

**THE
GLACIER RIVER OCEAN
PRINCIPLE**

THE GLACIER RIVER OCEAN PRINCIPLE

How to Fulfil Our Infinite Potential in Life

VICKRANT MAHAJAN



Superpositivity
BOOKS

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Yes Thank You Universe

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Conscious Choice

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

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

Acknowledgements

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

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

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

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

Introduction

It was December 2019. At the beginning of the year i'd set a goal of writing 12 books. My 11th one was *Goaletics*, written after i'd come back from the senior Wrestling World Championship in Kazakhstan as Team India's official motivator. That book gave birth to the word Goaletics and offered unique insights on goals as a sport. One of those insights was The Glacier River Ocean Principle or The GRO Principle. It was an extraordinary revelation. I shared it with many Olympic athletes i was mentoring in India. They were unanimously struck by its sheer simplicity — and power. I was naturally guided to select *The Glacier River Ocean Principle* as the climax of my writing journey that year.

If you're familiar with my work, you'd know that almost all books carry a common leitmotif: the infinite

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capacity to set and accomplish goals in life. Especially goals that others consider very difficult — or impossible. In my books, I invariably share techniques that I have collected while breaking scores of world records, training world champion athletes, and motivating thousands of people all over the world. How then was *The Glacier River Ocean Principle* any different from the rest?

Honestly, *The Glacier River Ocean Principle* is like any of my other books with only one small difference. It offers the wherewithal on how to find the number one goal in life: one's purpose. And how to create life goals from that main sponsoring goal. While the other books talk essentially about achieving goals, *The Glacier River Ocean Principle* deep dives into how to set them. This is like a guidemap for goals. Without this knowledge, the rest of it is a bit nebulous. With this in place, the rest of it flows on its own.

Even before the nomenclature of The Glacier River Ocean Principle occurred to me, I had this paradigm in place for years. Since I was a small child, I felt its pull. That's the reason my life had observed the path that it did. I was born in the last quarter of the twentieth century in Jammu & Kashmir, one of the most geopolitically disturbed areas on the planet. When people would hear that I am from J&K, their immediate association was militancy. I was born in a middle-class, trading joint family

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of 12, where my father was the only one who'd been to a university and none of my family members had travelled abroad. The lane in which we lived was two metres across, barely wide enough for two pedestrians to cross, without jostling each other. In short, everything suggested that i'd join my father in his printing business and live a tranquil small-city life. And nothing suggested that i'd one day be motivating Team India for the world championships or the Olympic qualifiers. But it happened because i was in touch with The Glacier River Ocean Principle all my life — albeit sublimely. Looking back, if i was even more conscious, then i'd have been able to do a lot more — and a lot better. That's my vision for you through *The Glacier River Ocean Principle*.

There are three parts to this book. Part One, Finding the Glacier, is about finding our purpose in life; Part Two, Creating the River, is about creating goals that fulfil that purpose; Part Three, Meeting the Ocean, is about completing those goals and contributing to the upliftment of our chosen field. As i've learnt from my own life, and from those who have made significant contributions to humanity, this troika has to be in place in the sequence of life and its expressions. Without it, people lead adrift, aimless lives. With it, people lead the most purposeful lives. And as, i have learnt, that level of living is not the right or the prerogative of a handful of people but of

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everyone. Every human being on this planet is born with that potential — and that responsibility: discovery and expression of one's life purpose. That's my intent for you. That, in fact, is the very intent of *The Glacier River Ocean Principle*.

Part One

FINDING THE GLACIER

Up in the Himalayas is the Gangotri Glacier, one of the largest glaciers in the Indian subcontinent. It is the source of the Ganga river, the largest source of freshwater in India. Ganga is also among the most venerable entities in India, worshipped by hundreds of millions. Ganga is also the largest provider of electricity in India. Millions of households are illuminated by it.

Many people consider Ganga to be the source of it all. But that is just a perception. The real progenitor, the real source, is Gangotri. The trajectory of the river is that it rises from the Gangotri glacier in western Himalayas, flows through the Gangetic plains in northeastern India and then empties into the Bay of Bengal, into the Indian Ocean.

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In the book *Goaletics*, i have defined a goalete as: “Someone who creates a positive goal and brings it to completion, while playing it like a sport.” So, Ganga is a goalete. It sets and accomplishes a positive goal of bringing life to hundreds of millions, while playfully flowing, like a sport. But every goalete has to have a source. That is the source from which they draw all energy. That source becomes a sponsor for their actions. That source is their Gangotri, their glacier. Without its glacier, Ganga wouldn't have any essence. Similarly, without our glacier, none of us would have any essence either.

It is said that ice is the progenitor of all life on earth. In fact, ice is the progenitor of the solar system as well. In a molecular cloud of dust and gas — the nebula — over five billion years ago, interstellar ice was present much before the sun or any of the planets was born. When that cloud exploded under its own gravitational force, a rotating ball of gas called the sun was born, and around it a protoplanetary disk formed with planets and asteroids. That's how the solar system came about. The sun was born from ice and so was earth — and all life on it. That interstellar ice is the progenitor of all life.

A glacier is essentially an ice field or ice sheet that forms in polar regions or mountain ranges. Currently, 10 percent of earth's surface is covered by glaciers. They are the largest source of freshwater for plant, bird, animal and human life on earth.

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Though all rivers are upholders of life, they are not the same in one function that most people don't quite associate with rivers: carbon emission. We now understand that carbon emission is one of the greatest drivers of climate change on our planet. But how many of us know that rivers are also a strong source of carbon emission — or its reversal?

Broadly, there are two kinds of rivers: temperate or nonglacial rivers and glacial rivers. Temperate rivers, because they have a profusion of plant and animal life, emit more carbon dioxide into the atmosphere than they absorb. Because of the activities of the aquatic life contained in them, as well as the chemical reactions they undergo, these rivers breathe carbon dioxide into the atmosphere.

On the other hand, glacial rivers absorb carbon dioxide much more than they release it — a role that has hitherto been associated with forests and plants. In a research done in Canada's Nunavut territory by the University of British Columbia, it was found by the researchers that the glacial rivers are the biggest absorbers of carbon dioxide on the planet. On an average, glacial river water absorbs 40 times as much carbon as the Amazon rainforest. Glacial rivers regulate carbon emissions far greater than perhaps any other ecosystem on the planet.

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This is not to say that glacial rivers are better than nonglacial ones. But just a pointer that rivers that flow from glaciers help maintain life-supporting balance much more than other rivers. Or, in a broad sense, rivers that flow from their glaciers unlock the potential for life much more than other water bodies. In a way, that's the metaphor for this book as well.

People who find their glacier are the ones who find their true source and play the biggest role in restoring balance of life on this planet. Just like finding its glacier is most important for a river, finding their glacier is most important for a person. People who do so set the most powerful goals — goals that benefit humanity and uphold the dignity of the planet. They are true goaletes. They are the ones who play and develop the sport of goaletics. Finding the glacier is *the* most important thing in life. If a river doesn't stay connected to its source, it will run dry or its flow will get compromised. It will be like a driftwood which keeps getting buffeted around purposelessly or like a leaf that keeps floating aimlessly. Or like an uprooted tree. Connecting to our source — or the glacier — is the most important thing for every entity, especially every human. Throughout this book, we will refer to this pilgrimage of exploration as finding the glacier. It has to be done on two levels.

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Glacier is of two kinds: ice sheet and ice field. Glaciers that cover Antarctica and Greenland are ice sheets. They are vast expanses of ice that cover an entire continent. 99 percent of all glacial ice on our planet is contained in these glaciers. These are the sponsoring glaciers of all, the ancient source of all ice, the true relics of the Ice Age.

Ice fields are swathes of ice that straddle mountain regions. These are icepacks that got cut away from the much larger ice sheets due to the tectonic movement. 1 percent of all glacial ice on our planet is contained in these glaciers. These are the offshoots and by-products of the ice sheets.

In the context of this book, finding the glacier is to find a physical action rather than just stay in the abstract realm. It is about finding a way to contribute to the planet rather than *just* to one's own bliss. If the latter is the case, then it'd be like a river that disappears underground, without meeting the ocean or another water body. Though in the cosmic scheme, even that has its own value, but in the time-space context called earthly life, that has a limited value. Unlimited value comes only from finding a glacier that creates a river that joins the ocean. Finding the glacier is about finding your highest essence. There are two aspects of finding the glacier: finding the common glacier, the ice sheet, and finding the unique glacier, the ice field.

