to the genesis.

Every natural law is a goal of the Universe. Every star is a goal of the Universe. Every planet is a goal of the Universe. Every river is a goal of the Universe. Every mountain is a goal of the Universe. Every element is a goal of the Universe. Every moment is a goal of the Universe. Every species is a goal of the Universe. Every goal comes from the energy of infinity. Every goal takes us back to the energy of infinity.

Goal is the common denominator for every goalete, from the first atom to the latest human. Goaletics is the energy running across the length and breadth of

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the Universe, every entity is soaked in it, and goal is the common driver. Every atom has a goal, every cell has a goal, every molecule has a goal. When they come together, entities are formed. And then those entities have to form a goal. Goaletics is a sport of consciousness. Though every entity is born to be a goalete, very few consciously realise it — and consequently very few play it.

Imagine if a tree lives bereft of the awareness of the soil on which it grows — what would happen to that tree? Or if a river lives bereft of the glacier from which it comes — what would happen to such a river? The tree and the river might survive but that's about all that they'd do. They'd be devoid of the most fundamental energy they are blessed with — the energy that connects them to their source. That's exactly the level of awareness every entity has to have as well: an awareness of goaletics.

Goaletics can happen in myriad venues and settings — in a kitchen, in a classroom, in a bathroom, in a boardroom, in a stadium, in a club, in a garden, on the road. But a goal is needed, unless it's just random occurrences — which does not qualify as the sport of goaletics. Anything else can come about but a goal has zero substitute.

Now the quality of equipment changes with every sport and match. At the grassroots-level, the equipment

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used in sport is very rudimentary. Watch a cricket game being played by the roadside. Bricks would be heaped on top of each other or maybe a wooden crate would double up as the wicket, a stick might substitute a bat and a tennis ball might replace a corked one. As the level progresses, the level of equipment progresses as well. The most sophisticated bats, balls, wickets and protective gear are used and the game is played in state-of-the-art stadia. The tools are the same, just their quality changes. This is true for every sport. Including goaletics. The basic equipment stays the same. And the basic equipment has to be in place for that sport to be played. Without that equipment, the sport can't be played. Without a ball, basketball can't be played; without a stick, hockey can't be played; without a club, golf can't be played; without a pair of skis, skiing can't be played; without a screen, an esport can't be played. Similarly, without a goal, goaletics can't be played. Goal is the basic equipment for that sport.

People wrestling with mere survival have rudimentary goals, those who are trying to excel in life and their craft have higher goals. But nothing happens without a goal. Goaletics can be played in infinite ways but the equipment needed will always stay the same: goal. Pure, formless, undiluted goal.

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The presence or absence of goals can be understood through an analogy. A branch of wood on a tree laden with fruit is playing the sport of goalitics. It has a specific goal of nurturing others with its fruit offering. When it gets severed from the tree, it falls into a stream. It loses its goal and gets buffeted around wilfully by the water current. It becomes a driftwood. However, the beauty about goalitics is that it can be discovered or rediscovered by an entity at any point in their existence. All that is needed is the equipment of a goal. So, the log of wood creates a new goal one day — to help others rather than die unsung. It swims to the bank of the stream. It is picked up by someone and used in a fireplace to keep others warm during a winter night. Or it is fashioned into a piece of furniture. Or, it becomes someone's walking stick. Or it could be used by a shepherd to keep their flock together. Or, if the log is mighty enough, it could be used as a bridge to cross the same stream.

The same entity could have an endless array of goals or the same goal could be expressed in an endless number of ways. Let's take one of the biggest goalites on our planet, a tree, for instance. Tree has a goal of giving oxygen to other species. It also has a goal of giving fruit to other species. It also has a goal of giving shade to other species. It also has a goal of giving

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medicinal pulp to other species. It also has a goal of giving shelter to other species. It also has a goal of being a tether for a hammock or a swing for other species. It also has a goal of offering flowers to other species. It also has a goal of providing sporting equipment for other species. These are all unique goals of a tree. All these goals come to it as part of goaletics. All these goals come from its highest goal: its purpose.

FINDING ONE'S PURPOSE

The highest goal in life is always purpose. That is the true sponsoring goal for all goals in life. The Universe's first goal — the Covenant of Goaletics — is also its purpose: *to continuously create an ever-higher level of creation and to eternally stay above it.* It is from that purpose of the Universe that all its creation has emerged. In order to truly play, or even better, to master goaletics, one has to find one's purpose in life. In fact, that should be everyone's primary goal: to find their purpose in life. That is the equipment every goalete should look for: purpose.

The highest purpose of a tree is to sustain life. All its goals — whether it is giving oxygen, shade, shelter, fruit or wood — emerge from that purpose. Each of those goals then lead to multiple other goals in an endless

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chain. To play goaletics, a tree just has to get in touch with its purpose. Then all its goals naturally flow from that. And other goaletes draw inspiration from that.

By living out its purpose fully, a tree becomes a beacon of enlightenment to seekers. It becomes a source of study to scientists. It becomes a fount of inspiration to painters, philosophers and artists. It becomes a deity to worshippers. The tree doesn't change for any of these entities — neither in its essence nor in its performance. It just stays true to its highest goal, the original covenant given to it by the Universe: of being a beacon of life-affirmative energy. But as the Law of Goaletics states: *fulfilment of a positive goal eventually leads to a higher goal, in a continuous cycle.* A tree gives birth to an insect. An insect gives birth to a reptile. A reptile gives birth to a mammal. A mammal gives birth to a human. And a human gives birth to an orchard of possibilities. In a continuous cycle of goaletics.

Let me give you my own example: this book happened because i found my purpose in life. In fact, all my work since 2013 has happened because i found my purpose in life. I reached a point in my life when i resolved to first find my purpose and then to express it to the fullest. I have written extensively about it in my books *Yes Thank You Universe* and *Superpositivity* but let me share it again with you.

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In 2012, i wrote, produced, directed and acted in a Bollywood film called *Challo Driver*. It was a massive box-office flop. In less than two months, i lost almost a million dollars and my marriage ended in divorce. Acute financial and personal distress followed, and i hit the proverbial bottom of the barrel. Over a year passed and my life kept spiralling downwards incrementally. In the absence of work and relationship, i turned to meditation to find stability — and something greater: my life's purpose. During one such forty-hour meditation in September 2013, i had a profound epiphany. I had the revelation of superpositivity. I was guided to develop the energy of superpositivity within myself and share it with the world. That revelation became my life's purpose. I worked for years on developing the philosophy of superpositivity, wrote scores of books on the subject, created scores of world records, gave hundreds of talks. The moment i found superpositivity, i found goaletics as well. Superpositivity became my life's highest goal. All my books, world records, talks and inspirational assignments have flowed from that goal.

This sequence of purpose leading to goals has existed since the beginning of all creation, as we have read in Chapter 1. Keep this equipment in sight, and the sport of goaletics is always on. And the best part is, this

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equipment never rusts or atrophies. It just becomes invisible at times, like hide-and-seek. In my experience, just the intent to find a target leads to its discovery. Wherever you are in life, just create the intent to find this equipment — and once that's done, goaletics will do the rest.

Here's a very simple exercise that would help you find your life's purpose. It's called Purpose on a Page. Let me will reproduce it from my book *The Glacier River Ocean Principle*.

PURPOSE ON A PAGE

If you're trying to find your purpose in life, here's a simple exercise i suggest. On the centre of a blank page, write this question — the Purpose Question: "What is my purpose in life?" Meditate on this question. Don't write anything. Just ruminate on it. Linger. Resist the temptation to plunge into writing the answer. Let it brew. Let it simmer. I suggest that you write this in big and bold letters and paste it on a wall in multiple places where you can clearly see it. Also, make it your mobile or computer screensaver. Give yourself the occasion to see it scores of times every day. Do it for *at least* three weeks. Even if you find *the* answer or even if a deluge of answers come to you, resist the temptation of writing them right away. Trust me.

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The truest place the equipment of purpose can be found is inside. It can be found in stillness. All movement was born in stillness. Before the Manifestation occurred, the Universe was in a zone of absolute stillness. It had the luxury of introspection, of reflection. It was like an ocean but completely still, before any waves were born. The ocean is the true essence. The waves are its expression. All expressions are born in the ocean, whether fish, planktons, whales, corals or crocodiles. But before creating any of those expressions, the ocean has to be absolutely still.

In order to become a true goalete and to find the equipment of purpose, go within yourself. Deep. Be in contemplation. Rather than making anything your goal, or following the trail of sensory impulses — or just borrowing a visual or an idea from the outside world — go deep within yourself and find your purpose. Now, this is a sacrosanct step if you want to master goaletics. Someone with rippling arms might look really good — maybe that's their life's purpose. So perhaps they have spent years in the gym sculpting their body. If you just borrow that visual without deeply believing in it, then that would eventually lead to aimless drifting. The thing about goaletics is to find one's original purpose in life and to invest one's energy concertedly in the pursuit of that purpose.

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By doing so, you'd do doing the same thing that the Universe did before it manifested the cosmos. It deliberated. It pondered. It took its time. Then there came a moment when the answer came to it, and it went about creating the first atom.

Put in the effort to find the creative energy of purpose, whether it takes a week or a decade. That is the most important thing you'd ever do in life. Once that is in place, your life would truly come into its own. There are three questions that would take you there?