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The common glacier, the ice sheet, is common to the entire species — it applies to every single entity that belongs to a species. The unique glacier, the ice field, is special to every entity. It is their unique footprint in life. Let's see how both the glaciers are found.

THE COMMON GLACIER

In the cosmos, it is always the singular that gives birth to the plural. Even the Universe was born from a single atom. And the source of all plant, insect, aquatic, bird, animal and human life on our planet is a single-celled creature called Cenancestor. It is always the whole that gives birth to the parts. It is always the common that gives birth to the unique.

Every group of entities in the Universe has a common glacier. For rivers, it is flowing. For fire, it is being aflame. For flowers, it is being fragrant. For stars, it is shining. For birds, it is flying. For trees, it is giving oxygen. With an odd exception or two, the entire species taps into that common glacier — or fulfils that common function uniformly. That is the function or the characteristic that the entire species is known by. All rivers are associated with flowing. All fire is associated with being aflame. All flowers are associated with fragrance. All stars are associated with shining. All birds are associated with flying. All trees are associated with giving oxygen.

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The entire species has tapped into that quality so powerfully that it has become embedded into their cellular memory. It took time, sometimes millions of years of evolution, for the species to acquire that characteristic. Stars did not form overnight. At the beginning were formed molecular clouds. After the first atom was born, or the physical cosmos was born, it took 200 million years for the first molecular cloud to be born. Under the intense weight of gravity, they collapsed on themselves. From that molecular cloud were born burning hot balls of gas that were amorphous. Over time, a process that took tens of millions of years after that molecular-cloud explosion, the first disk cooled down and acquired a more definitive shape. The first star went through that process. So did the next one, and then the next one. Across galaxies that were spread out over an infinitude in space. It took the first galaxy almost a billion years to form. Galaxies are what we can call the species of stars. In those galaxies, stars acquired a uniform function of emitting light and energy. And a feature that the entire species of stars came to be known by.

The same goes for birds. Birds are descendants of reptiles. 280 million years ago, reptiles appeared on our planet. Over 30 million years later, some of them developed into dinosaurs. Around 75 million years later, some of those dinosaurs started developing feathers —

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though they were still incapable of flight. Another 50 million years later, their physiology changed. And they became smaller in size, developed wings and started flying. Modern birds came about — as descendants of dinosaurs. Reptiles led to dinosaurs that branched into avian subsets that developed wings that became birds — and flight came about. A common function came about. All in all, that process took almost 150 million years. The ancestors of birds are thousands of species of feathered vertebrates — of which very few we know about — and of whom a very small proportion were capable of flight. But the commonality is that they all first developed feathers. And those feathers later contributed to birds flying. A common feature has to come about before a specific can manifest. Or trees. 450 million years ago, they emerged as moss on earth from the coral reefs in the ocean. Slowly vascular tissue and then roots evolved. It took 40 million years before seed-producing plants came about and another 60 million years before they developed into lush forests. It took almost 100 million years for trees to take on their full role as progenitors of life when insects and reptiles were born. Most trees are known for bearing fruit but it took 200 million years before fruit the way we know it came about.

Commonality is a very important aspect of every species. Every species in the cosmos has eventually found a common glacier. It has taken them time. But they have

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worked on it diligently, conscientiously. And that has been the biggest work done by them collectively as a species as well as individually by every entity belonging to that species. Stars as a species have contributed to the sparkle in the sky — and every star has tapped into that common glacier. All birds have contributed to the art of aviation — and every bird has tapped into that common glacier. All trees have contributed to the oxygen in the environment — and every tree has tapped into that common glacier.

When it comes to humans, the question is, have we found that common glacier yet? Our ancestors, the apes, were among the first to contemplate on the nature of life. As they sat perched on treetops, some 20 million years ago, chimpanzees and orangutans wondered, though in a very rudimentary way, why they were here on this planet. They underwent basic cognitive development that took them to a very nascent understanding of what their companions were thinking and feeling. Slowly, evolution played its part. 18 million years of churning and a much more thinking species called Homo Erectus — Upright Human — emerged from them who developed cognitive ability to think and feel way beyond any other. But then it took another 1.8 million years before they descended into the modern human called Homo Sapiens — Wise Human.

Over the past 2,00,000 years, humans have been finding their feet as a species. Because, if we compare it

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with the evolutionary timeline of other species — stars took almost a billion years, birds took 130 million years, trees took 100 million years — humans have collectively as a species undergone only 2 million years. And in the context of modern civilisation, they have undergone less than 30,000 years of evolution. Nonetheless, time is a relative term. What takes one species millions of years to evolve takes the other one just a few thousand. Going by that scale, humans are perfectly primed to identify and manifest the common glacier or roadmap of the species much faster than any other. What humankind has accomplished in 2,00,000 years, zero other species has been able to accomplish in 4599.8 million years of our planet's existence.

But while stars, birds and trees have identified their common glacier, humans have yet to do so. What humankind has instead done is that it has constructed, or fabricated, so many barriers in the path of that common purpose: race, religion, colour, creed, money, country, continent. While it should have been one underlying purpose, that all of us should have been familiar with, we have concocted thousands of them. And those fabrications act as a smokescreen between us and our common glacier or common purpose as a species.

Everything in creation emerges from a common source. Our planet itself was once a single mass of land,

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a single continent. 300 million years ago, on earth's surface, was a supercontinent surrounded by a single ocean, on which sprawled a continuous spread of ice. That ice is still spread over Antarctica and Greenland. That ice is what we call ice sheet. 100 million years later, they split up. Gradually, the seven continents came about. And ice fields were born. It is the same land — just reconfigured. It is human tendency, born from hundreds of years of unconsciousness, to just think of the present as the eternal. That the self is the absolute. That mine is all that there is. That I am All. We get so preoccupied with our own petty existence and our own life that we forget larger existence. We are so engrossed in our role as individuals that we forget our role as a species. That consciousness is what we have to reclaim.

Before any river starts on its path, it has to have awareness of its origin, the glacier. And while knowing the unique glacier field from which it originates is important, it has to know the common glacier sheet from which its field or rather all ice originates. A part of a machine has to have awareness of the entire machine so that it can play its part optimally. A drop has to have awareness of the entire ocean so that it can play its part optimally. A leaf has to have awareness of the entire tree so that it can play its part optimally. A star has to have awareness of the entire sky so that it can play its part

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optimally. Likewise, every human has to have awareness of the common purpose, the common glacier, of the entire species, so that they can play their part optimally.

Every now and then, flashes of our collective purpose as a species come up, either in conversations, values passed on to us by our parents, lessons taught by our teachers or morals enshrined in our books: "Be good to everyone." "Show compassion to all life." "Be kind to animals." "Respect nature." "Take care of your environment." And so on. While they are all good, they again show us just a glimpse of what the broader purpose is. They are more like signposts than the roadmap. The common purpose is always a sum total. What we are informed or relayed is fractional rather than the collective.

We are told to be aspects of positive, we are introduced to positive qualities, rather than an entire state. And the common glacier has to be a state rather than just a quality. "Be kind", for example, is an honourable quality, but is just one of the many positive qualities that compose the positivity spectrum. "Respect nature" again is a venerable attribute but is just one of the many pickings from the positivity smorgasbord.

Unlike any other species, humankind has the closest connection with the Universe, through its consciousness. Every creature is an expression of the Universe in that creature's form. Every species is an

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expression of the Universe in that species' form. But it's just that those creatures only focus on the one expression that they believe the Universe has invested them with. Cows just focus on the expression of giving milk. Monkeys just focus on the expression of jumping from tree to tree plucking fruit. Lions just focus on hunting prey.

But humankind has been assigned the task by the Universe of manifesting the most important task, of expressing its highest skill and of accessing its highest state: unlimitedness. The highest essence of the Universe has been opened up to the entire humankind, and made available to every human. While every entity in the Universe is limited in one way or another — including every star as well as the planet on which we live — humankind is perhaps the only species that we know of so far that has a chance of tasting unlimitedness. As the very word suggests, Unlimitedness comes not from expressing just a quality or two but the entire range of qualities, the whole state. In terms of thoughts, feelings, words, actions and experiences, humankind's collective purpose is an expression of the state of unlimitedness. Or, humankind's common glacier is to harness the greatest power in the Universe: superpositivity. Or infinite positivity.