1) *Which field of work do i love the most?*

While you are contemplating the question, think about the field of work you love the most. In my case, ever since i was a small child, i loved reading books on positivity. When i was twelve, a family friend, Kanchan Kaur, had gifted me a book called *The Power of Positive Thinking* by Norman Vincent Peale. That book had the most transformative effect on my subconscious, as it introduced me to the power of positive thoughts. Over the next twenty-five years or so, i'd read more than 300 books on self-improvement. In everything i did, i tried to suffuse it with positivity. People who have seen *Challo Driver* attest to my touches of self-improvement even in that mainstream Bollywood film. So when i had my back to

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the wall in life and was struggling, i asked myself this question: what is my purpose in life? And while i was deliberating that, i asked myself an equally important question: what do i love the most? You can easily guess what my answer would have been.

2) Whose work do i love the most?

Also, one of the ways you could approach this puzzle is by thinking of who your role model in life is. Or who would you love to be like? Or whose work do you admire the most? It could be an individual or a group of people. As a propitious coincidence, i was born on the birthday of Guru Nanak Dev, the founder of Sikhism. As a tribute to the enlightened master, my grandfather nicknamed me Baba. Growing up, sublimely as well as by self-suggestion, i was strongly inspired by Guru Nanak, and read extensively about his life and work. Another strong influence on my life was Gautam Buddha. Ever since i was a small child, i would marvel at the sacrifices he'd made to attain enlightenment, and the work he'd done subsequent to that. All my life, i had admired these two people the most, and now as i sought to find my life's purpose, i asked myself this question: whose work do i love the most? It was an easy answer.

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3) *What do i visualise doing throughout my life?*

Once you've ascertained the field you love the most and the person or people whose work you love the most, ask yourself what is it that you visualise doing throughout your life. For instance, i love inspiring people, i loved talking for long hours about positivity and i love writing books. I'd been an editor with HarperCollins where i'd edited books by some India's biggest authors, and after the Mr India pageant, i'd immediately authored a book called *Model Dreams*, which was the first-ever book on male modelling pageants in India. As i contemplated my life's purpose, i got this answer: i saw myself giving inspirational talks, writing inspirational books and doing inspirational feats. I realised i was born to inspire. That i'd love to do it throughout my life. And that'd be my calling: to become an inspirer.

On a page adjacent to that, stick a new page with these three questions:

- 1) Which field do i love the most?
- 2) Whose work do i love the most?
- 3) What do i visualise doing throughout my life?

Do the contemplation till you get *one* answer. A single answer to your life's quest. Even if you get it before three weeks are up, let it grow inside you. And if you are still

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nebulous, keep probing within. Get to the point where you can give a single answer to all three questions. If the field that you love the most, the person you are most inspired by and what you see yourself doing point to the same direction, then you've found your life purpose. You've found your unique glacier. In my case, i loved the field of positivity the most, i was most inspired by Nanak and Buddha and i saw myself as an inspirer. Superpositivity amalgamated all these three elements into one, and became my single-pointed answer to my life's greatest quest.

In your case, it could be soccer. Maybe you love soccer the most, maybe you are inspired by Cristiano Ronaldo the most and maybe you visualise yourself playing football for your country. That is your unique purpose. You have to express that purpose superpositively, with all your being.

Three weeks later — or more, if you like — get to your original piece of paper and write down the answer underneath the question. That answer is what i call your point of origin or the mouth of your glacier. The point where the river of your goals emerges from your glacier. Write it down in one line. For example, i wrote on my page:

My life's purpose is to develop superpositivity within me and to share it with the whole world forevermore.

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This one line summed up my highest purpose. It is what I call my chief sponsor in life. My purpose statement. This is my unique glacier — the progenitor of all my goal rivers in life. Yours could be:

My life's purpose is to become the best soccer player in the world and to enable my country to win the soccer world cup.

Now put the paper back in its place. And repeat the process for three more weeks. If this indeed is your life's purpose, it'd intensify within you. You'd rise in love with your answer — your purpose. And if, by any chance, the answer doesn't feel right or makes you uncomfortable, then after three weeks, cross that answer and write down the next best answer that occurs to you. Repeat for three more weeks. Keep doing it till you find the answer that resonates deep within you, that makes you come alive. An answer that every pore of your being accepts. This is the first atom of your cosmos. Now you are ready to start building the galaxies of your life, the constellations of your creation. You have found the equipment. Now you are ready to go to the field of goalitics.

Chapter 3

FIELD

The Playground of Goaletics

After the first atom was born in the cosmos, the Universe expressed it in every direction, in every expression. Unlimitedness is the leitmotif of the Universe, and that applies to goaletics above everything else — remember, goaletics is the sponsoring energy of the cosmos. If we expect the entities who play goaletics to be unlimited, then it is obvious that the energy and scope of goaletics has to be unlimited as well. It can't be confined at all. To confine goaletics is to confine the Universe — and that can't happen.

Let's see how the Universe played out the sport of goaletics. If all it wanted was to just create the first atom, it'd have stopped then and there. But you see, before creating it, the Universe had already put the Covenant of

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Goaletics in place: *to continuously create an ever-higher level of creation and to eternally stay above it.* That means, it would be happy with it had but never contented with what it had done.

Not just creations, but where those creations would play out would be infinite as well. That's why space was created by the Universe to be the canvas on which its creativity would be played out. That space was formless, infinite, all-encompassing, like itself. The Universe could have created boundaries within which to cloister the atom. But it ventured to express itself unfettered and unbounded.

From that atom emerged matter trillions of times the size of that atom, and in trillions of diversities. The goal of that atom was to express itself in infinite ways, and it successfully did so. After that matter had reached a state of heightened intensity, the Universe allowed it to spread in all directions and regions of space. It never followed a straitjacketed direction or path while doing so. All across space that matter spread, in a molecular confetti. Those molecules kept rearranging themselves in a multitude of ways in every region in space. They became clouds of varying textures and properties. From those clouds, stars were born. But once again, they were not just born in a particular region that was the preferred

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bastion of the Universe, but they were born everywhere. In their disks, planets and satellites of varying shapes, colours and properties were born. Assemblages of those stellar systems happened everywhere without exception, in the form of galaxies and clusters.

The spirit of the Universe pervaded the cosmos, making its energy available to every entity that invoked it. That spirit is called goaleticism. Every large entity in the cosmos is aware of that spirit. All constellations, galaxies, clusters, stars, planets and satellites live in perpetual awareness of the spirit of goaleticism. They are suffused with that spirit, and it reflects in everything they do. Is it just a coincidence that earth takes 24 hours to spin on its axis? Is it just a coincidence that the sun takes 240 million years to revolve around the Galactic Centre? Is it a coincidence that the Milky Way is spinning at a preset speed of 8,28,000 kilometres in space?

They are all fulfilling a goal. They are all playing the sport of goaletics. They are all immersed in the spirit of goaleticism. That spirit is the field of goaletics. Wherever the spirit of goaleticism is, the field of goaletics is. Since that spirit is everywhere, the field is everywhere too. That's the reason none of the stars, planets or satellites are fixed to any point in space. They all keep spinning and hurtling through space at massive speeds.

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Yet, wherever they go, their goal always goes with them. The field of goaletics always goes with them. The same energy is available to them everywhere, whether it is here or octillions of kilometres away; whether it is in the north or east, south or west; whether it is now or billions of light years later; whether it is a “friendly” stretch of space or a “hostile” one.

The omnipotence of the Universe lives on in its goaleticism, in the spirit and ability of fulfilling goals. If that was not the case, sun would not have been spinning and shining with the same vigour and agility over 4.6 billion years, having traversed pretty much the length and breadth of the Universe — and having crossed regions where black holes once lived as well. At least one atom of every entity has lived in at least one atom of every other entity in the Universe. That is part of goaleticism. Everywhere, everything, everyone is strengthened by everywhere, everything, everyone else. Every goal of everyone in any field has strengthened every goal of everyone else in every field. It is such an imperceptible process that has unfolded over billions of years that’s why most are unaware of this connection. But it’s true.

As a goalete, playing the sport of goaletics, you have to always remember that the creative power to manifest every goal exists everywhere. It could take time

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but the manifestation would happen for sure. You have to centre yourself in the realm of absolute possibilities. The field of goalicism is always open to everyone who has the intent to reach out to it. That field doesn't discriminate or judge. It offers its creative energy to one and all, without seeing their age, gender, race, economic situation or nationality — these are just forms of matter while the spirit, the energy, is much older than matter.

If you look at your life situation and then set goals commensurate to it, then you are already starting out on a limiting note, and all your endeavours will be beset with limitations. That is the number one mistake that people commit vis-à-vis goals. They don't start from what could be but from what is. "There is only this much money", "I know only these many people", "I've never been to college", "There isn't a good soccer academy in my town", "I'm already 40", and so on. Labouring under the weight of limitations, most people seldom express even a hundredth — leave aside a hundred percent — of their potential in life.

What would you say to a person who wakes up in the morning, groggily goes to the ocean, fills one-third of a bucket with water and takes it home to take a shower. Now, upon getting home, they apply soap on themselves and start taking shower but one third of the way through,

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they scramble for water. They realise the paucity of their action. In frustration, they wipe themselves with a towel and come out of the shower. Dissatisfied and grumbling, they leave for work. En route, they swear at passersby, complain about their job, and lament their very existence — the rest of the day just snowballs from that incomplete feeling.