Essentially, there are over 150 positive qualities that are characteristic of the Universe. Qualities like love, joy, harmony, kindness, abundance, creativity, enthusiasm,

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improvement, focus, energy, strength, sharing, respect, honesty and so on. Having one or some of these qualities is to be positive, or many of these qualities is to be very positive. But to have *all* these qualities is to be superpositive. Like the Universe is growing unlimitedly, superpositivity means to keep growing as a human being in virtues and essence unlimitedly.

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

We'd all agree that the Universe is superpositive. From the zone of superpositivity, it keeps creating one beautiful galaxy after another, one beautiful species after another, one beautiful entity after another. 100 billion of its priceless stars are destroyed every year or devoured by black holes. But because the Universe is superpositive, it is unnerved and focuses on its ability to recreate them or

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better versions of them. Before its matter is manifested, Universe works on its energy. And that's the pattern.

Finding the common glacier is finding the sponsoring energy in life. And the biggest energy is the energy of the Universe, the energy of superpositivity. Let's understand at length how the energy of superpositivity is developed — or how our common glacier of superpositivity is found.

To understand superpositivity, i have to take you to my book *Superpositivity*. Every book of mine has superpositivity as a common leitmotif. That is the common glacier that i found in 2013 and is expressed in all my books written since then: *Yes Thank You Universe*, *Superpositivity*, *Superchampion*, *Positivation* and *Goaletics*. I found this glacier at the most difficult time in my life, when my debut Bollywood film *Challo Driver* had flopped miserably at the box office, i was recovering from a million-dollar loss and my marriage had ended in a divorce.

In case you haven't read any of those books, then the text that follows would be revelatory to you. And in case you have read them, then this text would reinforce what you already know. Allow me to reproduce from *Superpositivity*:

Superpositivity is the essence of the Universe.
The same power it has deployed to create the

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physical cosmos. Every atom has come into being thanks to the power of superpositivity. Every galaxy has come into being thanks to the power of superpositivity. Every human has come into being thanks to the power of superpositivity.

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

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

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

Superpositivity is a remembrance of all the glorious possibilities of life that we human

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beings are born to experience. It is an awareness of the infinite power of the Universe that resides in each one of us. It is an awakening of our own unceasing potential. And an acknowledgment of our unlimited ability to rise. Above every situation, condition and limitation.

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

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limited by *anything*: age, money, colour, race, nationality, food, education, resources, luck. Whereby we don't blame luck but create it. Whereby we don't just live but truly come alive.

The most significant part about any learning is always its practice, its activation. After we've understood what superpositivity is, the next step is to activate it. Just like a river is born to activate and release its water, a star is born to activate and release its light, and a flower is born to activate and release its fragrance, we are born to activate and release our superpositivity. Which can be done through a simple process called Superpositivity Activation that has three beautiful parts: Superpositivity Affirmation, Superpositivity Chant and Superpositivity Meditation.

SUPERPOSITIVITY AFFIRMATION

An affirmation is quite simply a firm expression of the state one intends to experience. I have been a lifelong practitioner of affirmations. From the time i said my first one at the age of 12 ("I am always happy") to the many that i do till date. Even when i completed my 40-hour meditation (which i spoke in the Introduction about), here's what my first conscious act was: i opened my eyes, spread my arms and said an affirmation. I call it the Superpositivity Affirmation, and my journey of superpositivity, of my second life, began with it:

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" Yes, i am superpositive, and i am giving superpositivity to the world forevermore."

Through the affirmation, i pledge affirmatively to the Universe that i am the energy of superpositivity — its recipient as well as its activator. I have created that energy thanks to my pure, eternal source, the Universe. And i also pledge to give my superpositivity to the whole world. To everywhere, everything and everyone. Now, most people think that our interaction in this world is just with other human beings. But the world includes places and things as well. In fact, we are thanks to a physical place. The city we live in is not because of us. But we are because of the city we live in. Earth is a place. The sky is a place. The cosmos is a place. We are because of the cosmos. The cosmos is not because of us. It's an everywhere. Similarly, in the journey of life, we often disregard things: phone, books, keys, clothes, utensils. We throw them around. Learn to treat everything you interact with like an independent entity. A key is an entity like you. Don't fling it carelessly. Replace it where it belongs, firmly yet gently. Most positive people have learnt to give positivity to other human beings. Which is great. But a superpositive person must give positivity to every atom of the Universe. Starting with the room where you are sitting. Look at it appreciatively. Love it. Enjoy it. Then to the thing you are touching right now. The floor, the chair, the bedsheet,

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the book, the table. Appreciate it. Love it. Enjoy it. Then finally to everyone. Including plants, animals and humans. For, a tree is an everyone, a dog is an everyone and a person is an everyone too. Any entity that breathes and has animate life in it. Be it any form, shape, size or colour. By flowing with the sequence of everywhere, everything and everyone, we first of all learn how to give superpositivity to the lifeless. Once we do that, we will automatically learn how to also give it to the ones with life.

Finally, i believe that superpositivity, like the Universe, of which it is a part, is not static. It is progressive. And it needs to be proclaimed so. "Forevermore" serves that purpose. I complete the affirmation by resolving that i am activating and releasing superpositivity naturally, freely and incrementally. It reminds me that superpositivity is not a one-time dalliance but an eternal process. And i am happily releasing it again and again. And again.

SUPERPOSITIVITY CHANT

The Superpositivity Chant — Yes Thank You Universe — is much more than just a line. It is the secret of life distilled into four beautiful words, or three beautiful expressions. The true beauty of the Superpositivity Chant

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is that it is not about asking, but about giving — infinite energy to all creation. For all that was, all that is and all that will ever be.

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

Essentially, superpositivity is a super quality to live a super beautiful life. And it is in the Superpositivity Chant that we see the greatest activation of superpositivity. For, the Superpositivity Chant consists of the three most positive forces in the Universe — Yes, Thank You, Universe which stand respectively for affirmativeness, gratefulness and unlimitedness — uniting again and again and again to awaken our consciousness, and to lift us higher than we have ever imagined. It is the trinity of life coming together recurrently to help us fulfil every dream of ours and also overcome every challenge of ours. Let's introduce ourselves to these three forces one by one.

Yes

Every single creation on this planet and throughout the entire cosmos has come into being thanks to Yes. If the

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Universe had said No, creation would not have happened in the first place. See, 13.76 billion years ago, the Universe was a tiny primordial atom: smaller than a pore on our skin. It would have remained that size if it had not said Yes to expansion and growth. And while it was expanding, it kept saying Yes to the unlimited possibilities that kept occurring to it. And all these possibilities manifested because they responded with the same yesness to the Universe. All planets, all stars, all galaxies came into being because the Universe said Yes to them and they said Yes to the Universe in return.

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

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Yes is synonymous with higher energy. And No is synonymous with lower energy. Yes is positive, No is negative. Yes accepts, No rejects. Yes plunges ahead, No withdraws. Yes rejoices, No complains. Yes shares, No hoards. Yes empowers, No enervates. Yes persists, No falls apart. Yes is inclusive, No is exclusive. Yes is a possibility, No is an impossibility. Yes is a solution, No is a problem. Yes is consciousness, No is unconsciousness.

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

As The Law of Give and Take says, you receive in life only what you give. And if you give Yes countless times, Yes is what you will receive. A Yes to love, a Yes to

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joy, a Yes to health, a Yes to success. And to all good things in life.

Thank You

The only difference between a distressing 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.

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, passersby. Before you have a meal,

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

All our life, we just keep taking from the Universe. Now is the time to give back to it as well. And that gift is gratitude. Once one starts giving that gift to the Universe, however despondent one's life situation, one will overcome it powerfully. The very fact that you and i are alive tells us that the Universe has a beautiful plan for us.

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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. Because that power is of our source, the Universe.

Universe

The most important element of superpositivity is a remembrance of our eternal source, the Universe: the ALL there is. An entity is strongest when it is closest to the source. The light of the sun is strongest closest to its source. The glow of the lamp is strongest closest to its source. The river is purest closest to its source. The plant is firmest closest to its source. Similarly, every human being lives optimally when connected to their source. Which is also the source of all creation: the Universe.

Some of us wonder, what really is the Universe? Look around. Whatever you see is the Universe. The sky. All stars. All planets. All particles. All spaces in between. The earth. All plants. All animals. All insects. All buildings. All appliances. All automobiles. Close your eyes. Whatever you think is the Universe. All thoughts. All beliefs. All ideas. All imaginations. Whatever you hear is the Universe.