Here's what that person could have done. First of all, on waking up, that person could have put in the effort to stretch and pull themselves wide awake. Then when they'd have gone to the ocean, they'd have been inspired by the sheer marvel and splendour of the ocean. Next, when they were going to the ocean anyway, why take a bucket along? Thirdly, if the bucket had to be taken at all, then why not fill it full? Fourthly, that person could have showered there, connected to the ocean, so that when more supply was needed they had the source at hand. Lastly, when they realised their mistake while taking shower, they should have amended it — and not rushed in haste to the next task without completing the earlier one. They should have gone back to the ocean and taken a full, invigorating bath, enjoying that experience to the fullest. Only then, they should have reached out to the rest of the day. Purposefully. In fact, that word sums up why that person's day went the way it did. That person

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started out their day itself on the wrong foot. Perhaps they woke up in the morning to the energy of the sun — but they didn't wake up in the morning to the energy of goaletics, to the goal of making it their best day ever. That should have been their purpose. From that purpose, they should have made a set of multiple goals: taking an awesome shower, having an awesome drive to work, having an awesome day of work, coming back home to an awesome evening of togetherness with family and friends, having an awesome sleep at night, and then waking up the next morning to an even more awesome day.

This is exactly what people do with their goals. Perhaps they wake up in the morning to the energy of the day, but they don't wake up to the energy of goaletics. In fact, not just their day, they don't wake up their life to the energy of goaletics. Setting that morning goal is a metaphor for their life goal, their life purpose. That is where most people miss the greatest opportunity. Without that sponsoring energy in place, they start their day and their life on the wrong foot and go adrift from there. Like that person waking up in the morning, they should spend time to reflect on the magic of this planet and to wonder why they have been sent here in the first place. As we discussed in the previous chapter, *that* is the most important step. Once life purpose is in place, life goals

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are going to naturally emerge from that. If you know your purpose in life is mountaineering, then the goal of going to a mountaineering school, climbing Everest, scaling the Seven Summits, completing the climbing Grand Slam is going to naturally emerge from that. By finding your purpose, you'd have found goaletics. And once you've become a goalete, then each of your goals would be a natural outflow.

The field of goaleticism is each day of your life. Whether this is your 3,000th day or 30,000th, that field is equally active. Fauja Singh is a brilliant demonstration of that. At eighty-six, he found his life purpose: running marathons. His goaletics was born and he became a goalete. Multiple goals were born: to run marathons all over the world beyond the age of 100. He fulfilled them. Because he became devoted to his sponsoring goal in life, the creative energy of the Universe — the field of goaleticism — fully opened up to him. That could have happened at the age of twenty-six as well. But Fauja Singh awakened at eighty-six, and goaleticism opened up to him then too. He was born among the fields in Punjab but he found the field of goaleticism in London — and it was ready as ever for him. At the age of five, he couldn't even walk because he had polio, but at ninety-five, he was

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running full marathons — the field was as enabling as ever for him.

Wherever you are, whatever you do, always remember that the field of goaleticism is always open to you. In fact, the whole world *is* your field. Unjudge. Unlimit. Unstop — goaletics and yourself. When the Universe created goaletics, it wanted it to be an unstoppable force, unbounded and unlimited in every creation. If you limit yourself in any way, from setting any goal — because you “can’t achieve it” or because “it seems impossible” — then you are coming in the way of goaletics. And just know this, that nothing can come in the way of goaletics. Neither me. Nor you. Nor any other limitation. Remember, a sport is always bigger than a player, any player. Goaletics is bigger than any entity, be it a cluster, galaxy, star, planet or human. That field is ever expanding and the only way to keep up with it is to keep expanding as well. Make goaletics your way of life, become a goalete and tap into the energy of goaleticism. Freely. Unlimitedly.

So long as the sun is shining and there’s ground under your feet, you can fulfil any goal that is born in your consciousness. In goaletics, one goal is as fulfillable as another. Small or big doesn’t matter. It started with the smallest of units, an atom, and it created the biggest

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of galactic superclusters with equal panache and finesse. In goaletics, all the versions of the same goal exist: the goal to learn to play golf, the goal to become a good golfer, the goal to become a very good golfer, the goal to become an excellent golfer, the goal to become the best golfer in your club, the goal to become the best golfer in the country, the goal to become the best golfer in the world, the goal to become the best golfer ever. Whoever makes any of these versions their purpose, goaletics fulfils their intent with equal ease without judging or discriminating.

Goals need not be just of this planet. In 1970, NASA made a goal of sending a spaceship to the outermost edge of the solar system. Thus the Voyager spacecraft was born and launched into space. Today, it is at a distance of 22.2 billion kilometres from earth, 150 times farther than the distance between the sun and the earth and has exited the heliosphere — a protective magnetic bubble created by the sun that extends well past the orbit of Pluto.

Whenever an astronomer looks at the night sky through their telescope, they are pursuing a goal that is quadrillions of kilometres and billions of light years from earth. Sky gazers, sun gazers and moon gazers, who engage in this activity consciously, are fulfilling goals that are as ancient as the cosmos itself.

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Goals could be in any field. Architecture. Physics. Gardening. Cooking. Zoology. Wrestling. Academics. Spirituality. Fitness. Relationships. Art. Society. Environment. Governance. Everything in the sky, under the sun and on this planet is open to making itself into someone's goal.

The way i look at it, self-improvement is the biggest field of all. Becoming more loving is among the greatest of goals. Developing more patience is a very honourable goal. So is becoming more joyful, more peaceful, more giving. Smiling more could be your goal. In 2012, reeling under the failure of my film, i made it my goal to smile 1,000 times every day — yes, i literally used to count my smiles. It was a very effective goal. I'd look at the sky, at the wall, at the mirror, at my parents, or close my eyes, and just smile. At times, mechanically, yes. I did it just for a few days and a strong surge of feel-good hormones filled my inner being. Years later, if there is even the slightest upset, i just remind myself to smile, and it works like magic.

At its core level, goaletics is an awareness. The moment we remember it, it becomes open to us, and we can start playing it in any field in any format in any version. The sky is open to all creation and the field of goaletics is open to all fields. Without any limitation whatsoever.

Chapter 8

MATCH

The Playday of Goaletics

Now that the equipment has been found, the rules have been established, the field has been cleared, the training has been done, the players are ready and the spectators have come, the next thing to do is to play the match. This is the stage for which the entire sport of goaletics has been designed. This is the part for which goaletics is known. Without this part in place, the rest of goaletics is theory. All that went prior to this stage is the understanding. Or the preparation. Now is the time to put all that understanding into action, into performance.

The moment the first atom was born, the Universe started playing the match. Before that, it was preparing. That preparation lasted billions, maybe trillions of years. To the Universe, actually, even that was part of the match.

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The moment it had the idea of creation and it started visualising it, the match began. But still, that could be called the Universe's net practice, its lab trial. It's only when it had perfected the swing, found the perfect formula that it decided to put it out there in front of everyone. Its energy collection was its training. The birth of the first atom is the real McCoy. That's when the show began. That's when the match started.

That match has been played for over 13.76 billion years. And it's not over. It's in a state of continuum. It's ongoing. One match leading to another match, and then yet another in an ongoing cycle. It's not just one match or one tournament that goaletes play. It's a series of them. And they keep doing that in different forms throughout their life.

Many people set goals. They make resolutions. Some do it on their birthdays. Some on New Year's Eve. Some on anniversaries. Some in sales meetings. Some on a whim. Some while showering. Some while cooking. Some while walking. Some people play goaletics in a stadium and some play it in their room. Some play it while running, and some play it while lying down.

The moment one starts acting on one's goal, the match starts. And that match continues till one keeps pursuing that goal. Some of those are one-day matches,

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some of those are one-year matches, some of those are one-decade matches and some are one-lifetime matches. A match need not be short or long. Till one achieves one's goal, that match is on. Till one is in pursuit, that match is on. Till for some reason that goal has to be abandoned, that match is on.

A true goalete's match is always with themselves. Even if other people are in "competition" with them — or against them — their match is always with themselves. Or, more appropriately, a goalete's real match is always with their goal. For every goalete, this is such an important insight to remember that i will repeat it:

A goalete's real match is always with their goal.

The word Match has another meaning apart from performance — and that is, a combination or a partner. A goalete's combination or union is with their goal. In that sense, goalete and goal are soulmates. I call them two happy soulmates. Their perfect match is with each other.

I have always seen my goals as soulmates. To me, they are an integral aspect of my soul, an expression of my innermost energy, of my highest essence. Every goal that i set is born not from my body or mind, but from my soul. And even if they are of the body or mind, they come from the realm of my soul. That's why, in the truest

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sense, they are my soulmates or my soul children. I love each one of them with every pore of my being, whether it is writing a book, enjoying a meal with my parents, going for a walk, creating a world record, training an Olympic athlete, driving across India, and so on. Once a goal is born in my soul — from the glacier of my purpose — it becomes an inseparable part of me, and my match is always with it alone. That's also why i fulfil all my goals. Because i am giving unlimited love to them.

There is a very interesting parable about a man in medieval India who lived during Emperor Akbar's reign. Once, the latter announced a handsome reward for anyone who could stand in minimal clothing in an ice-cold pond all night without stepping out. None came forward. Except one man. He stood all night in his loincloth in that excruciatingly cold water and stepped out in the morning, hale and hearty. Bewildered, everyone asked him how he did it. The man replied that far from the lake, at a considerable distance, there was a lamp dimly flickering in someone's house. He just kept focusing on that lamp, loved its light and filled his inside with the warmth of that glow. That's how he could survive the subzero temperature and fulfilled his goal.