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All sounds. All words. Whatever you touch is the Universe. The ground. The chair. The shoe. The jeans. The air. Whatever you taste is the Universe. The food. The water. Whatever you know is the Universe. All wisdom. All insights. Whatever you are entertained by is the Universe. All movies. All TV shows. All social media. Whatever you interact with is the Universe. All family. All relationships. All society. All cultures. But all these are what you know. The forms. What has existed. The Universe is also what you don't know. All possibilities. All futures. All scopes. All scenarios. What could exist. But truly, the Universe is beyond that too. Beyond all matter. It is what always exists. The energy. The sum total of it all.

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

And it is this power that you and i are a part of. It is the power that has existed for an infinitude and will continue to do so for an infinitude. Whatever that power is, you and i are. You see, a drop is a part of the ocean and all the properties of the ocean exist in the drop. If

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the ocean is liquid, the drop is too. Similarly, all the properties and the powers of the Universe exist in you and me. Just that we have forgotten them. It is time to use that power. It is time to invoke that power. And the only way to do that is by remembering it. By *saying* the word Universe.

You see, the biggest act in life is consciousness. An unpositive person is unconscious. A positive person is conscious. A superpositive person is superconscious. An unpositive person sees the lower in lower, lower in higher. A positive person sees the lower in lower, higher in higher. A superpositive person sees the higher in lower, higher in higher. Or, higher in everything. Or, the energy of the Universe in everything. Or, *the* truth. Because the energy of the Universe is also its biggest truth. It is everywhere, in everything and everyone. So, the most important aspect of activating superpositivity is to put your complete faith in the Universe. And to remember it constantly. With every breath of our being. Whenever we say the word Universe, its infinite power flows to us. And the more we say it, the more that infinite power flows to us. And it is in that power that all our dreams reside. Waiting for us to manifest them. Simply and joyfully.

~

These three forces — Yes, Thank You, Universe — put together comprise the Superpositivity Chant. Over the past

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six-and-a-half years, i have chanted Yes Thank You Universe 25 million times: 12.5 million times spoken and 12.5 million times silent. It has helped me create scores of world records. It has enabled me to reach out to millions with the message of oneness. It saved me when i had zero other hope in life. When my life was in tatters and zero other method was working. It has enabled me to mentor world champions and Olympic medallists. I give immeasurable credit to wherever i am today to the Superpositivity Chant.

Chanting Yes Thank You Universe gives me the collective power of affirmativeness, gratitude and oneness. Chanting Yes Thank You Universe is how my superconsciousness has been activated. And, above all, that's how i have become superattentive. Towards my actions. Towards my surroundings. Which is what superpositivity truly means.

I say Yes Thank You Universe as often as i can. As passionately and fully as i can. I say Yes Thank You Universe to a chair, the floor, the walls, the sky, as many human beings as i can. I say Yes Thank You Universe to wherever i look, whatever i hear. That's apart from the Yes Thank You Universe that goes on inside me. While i am showering, eating, tying my shoe laces, driving and so on. Every day, i open my eyes with this chant and say it

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while going to sleep. It just keeps me perpetually immersed in superpositive energy.

Yes Thank You Universe is a creator of unlimited miracles. I started doing it at the “worst” phase of my life. And it pulled me out of misery within a few weeks. But let’s say you’re already doing well. Will you still benefit? *Absolutely!* See, in a sense, we all are like customers of a bank. People going through a rough patch in life are the debtors. They have to neutralise their debit balance first and then get to the credit column. But those who are already doing well are the creditors. If they put in more into their account, their returns are bound to increase. Their assets are only going to multiply: now tell me, who doesn’t like growth!

I believe anyone on this planet can get to infinite positivity activation. And here’s a simple solution. You just have to do the Superpositivity Chant a minimum of 1,00,000 times. Giving you an estimate, if you chant at a healthy speed for 30 minutes continuously, it will be about 1,000 chants. So, it will take you 100 days or a little over three months to get there. If you chant for one hour daily, you will get there in almost a month and a half. And once you’ve completed 1,00,000 chants, go beyond. For, *that’s* where tremendous power exists.

I have seen that the maximum time it takes for benefits to accrue from the chant is three months and

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the minimum three seconds. The results are directly proportional to your faith. Whether you are looking for love, joy, health, wealth, peace, success, the Superpositivity Chant is going to give it to you. It will help you heal and be healed. It will help you fulfil your dreams as well as those of others. It will help you be at peace as well as give it to others. It's the panacea in today's world. The solution to *every* problem. The key to everything anyone intends on this planet.

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

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

Though you can freely chant anywhere, anytime, anyway you like, let me share with you a simple technique

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which will heighten your chanting experience immeasurably. If possible, you should do it in the morning as part of the Superpositivity Activation (which we will learn about a few pages later). It is called the Superpositivity Technique:

Take a deep, conscious breath; look at the sky (or if indoors, towards the ceiling); put a smile on your face; and clapping energetically, start circling in the counterclockwise direction, while chanting aloud rhythmically: Yes Thank You Universe, Yes Thank You Universe, Yes Thank You Universe...

Here's the rationale behind this technique: Looking at the sky or upwards activates higher thought. Smiling and clapping release endorphin, serotonin, dopamine and oxytocin from your brain: the four biggest feel-good hormones. Counterclockwise circling is the direction in which the earth, the sun and the moon spin, or it is the direction of re-establishing your physical harmony. Aloud, repetitive invocation of Yes Thank You Universe is the awakening of your soul, your higher consciousness. Done together, they activate super feel-goodness in your body. And make you holistically superpositive.

As i said earlier, one can freely chant anywhere, anytime, anyway you like. In fact, i let it resonate within me silently throughout the day. I often close my eyes and let Yes Thank You Universe fill me up. It is my conscious

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endeavour to suffuse this energy in every breath of my being, every moment of my life. When everything i do or everything that happens is wrapped in the energy of Yes Thank You Universe, how can negativity affect it? Negation, ingratitude and limitedness are the three doors through which negativity enters one life — apply that credo to any person or situation, and you'd see how true it is. When those three doors are closed and the other three doors of affirmation, gratitude and unlimitedness are perpetually open, then only positivity would flow in every situation in life — which simply is what superpositivity is. In order experience the magic of life, that is the energy one needs: absolute positivity. The ability to process everything positively, whether success or the absence of it, whether light or the absence of it. The Universe's true essence is light. All darkness is merely the absence of it. Similarly, all negativity is merely the absence of positivity. The remembrance of positivity in the midst of negativity is superpositivity. And that is the number one skill one needs while pursuing one's goals, or while walking on the journey of life.

SUPERPOSITIVITY MEDITATION

The Universe has endowed us with a lot. More than we can ever measure. But then along with the endowment

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comes the entrustment. The Universe has also entrusted us with the task of activating these gifts. And the best way to do that is to focus. Focus is the facilitator of manifestation. It is the process of making your intent concentrative. Since it is very easy to go adrift in the distractions of the outside world, a superpositive person needs to keep their focus sharp. Like the beam of a laser. What would help them tremendously is a simple technique called the Superpositivity Meditation. Here's how to do it.

Sit anywhere. Initially, choose a quiet room. (Though with practice, you can even do it at a traffic signal!) Sit cross-legged or legs as comfortably crossed as you can. Or, you could even sit on a chair. Straighten your spine. Turn your chin slightly upwards, and close your eyes. Take a deep breath. And go inside with it as lovingly as you can, as uncoercively as you can. Hold your breath gently, observantly. The key is to observe. Rather than to stress. Then flow with the outgoing breath. Go as far as you can. Hold comfortably. Take three conscious breaths. On the fourth breath, while inhaling, mentally chant Yes Thank You Universe. Let these four magical words resonate within you. Keep a relaxed smile on your face. Hold awhile. Exhale gently. Mentally chant Yes Thank You Universe while doing so. Hold awhile. Once again, take three more conscious breaths.

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

Mentally keep reciting Yes Thank You Universe as you stay focused on the superpositivity visual. Now you are doing three things simultaneously: breathing consciously, watching intently two hands joined in loving gratitude and listening to the sound of Yes Thank You Universe in your inner being. After a few breaths, this concert of superpositivity will become very smooth and natural. The breath will become slight, barely noticeable. The focus on the pair of hands will become almost imperceptible. The chanting will flow in a smooth resonance, without having to strain to find your rhythm. Be in this state for as long as you like. Whenever you are ready, rub your palms on your eyes and face. Get up gently and firmly, and stretch upwards for a few seconds. You've experienced the joy and magic of the Superpositivity Meditation.