I draw immeasurable inspiration from that anonymous goalete from many centuries ago. I have learnt

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more from him than i have ever expressed. Wow! Loving something — even if it is a utopian ideal — can make one transcend any challenge and difficulty in life. And i stand as a testament to that. That dim light, that whisper of the voice of my goal, is what i keep aglow within me and i love it with all my being.

In life, i don't do anything to prove a point. All my actions always emerge from a space of love inside me. I love the very act of life — the very force of the Universe coursing through every atom of creation — and i express it to the fullest. Like a flower expresses its love for the Universe through its fragrance, i express it through my goals. Whether small or big, every goal to me is my soulmate and i have to love it unconditionally and unlimitedly. I constantly remember that every match of mine is a walk i am taking with my goal on the sand of time, and i have to make that walk count. I have to make it memorable. With that love, i am oblivious of the “unlove” or the challenges that come my way — or the competition that i have to meet en route.

You see, that man in the pond many centuries ago also had extreme challenges hurled at him. Imagine someone standing in subzero water all night with barely any clothes on their body, without any heating or insulation. Maybe many people were waiting for him to

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fail and join their ranks. That man chose to look beyond the unlove of those collective circumstances. He found love in his goal to complete that night of hardship. And he found more love in the light of the lamp shining at a distance. That love was his secret.

When i started on the path of superpositivity, i too received the same unlove. There were many winter nights, there was much resistance, there was numbing criticism, and above all heartwrenching nonchalance. “What is all this superpositivity nonsense?” “We are already very positive — we don’t need to be more.” “What he is saying is not applicable in the real world.” “He’s idle, that’s why he is passing his time fancifully.” And so on.

But i happily chose to look beyond all that unlove and focused on the love of my goal. I just kept playing my match with my match — my goal, my purpose. That’s why i strongly encourage everyone to first find their purpose in life and love it. Once that is in place — and lovingly so — then all your rivers will be born from the source of love, and they will certainly flow into the ocean of accomplishment.

Let me give you an example. In 2002, i created a goal that i am going to be a podium finisher in the Mr India modelling pageant. (Honestly, if i knew then what i know now about goaletics, then i’d have created a goal of

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winning the pageant!) I was working at that time as an editor with HarperCollins Publishers. My work was of an intense nature mentally, and there wasn't any time or incentive from my immediate ecosystem to pursue that goal. But i developed a deep love for it. The pageant was seven months away. I seriously joined a gym for the first time in my life. And poured all my love and devotion into that goal. I started worshipping it, became a devotee. Every night, after editing books by some of the biggest authors in India, i would go to the gym and do a three-hour intensive workout. I was living by myself in New Delhi in those days. I would then go back to my studio apartment, cook dinner and sleep around 1 am. Next morning, again i'd be up at 7 and resume the pursuit.

I did that for over six months. There was round upon round of nationwide selection. At every stage, i encountered guys born for the runway: Greek gods, washboard abs, seasoned campaigners. When i was finally selected in the Top 28, i looked at the field. I barely made it past the height cutoff of 5'10 1/2" and was the third-shortest in the group. Also, i was one of the very few rookies in the group who were making their ramp debut at a nationwide modelling pageant. Besides, i was still working with HarperCollins, and would edit pending manuscripts during the pageant at night after all the

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grooming sessions would get over. In short, the odds were completely stacked against me. People would tell me to my face: "We're so happy you reached this far!" But here's my secret.

While the other guys were competing against each other, i was competing with my goal. While they were playing the match against each other, i was playing it with my goal. While they were driven by the unlove of friction, i was driven only by the love of my goal. I completely zoned out from all behind-the-scenes drama and kept focusing on how much i loved my goal. On how it had got me this far and how it would take me beyond. In fact, i helped as many participants as i could. Communication has always been my forte, and without worrying about competitiveness, i helped almost all my fellow contestants refine their speaking skills and prepare for the question-and-answer round. I kept focusing on the energy of love. And as i write this seventeen years later, it was that love that helped me win the Mr Photogenic title and come second overall, out of 15,000 contestants.

The match of my goal was actually a match of my love. And since my love was unlimited, my goal played out unlimitedly too. The same holds true for Michael Phelps's love for his goal. As he said after the 2008 Beijing Olympics, after his historic eight gold medals: "I am aware

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that in a race, there are seven other people in the pool beside me. But the only difference is that while they are competing with me, i am competing with my goal." As i now train and travel with Olympics athletes and watch their performance unfold, here's what i can attest: the ones who truly excel are the ones who are driven by the energy of their goal, whose principal motivation comes from the unlimited love they feel for their goal. That love is what makes the difference between accomplishers and relinquishers.

Accomplishers & Relinquishers

Vis-à-vis goalletics, the whole journey is from set to met — and beyond. From the time a goal is set to when it is met, is the existential journey, the match, of a goal. That is the march of a winner. Anyone who joins set to met is a winner. Someone whose goal was to win one medal and does so is a winner indeed. A high level of winner. But let's say that person didn't muster the will to reach out to more, to a stronger colour of the medal, at a bigger competition or to keep repeating that feat. They are at the second-highest stage of goalletics: winning. The highest level belongs to those who join set to met and go beyond. They are called accomplishers. They access a state that is much higher than just winning. It is a state called

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continuum. When winning sustains momentum, that state is called continuum.

Just winning could be a one-off thing. It could stop. Continuum is an ongoing thing. It never stops. At the core level, that's what goaletics is. It never stops. It might pause but it never stops. One-off winning is achievement. Like a signpost. Ongoing achievement is accomplishment. The entire journey.

Yet, if you carefully observe, and scrape beneath the surface, every match, however different it seems, is the same. Except ostensible exceptions and results, things follow the same pattern and design. And that holds true for all creation. A true goalete sees the unchanging beneath the ever changing. That centredness is what gives them the stability to keep going for the higher yet keeps them aware that the highest is within them.

Conventionally, those who complete their goal within the stipulated timeframe could be considered winners. But, truly, those who don't stop at any stage of the goaletics process — even if it is at completion — are the real goaletes. In goaletics, the match is the whole journey from idea to completion, from intent to manifestation — and beyond.

In that sense, it never stops with one match or one goal alone. One match *has* to lead to another match.

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Whether you are a player or a team, you can't just win one match and never play again, either out of smugness or anxiety about not winning in future. Those who do that are called relinquishers. It doesn't matter how big the win. The winning individual or team has to keep playing. And keep going from match to match. Or growth to growth.

In life, every moment is a match. Every year is a championship. And your whole life is a league of championships. Your whole life is composed of billions of moments. Or billions of matches. Each of those matches has to lead to another match. However glorious or otherwise, a moment's destiny is that it has to lead to another one. Naturally and organically. Without any resistance whatsoever. Similarly, one goal has to lead to another. Naturally and organically. Without any resistance whatsoever.

After Michael Phelps won his eight gold medals at the Beijing Olympics, he jumped into the pool straight away and started preparing for the 2012 London Olympics. His one goal led to his other goal, one match led to another, without any resistance. He made goalies the very breath of his life. It became as spontaneous as heartbeat, blinking or sleeping. We blink over 400 million times in a lifetime. Assured that one closure of the eye would lead to another opening of the eye. Or the way we

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speaking words. We speak over 500 million words in a lifetime. Assured that one word would lead to another, in a continuous series.

Feeling that something is the last match of your life — that you've achieved enough and there isn't anything more to do — is when relinquishment happens in life.

There isn't any loss or win in goaletics. Only when people give up is when they quit the sport of goaletics. If Edison had given up after 10,000 failed experiments, the electric bulb wouldn't have come about. Edison kept playing his match despite those setbacks. He resolved that he would be an accomplisher and not a relinquisher. And look, how the whole world has benefited from that.

Loss and victory don't define a goaletic's journey but attitude. Many people win yet quit after a small success. They are relinquishers. Many people lose yet continue after colossal failure. They are accomplishers.

Eddie Arcaro, considered the greatest jockey of all time, lost the first 250 races of his life over a seven-year period. People told him he didn't have it in him. But he didn't quit. His goal was to become the greatest ever, and he kept playing that match over and over. Ultimately when his playing career culminated, he'd won over 4,700 races and had earned over \$30 million in prize money — even sixty years after retiring, his record of winning the

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highest number of American classic races has not been broken by anyone else.

Jack Ma, the founder of Alibaba, lost many matches in his life. Till he was thirty-five, he endured one rejection after another. In one year alone, he was rejected by twenty-four employers for simple jobs like bartending, valet, waitering, security guard, etc, but he refused to become a relinquisher. He kept playing the sport of goalletics and one match kept leading to another, as it had to, till he created one of the biggest companies in the world.

The matches of goals should be played like this. An occasional slipup might happen in speaking and blinking and one ought to be prepared for that. So long as one is naturally centred in the art of speaking and blinking, one would get back spontaneously. Similarly, an occasional slipup might happen in goals. So long as one is centred in the craft of goalletics, one would get back spontaneously. This is how one small goal leads to a big goal, then to a bigger and to a bigger yet. That becomes a championship. And by the time you complete the mortal journey of life, you'd have played an entire league of championships. The quality of your league will be determined by the quality of championships you have played, which will in turn be determined by the quality of matches you have played. So play every match, every goal,

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like the first goal of your life, and also its best. That is the truest essence of goaletics — and of living an infinitely beautiful life forevermore.

About the Author

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

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

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

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

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