On my consciousness journey over the past decade or so, i have experimented with many forms of meditation, but i have found the Superpositivity Meditation to be the

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most powerful. Let me share with you the reason why I say so. You see, every thought is essentially composed of two elements: sound and sight. All negativity arises in the mind when one either speaks (or hears) a negative word or sees (or imagines) a negative visual or does both at the same time. Every word that we speak or hear either becomes a thought or contributes to the formation of a thought. Similarly, every sight that we see becomes a thought or contributes to the formation of a thought. In our lifetime, we speak and hear over 1.6 billion words and we see 400 million visuals. Or, we speak and hear four times more words than we see sights. So, 80 percent of our thoughts are words. In our mind goes on a mental dialogue all the time, comprising words. Mostly unconscious words, which lead to unconscious sights and eventually unconscious thoughts.

With the Superpositivity Meditation, we suffuse ourselves with superpositivity energy on both fronts: by chanting Yes Thank You Universe, we create a superpositive sound, and by visualising grateful hands, we create a superpositive sight. The result very obviously, very naturally, is going to be a superpositive thought. According to research, most people typically think 60,000 thoughts in day. Over 80 percent of those are negative thoughts. Every time we repeat Yes Thank You Universe either by speaking aloud or reciting silently, and we see the grateful hands visual while breathing consciously, we

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create a superpositive thought. In 5 minutes, one can consciously create 50 superpositive thoughts, and i strongly believe they have the power to neutralise the 50,000 negative thoughts one unconsciously creates in a day.

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

SUPERPOSITIVITY ACTIVATION

Action is largely thought to be physical. But life is an amalgam of all levels of being: spiritual, mental, physical. When you engage all these levels, the result is activation. In the context of superpositivity, here's how to do its activation:

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- ~ First of all, do the Superpositivity Affirmation. Spread your arms wide, look upwards, take a deep breath, and with a smile on your face, say the affirmation five times.
- ~ Do the Superpositivity Chant for five minutes (if you like, use the Superpositivity Technique). As you do it, focus on the infinite energy generated by these four powerful words.
- ~ Do the Superpositivity Meditation for five minutes.

The whole process will take just over ten minutes. Like pranayam, aasan and dhyana complete one session of yoga, Superpositivity Affirmation, Superpositivity Chant and Superpositivity Meditation complete one session of Superpositivity Activation. They have to be done collectively for the activation to be complete. Flow with it every day in order to benefit from its magic. You see, nothing worthwhile in life can be accomplished by just doing it once. Rather, it needs repeated activation. Let's look at our own body. Our heart beats over 250,00,00,000 times in our lifetime. The Universe could have designed it in such a way that it'd beat just one long time, at the end of which it'd go static. Or breath. We breathe over 55,00,00,000 times in our lifetime. Wouldn't just one breath have been enough? Or, wouldn't just one rainfall have been enough? What was the need to rain

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again and again? If you look closely, whether it's the earth's rotation, sun's radiation or a galaxy's spin, its power comes only because of its repetition. And the more the repetition, the stronger it vibrates and the higher it rises. And the higher it rises, the freer it gets. From distractions, stresses, tensions, anxieties, fears and all baser energies. And, on a core level, that's what all of us are seeking in the first place.

By now, i reckon you'd be wondering: "How long will it take to become superpositive?" In fact, this is the question i get asked the most. Let me be honest with you: superpositivity is not acquired by speed. It is a dish you can't cook by haste. You have to wait for it to mature. It takes time to develop superpositive energy. Nothing comes about overnight. It requires one to patiently and persistently walk on a path till one has perfected it. To toil and trudge tenaciously till one has thoroughly tested it. But to answer your question, here's what i have observed: it takes *at least* a year of sustained, rigorous practice to become superpositive. And a lifetime to stay that way.

See, i am not talking about becoming positive. That you already are. I am talking about becoming superpositive. The highest level. It is like you have been running state-level games till now. But now is the time to run the Olympics. For that, you have to train. Restrain. Much more than ever before.

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Stemming from my experience working with people who had very rudimentary levels of positivity, it has taken them 40 days to start seeing results. Three months to become natural. And over a year, some of them have become superpositive. Do it for 40 days, and you will know what i mean.

The figure 40 is critical. I've tried doing something for 7 days, 15, 21, 30, 35 and 40. I've observed a world of difference between 35 and 40. The latter is the magical mark at which i've received maximum benefits: ones that have stayed with me for life. In fact, apply The Rule of 40 to everything in your life. If you want to change what you do (your job, for example), first change how you do it. For 40 days, give it all that you have. All your consciousness, all your gratitude, all your love. Without any half or part measures. Give with totality. Without thinking of the result. Even if you've tried for years, i'd request you to try again. Really, really, really try. Like you've never tried before. In fact, like nobody has ever tried before.

On the 41st day, if you still feel the same way as before, then by all means change your job that very day. For, you'd have tried fully to make it work. And you'd have become free. But here's what i have learnt: you become free only after you've fully tried. A prisoner is free only after they have fully lived out their sentence. But if the prisoner runs away before completing it, they will

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be labelled a fugitive. They will be caught again and their sentence will be extended. On the contrary, if the prisoner displays full grace and fortitude during their sentence, they will be discharged from jail sooner than the stipulated time. And, in some (rare) cases, even their punishment would be waived off. It all depends on how accepting the prisoner is of their present lot. Only then their situation will change.

Still, due to any reason, if you are unable to do the Superpositivity Activation any day, then at least chant Yes Thank You Universe 1,000 times every day: 500 times spoken and 500 times silent. That is one thing you *must* do daily. You could do it in one go or you could do 5 units of 100 chants spoken and 5 units of 100 chants silent throughout the day. Let's say you are in the shower. Rather than thinking stray, involuntary thoughts, chant Yes Thank You Universe 100 times. Keep a mental count as you chant. It will take you two to three minutes. When you are waiting for an appointment, you could chant 100 times silently while awaiting your turn. When you are working in the kitchen, you could do 100 chants then. It'll take you three minutes, ten times daily. It's that simple.

After 40 days of Superpositivity Activation, the practice will start becoming natural. You will get to know that you are becoming superpositive: an ever-present joy and an ever-present energy inside you will be the telltale signs. But don't stop or do the Superpositivity Activation

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just once. Look at it this way: when you go out of the house, or before sleeping at night, you turn off the light. Then you turn it on again when you return or the next day. It's the same with Superpositivity Activation. You've got to switch it on again and again. Do *at least* ten minutes of Superpositivity Activation every morning. Only then will you receive the optimum benefits of superpositivity. Above everything else, superpositivity connects us to the infinite energy of the Universe. It shows us how to experience the fullness of our existence. And fullness of existence is the reason we all exist in the first place. What is the point of having an aircraft if you're going to pull it with a crane? Or a supercomputer but using it for simple addition and subtraction? It's the same with life. Each one of us is blessed with infinite potential. But we let it lie idle. Most of us are afraid that if we use it too much, it will deplete. While actually the inverse is true. Firstly, it's never "too much". And secondly, even if we use it too much, it will only grow. In fact, the more we use, the more it will grow. That's the beauty about superpositivity. It is ever-growing, ever-expanding. And at its core, superpositivity is superpositivity only if it is inexhaustible, unlimited. Like the Universe. And its infinite possibilities.

Superpositivity is ultimately a state — Yes Thank You Universe is just the instrument. Superpositivity does not stop with Yes Thank You Universe — but is released

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by it. After activating the Superpositivity Chant abundantly for years, one naturally reaches a point where one transcends it. I have said it tens of millions of times over the past six-and-a-half years. But now it is my ongoing state, even if i say it a few times every day. Intense practice and concerted development brought me to this point. But that was my unique glacier. To find the common glacier, i suggest that you do it for three months, for 1,00,000 times *at least*. And then you'd know it for yourself. You'd have found the common glacier, the ice sheet, by then. And it'd naturally take you towards your unique glacier, the ice field.

THE UNIQUE GLACIER

Once an entity is firmly established in the common glacier, the next thing to do is to find the unique glacier. That is the unique purpose for which you and i are born — what most people grapple with and very few identify throughout their life. Each one of us has a realisation inside us (even if feeble) that we are “born for a purpose”. As i explained in the first chapter, that purpose has two parts: common and unique. The common purpose is the ancestor and the unique purpose is the descendant. Now that we've found the ancestor — superpositivity — it is time to find the descendant as well. Once the ice sheet has been found, the ice field has to be discovered as well. That is our unique

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footprint on this planet. And also what makes each entity truly unique.

Almost all birds are born to fly. With a few aesthetic variations like size, colour, flight altitude and food patterns, flying is their common purpose. But then, they also have their unique purpose. For example, penguin. There are 18 species of penguin, all of which are unable to fly. Unlike most other birds that fly through air, they glide through water. Unlike most birds that are polygamous, penguins are monogamous, and they select the same mates every season, from among thousands of birds that live in their colony. Similarly, while most birds are a few inches tall and weigh a few pounds, the ostrich grows up to 9 feet tall and weighs up to 150 kilos. While most birds fly through air, they run on ground at speeds of 70 kilometres per hour. Similarly, while most birds live up to a few months, takahe can live up to 20 years. Ducks and swans waddle their wings to float on water rather than using them in flight. Hummingbirds fly backwards while most birds fly forward.

Trees give life, and grow to a height of 20 feet, on an average. But some like the Hyperion redwood tree grow up to 380 feet. While most live to 100 years, some like the Methuselah live up to 5,000 years. Most trees have a brown bark but the rainbow eucalyptus tree in Hawaii has a bark that changes colour over time and becomes as colourful

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as a rainbow in the sky. While most trees have a circumference of a few feet, banyan trees like Aroba del Tule have a circumference of 137 feet.

Similarly stars. They all shine and sparkle. Some of them have as many as 30 planets revolving around them while some have none. There are stars that are hundreds of times bigger and millions of times brighter than the sun. Some stars live for a million years while some live for tens of billions of years. Some stars become building blocks of bigger stars while some become black holes.

Or planets. While most planets revolve around a star, there are thousands of planets that orbit two stars instead of one and trillions of planets that don't orbit any star. There is a planet made completely of ice, yet burning at four times the boiling point of water. There is a planet twice the size of earth made of pure diamond, and a planet where it rains molten iron instead of water.

The Universe expresses its superpositivity in an infinitude of ways. It created atoms, cells, molecules, molecular clouds, galaxies, stars, planets, satellites, meteors, comets, black holes, light, dark and much, much more in between. In the 13.76 billion years since its inception, the Universe has been continually creating something new, something fresh. It keeps stretching the known boundaries of the physical cosmos. It could have stopped after creating one galaxy. What was the point of creating 500

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billion? What was the point of creating trillions of stars when a few would have been enough? What was the point of seven “dead” planets when only one was to host life? What was the point of 20,000 species of bees when one would have been enough? What was the point of 100 trillion ants when a few are more than a handful? What was the point of all these multitudes when the singular would have been enough?

The point is that the Universe loves to grow and express itself in unique ways. If the sky is blue over one planet, it is crimson over another; if a snail travels .001 kilometre in an hour, a cheetah travels 120; if a human eats 2 kilos a day, an elephant eats 300; if half the globe is dark, the other half is brightly lit; if the sun loves to radiate, the moon loves to reflect; if the temperature in space is -270°C, the temperature inside a star is 1,50,00,000°C; if a human births one child, a queen ant births over one million. There are an estimated 30 billion trillion stars in the Universe and 100 billion trillion planets like the earth. There are an estimated 8.7 million species and over one quadrillion (1,000,000,000,000,000) life forms that exist on earth alone.

Each of the life species and life forms has come from the uniqueness of the Universe. It has a unique DNA and expression. That’s what its unique glacier is, and that’s what we have to find as individuals.

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Let's consider two stars. The sun and a supermassive star. Both have a common glacier: to shine. Both also have a unique glacier. The former has eight planets to take care of. The latter has such enormous radiation pressure and wind that planets don't form around it. But it becomes a building block to a future generation of stars. One could say the former plays the role of a parent while the latter plays the role of a mentor. They don't copy each other. They are original and unique.

Let me reproduce a portion from my book *Yes Thank You Universe* to demonstrate the essence of uniqueness:

There is nowhere, nothing or none that has more power than anywhere, anything or anyone else. It is just the degree of consciousness in an entity that governs the expression of that power. And the expressions of that same power are different in different species. The mountain and the ant are classic examples. For all its might, the mountain can barely "move" a centimeter in a year, while for all its puniness, the ant can move several miles in a day. If one aspect of power is agility of movement, then should it perhaps be said that the ant is more powerful than the mountain? *Of course* not! In fact, neither is more powerful than the other. Each entity on this planet is blessed with uniqueness. And the originality with which it expresses itself becomes its state of power. In human beings, the majority thinks that power lies outside of them.

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They assume power is something that other places, things or people possess, and they can maybe dream about that power but never *have* it actually! They think a moviestar or a politician has more power than a commoner. Now, the former can't roam about freely while the latter can. If freedom of movement is an aspect of power, then may we say the latter is more powerful? Again, that's not true! Each one of us has been bestowed with phenomenal power. And that power is *originality*. Once you realise that, making a cake will give you the same power as making a nuclear reactor gives someone else. Please forgive my audacity (especially if you're a nuclear scientist) but to the Universe, they're both equally significant. And equally unique.

In fact, Unique is a beautiful word. Look around you, and you will realise how unique every creation on this planet is from the other. The mountain doesn't look like the ocean, the ocean doesn't look like the flower, the flower doesn't look like the sky, the sky doesn't look like the butterfly, and the butterfly doesn't look like the rabbit. And the beauty is that they all rejoice in their uniqueness. It's been millions of years, and do you know the funny thing: not a single one of them tries to compete with the other in "looking better"! In fact, they don't even try to look the same. Rather, they just let each other be, and express their own innate uniqueness. Similarly, you need to liberate yourself from the trip of looking, or being, a

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certain way to seek admirers. Fully live in your own skin, and you will automatically feel, and look, good.

Humankind has evolved to reflect and encompass the whole repertoire of Universe's skills. Today, humans are flying, cooking, healing, building, inventing, drawing, engineering, dancing, gardening, mining, philosophising, writing, beautifying, painting, preserving, racing, and doing every activity that a star, planet, comet, plant, insect, bird, flower, reptile or mammal is performing. In human activities lies the handiwork of the Universe. An engineer is doing what the Universe did while creating a star, an artist is doing what the Universe did while creating a sunrise, a perfumer is doing what the Universe did while creating a flower, a chef is doing what the Universe did while creating the cosmic soup, an author is doing what the Universe did while creating the natural laws, a healer is doing what the Universe did while creating seasons and so on.

Every human who is lucky to live in the modern times has a duty and a privilege to find a unique endowment from the Universe within them and express it to the fullest. That is why we are here. Our planet itself is purpose-driven. While Mercury has tapped into its own unique glacier, Earth has tapped into its own. It has spun over a trillion times on its axis and has undergone enormous upheaval and tumult. It straddles solitarily in

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deep space in -270 C temperature yet it is home to such phenomenal beauty: oceans, mountains, birds, rabbits, butterflies, flowers, tigers, trees, mountains, gorges, humans. While all planets in sun's planetary disk have a common purpose, they all have a unique purpose as well. And we all exist thanks to that unique purpose. If earth had not realised that purpose, then we wouldn't even have been here.

Everything in the cosmos is a torchbearer in the relay race of creation. It is a link in the chain. Earth is a link in the chain vis-à-vis humans and what each one of us does is also a link in the chain for future creation. Your unique glacier would become a unique glacier for someone else. And so on. Just like we accessed a mechanism to find our common glacier, we also have to access a mechanism to find our unique glacier.

As i wrote in *Goaletics*, the highest goal in life is always purpose. That is the true sponsoring goal for all goals in life. The Universe's first goal is also its purpose: *to create an ever-higher level of creation infinitely and to eternally stay above it*. It is from that purpose of the Universe that all its creation has emerged. Form one's biggest goal, purpose, emerge all goals in life. 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 human being should look for: purpose.

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Just existing can't be a purpose. The Universe has made even a leaf, a drop or an ant with more purposefulness than that — just existing! It has to be about excelling and contributing to a larger collective. And to do it most consciously. A leaf doesn't live for individual glory but for the glory of the tree. A drop doesn't live for individual glory but for the glory of the ocean. An ant doesn't live for individual glory but for the glory of its colony.

There are three components to purpose: finding your highest skill, excelling in it and doing it for the primary purpose of contributing to a larger collective.

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 made it my biggest goal in life to first find my purpose and then to express that 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.

In 2012, i produced, directed and acted in a Bollywood film called *Challo Driver*. It was a massive box-office flop. In two months apart, 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 more and more downwards. In the absence of

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work and relationship, i turned to meditation to find stability and something greater — my life's purpose. During one such 40-hour meditation in September 2013, i had a profound epiphany. I had the revelation of superpositivity.

In my case, my common glacier became my unique glacier as well. I was born and raised in Jammu & Kashmir, one of the most insurgency-prone areas in the world. While i was in school and college, there our region witnessed rampant crackdowns and curfews. In three years of college, there was over a year lost due to strikes. Full-day power cuts were common. Communal tension was rife and distrust of public in administration was widespread. There was a victim mindset among people: "But we are in a small town — how are we going to compete with big-city folk?" All around, i heard voices of dissent, extremism, angst, war, discontent. In a way, i ran away from that milieu, and painstakingly built my life brick by brick for fifteen years. I thought that i'd turned my back on negativity for good. After my film failed, i faced an even bigger onslaught of negativity. People would not take my calls, and they stopped inviting me to their parties and functions. When i went to meet producers for work, i'd be made to sit for long hours. Critics ripped apart my film, debtors were knocking at my door, my marriage came to a bitter end, all my material belongings

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were gone overnight, and i had to eventually move back to my parents' house in Jammu, towing a lone suitcase. With my back to the wall, i asked myself a question: "How can we humans lift ourselves from negativity in the simplest of ways?" I stepped into intensive meditation — and during one such 40-hour session, superpositivity was born. I found the common glacier.

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 realised that superpositivity to me personally was not going to be a means to an end, but complete in and of itself. That i'd not just develop superpositivity within myself but i'd share it with the world. My common glacier was to find superpositivity — my unique glacier was to share superpositivity. That revelation was the point that changed my life. It happened in the last week of October 2013. Looking back, it is the greatest realisation i've ever had in life. Before that, honestly, i was still trying to make it in the film industry, as an actor, screenwriter or director. It'd been a year since *Challo Driver*, and i was still writing scripts, going for auditions, meeting producers. Truth be told, before that, i never saw myself as a positivity coach — leave aside a superpositivity pioneer. But then, my purpose got clarified. And in that instant, i found my unique glacier. And my lifetime's search ended.

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It's been over eight years since then, and i have worked consummately on developing the philosophy of superpositivity, written scores of books on the subject, created scores of world records, given hundreds of public talks on superpositivity across the world. Superpositivity has become my life's highest goal. All my books, world records, talks and inspirational assignments have flowed from that goal. Looking back, finding both my common glacier and unique glacier have contributed to my life path — and to me writing this book.

But let me tell you how it all happened, how i found my unique glacier. Here's a simple exercise i have done myself, and i have shared with thousands to enable them to find their unique glacier. It's called Purpose On a Page.

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 where you can clearly see it. Also,

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make it your mobile or computer screensaver. Give yourself the occasion to see it multiple times every day. Do it for *at least* three weeks. Even if you find the answer or even if myriad answers come to you, resist the temptation of writing anything right away. Trust me.

By doing so, you'd be 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 occurred to it, and it went about creating the first atom.

The truest place where your purpose can be found is inside you. It can be found in stillness. All movement was born in stillness. Before the first atom was born, 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, crocodiles. But before creating any of those expressions, the ocean has to be absolutely still.

In order to become a true goalete, or an athlete of goals, 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

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your purpose. Now, this is a sacrosanct step if you want to master goalistics, or the sport of goals. Someone with an hourglass figure 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 believing in it, then that would eventually lead to aimless drifting. The thing about goalistics is to find one's original purpose in life — as early as one can — and to invest one's energy concertedly in the pursuit of that purpose.

Devote yourself to find your 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 simple questions that would take you there.

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

Ever since i was a small child, i loved reading books on positivity. When i was 12, a family friend, Kanchan, gifted me a book called *The Power of Positive Thinking* by Norman Vincent Peale. That book had the most transformative effect on my consciousness, as it introduced me to the power of positive thoughts. Over the next twenty years or so, i 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

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of self-improvement even in that mainstream Bollywood film. So when i had my back to the wall in life, and i was struggling, i asked myself this question: what work do i love the most? Giving positivity to others emerged as a natural answer, and like a signpost, it pointed me in the right direction.

2) Whose work do i love the most?

Think of a person — or a group of people — who you'd love to be like. Quite propitiously, 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, or wise man. 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.

3) What do i visualise doing throughout my life?

Once you've ascertained what field you love the most and whose work you love the most, ask yourself what is it that you visualise yourself doing. I loved inspiring people,

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i loved talking for long hours about positivity and i loved 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, the first thing i'd done was to write *Model Dreams*, a self-help book on male modelling pageants in India. As i contemplated a vision for my life, 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 the one where you wrote the Purpose Question, stick a new page with these three questions:

- 1) What 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 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 or people you are most inspired by and what you see yourself doing are the same, then you've found your life's purpose. You've found your unique glacier. In my case, i loved the field of

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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 singlepointed answer to life's greatest quest.

In your case, it could be soccer. Maybe you love soccer the most, maybe you are most inspired by Cristiano Ronaldo and maybe you visualise yourself winning the soccer world cup 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.

This one line summed up my highest purpose. It is what i call my chief sponsor in life. My point of origin. This is my unique glacier. My Purpose Statement. The progenitor of all my rivers in life. Yours could be:

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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. 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 cell of your body accepts. An answer that every pore of your being resonates with. 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 play the sport of goalletics. Now you are ready to flow the rivers of goals from your glacier.

Part Two

CREATING THE RIVERS

Once your glacier is found and the point of origin has been established, the next thing to do is to flow rivers of your goals from that glacier. These rivers are born from a purpose and for a purpose. Glacial rivers carry some of the richest mineral deposits on the planet that lead to absorption of a lot of carbon dioxide from the atmosphere. They are able to serve a very important function in evolution. On the other hand, most nonglacial rivers are significant carbon dioxide producers that contain decaying organic matter that decomposes significantly.

Most of us are like those nonglacial rivers. We make our goals disconnected from our source — our purpose. Most of those goals are material or acquisitive in nature. While there is nothing wrong with that, the

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only anomaly is that those goals are bereft of an intrinsic sponsoring energy.

In a way, goals are like trees that grow on soil. How would it be to take full-grown trees from elsewhere, plant them in our own yard and claim to be the grower of those trees? To fully enjoy the process, we have to till the land, plant good-quality seeds, fertilise the land, water it, nurture it and then tend to those trees as they grow up. The whole process is important.

Now that you've found the glacier of your purpose, it's time to flow your rivers. The higher the glacier, the purer its meltwater and the richer it is in minerals. The higher the point of origin, the stronger its flow. And that is very important to remember. The bigger the Purpose Statement that you've written, the better will be your flow downstream and the richer will be your offering to the world. That's why it is supremely important that you spend considerable time on your point of origin, on your Purpose Statement.

Without that, you'd just live what i call a life of impulsive distraction. You'd be tempted by fancy, flashy things that you see every now and then. You might see someone driving a swanky luxury car — and instantly start craving for it. You'd start fantasising yourself in that car, driving it, living that lifestyle. Nothing wrong with it — except that maybe, just maybe, it was never your drive or motivation ever.

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We live in a world where there are rampant generalisations. Everyone wants to live in expensive penthouses or townhouses, drive fancy cars, wear designer clothes — without ever wondering whether they truly want them in the first place! Commerce-driven media would have us believe that if we don't buy into a notion of the "high life" we are not really living at all. And that is the biggest anomaly of our times. We are made to "want" a certain kind of education, wear a certain kind of clothes, drive a certain kind of cars without ever tapping into our own uniqueness. We end up leading reactive lives, without finding our creativity. Coming back to the swanky car, maybe you have created a purpose statement of being the "best walker in the world". Maybe you intend to log the maximum number of miles any human being has on foot. Maybe not just that swanky car, but any car doesn't fit into your purpose. Maybe your purpose is to be carfree all your life! Maybe that's what you have written in your Purpose Statement:

My life's purpose is to walk more than any other human being and to inspire people towards the joy of walking.

That's why it's sacrosanct to find your unique glacier and to express it in a very powerful Purpose Statement. Drive that statement into your innermost being. Let it permeate into every cell of your body. Become one with it. Let it be

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as natural within you as breathing. Everything in the Universe takes time to come about. If you've just written your Purpose Statement, it'd take time to grow roots within you.

Our solar system took 700 million years to form. The molecular cloud — the nebula — had a clear purpose before the stellar formation took place yet it allowed it to ruminate. After its birth, it allowed the process to develop without hastening it. It allowed the matter to evolve and configure naturally. The nebula let it simmer. It was quite common initially for planets to collide with each other and smaller planets to form from them. Or for planets to collide with meteors and satellites like moon to form from them. Protoplanetary disks took hundreds of millions of years to cool and only then the eight orbiting planets came about. It was not a spontaneous process. That mechanism is uniform throughout the hundreds of billions of galaxies in the cosmos. Stars that form in a tearing hurry have a very short lifespan. And they exert so much radiation pressure that planets cannot form around them. Most of those stars are gone within a million years of birth. On the contrary, stellar systems like our solar system bear so much life because they are stable and take a long time to develop. Or rather, they take a long time to brew.

Likewise our unique purpose in life. After writing our Purpose Statement, we have to let it brew. As i

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mentioned in Purpose on a Page, after you've written the Purpose Statement under the Purpose Question, you have to make sure you believe in it a zillion percent. That's why it's important to let it simmer, to deliberate on the page on the wall and to ascertain if it is a reflection of your innermost self. The way i look at it — and practise it — our purpose in life has to be our soulmate. That is what truly completes us. That is what gives our life the sponsoring energy it deserves to receive.

Say your purpose statement to yourself like an affirmation repeatedly till it becomes infused in your life force. Only when you're certain that this is indeed your life's unique purpose, be ready to flow rivers of goals from that point of origin.

The best landscape on our planet — mountains, valleys and gorges — has been shaped by glaciers. Whether it is the Swiss Alps or the Huaraz Valley in Peru or the Grand Canyon in US, they have all been shaped by glaciers. Similarly, the best things in the world have been brought about by people driven by purpose. Buddha had a unique purpose: to bring nirvana to the world. Edison had a unique purpose: to bring electricity to the world. Graham Bell had a unique purpose: to bring telephony to the world. The Wright Brothers had a unique purpose: to bring flying to the world. It is the glaciers of their purpose that give birth to the rivers of their goals.

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Buddha was born in a royal family 2,600 years ago, when riches were few and far between, and privileges were available only to the select few. His father was a king who had built three luxurious palaces that housed every amenity known to human back in the day. He filled Buddha's life with every conceivable comfort to keep him tied to the regal tether. Now if Buddha didn't have a unique purpose, he would have happily accepted the role conferred upon him by others as "the luckiest man alive". He knew that that role was just a delusion — the real role is what comes from within. He made his Purpose Statement: "*My life's purpose is to attain nirvana and share it with the world.*" Once he found his unique glacier, he then decided to create his own river.

At the age of 29, he decided to relinquish his kingdom and become a monk. Now many think that his act of leaving his throne was his purpose — while it was actually a goal that was born from his purpose. That is a very important distinction to understand. That applies to every person who has contributed anything of value to the world

As glacial water leaves from the point of origin and travels to the ocean, it creates not just one river but many rivers. Similarly, from the unique glacier of purpose flow six different kinds of rivers. Let's get to know them one by one.

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MAIN RIVER

The first action that you take after you've fully realised your life's unique purpose is your main river. This is what is called "Taking the first step". Every other river will flow from that river. In Buddha's case, his donning the robe of a monk and renouncing his kingdom was the main river that he created. Everything else in his journey emerged from that river. All that Buddha is known for comes from his main river: relinquishing his kingdom.

Similarly Edison. He used to sell newspapers and candy on a train. In early childhood, he became almost deaf. His teacher called him a dull student, and his infuriated mother took him out of school, to homeschool him. In all, he had only three months of schooling. At that time, most boys would go in the lumbering business or became manual help. But Edison drew a Purpose Statement: "*My life's purpose is to become the best inventor ever and create appliances the whole world would use.*" That is when he found his unique glacier. And from that, he flowed his main river. In the baggage car of the train on which he used to sell candies and newspapers, he started a laboratory for his chemistry experiments. He went on to hold 1,093 patents and worked on inventions that have revolutionised modern civilisation. Yet all those came from his main river: the laboratory he created.

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Michael Phelps was a hyperactive child in school, was diagnosed with attention deficit hyperactivity disorder and put on medication. He was so distracted as a child that his teacher told his mother that he would not amount to much. Phelps was good at several sports, including basketball, baseball, football and swimming. But, one day, at about eleven years of age, his mother and his coach sat him down and spoke to him about his prospects in each of those sports. After listening to them, he drew up his Purpose Statement: *"My life's purpose is to become the best swimmer in the world and revolutionise the sport of swimming."* That realisation became his own unique glacier and from that flowed his main river: he stopped playing all other sports and focused his energy singularly on swimming. He won more Olympic gold medals than 150 countries, but then they all came from his main river: focusing his entire energy on swimming.

Let me share with you with my own example. After i found my own unique glacier, and i created my Purpose Statement — *"My life's purpose is to develop superpositivity within me and share it with the whole world forevermore"* — i created my main river. On 6 November 2013, i started an organisation called Superpositivity Movement. That became my main river. The first step i took. Since then, i have written 20 books on superpositivity, given hundreds of talks on superpositivity, done scores of events on

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superpositivity, but they have all flown from my main river: starting Superpositivity Movement.

The main river is the biggest manifestation of your highest intent. It is the first and the highest expression of your unique glacier. It is exactly like the first atom being born.

The birthing of the first atom is the main river of the Universe. That atom held all matter, all possibilities and all potentialities for future. The Universe's Purpose Statement is: *"My life's purpose is to create an ever-higher level of creation infinitely and to eternally stay above it."* That is the Universe's unique glacier. The birthing of the first atom—the Manifestation — was its main river. That atom is the biggest manifestation of the Universe's highest intent. It is the first and the highest expression of its unique glacier. From that main river have flown centillions of rivers from the Universe. Big bang flowed from that main river. Billions of galaxies were created from that main river. Over 30 billion trillion stars were created from that main river. Over 100 billion trillion planets were created from that main river.

The biggest link in the pursuit of your purpose, then, is the creation of your main river. The biggest energy investment has to go towards its creation. It is the most primary link between your unique glacier and the ocean.

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Buddha's relinquishing his kingdom is the main river that primarily links his unique glacier of nirvana to eventually attaining it. Edison's establishing his laboratory in the train is the main river that primarily links his unique glacier of inventions to eventually creating them. Phelps' ceasing from all other sports and concentrating on swimming is the main river that primarily links his unique glacier of swimming to revolutionising the sport. My starting Superpositivity Movement is the main river that primarily links my unique glacier of superpositivity to eventually sharing it with the world.

The main river is the number one trigger that leads to all other goals. The litmus test is that it has to always be connected to your Purpose Statement — and further it.

Let's say the Purpose Statement that you've made reads like this: *"My life's purpose is to become the best wall artist in my city and beautify defaced walls."* A short while later, you start painting a beautiful motif on a defaced wall close to your home. That is your main river. Or you enrol into art school. You set off your plan into action. In a way, the first physical action you take after you've articulated your Purpose Statement is your main river.

Let's say your Purpose Statement reads like this: *"My life's purpose is to become a travel writer and write books on travels across the world."* Immediately, you take an outstation trip and write about it. That becomes your main river.

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You see, the first physical action that you take after formulating your Purpose Statement — and commensurate to it — is your main river. If your Purpose Statement and main river are different, then there would be discord and your subsequent goals would be random rather than cohesive. That's exactly what most people do. Either they don't have a Purpose Statement or it's not clear and specific. Their goals are drawn from impulsive distraction: seeing someone doing something and making that their goal on the fly. For instance, a person sees someone else with rippling arms and decides that they will start going to the gym the next day. They do that impulsively. Without introspecting whether it is their passion. They try to conform to generalisations perpetrated by either mass media or societal expectations. Only those goals that are rooted in your unique glacier and flow from your Purpose Statement will be successful in life, will fulfil you and will add value to the world. Else, they will add to the noise of the world.

Your main river is to be flown only once. It is an irreversible action. Once you've taken it, it is done forever. And once your main river is in place, then it is time to move on to other goals in life: major rivers.

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MAJOR RIVERS

After creating the first atom, the Universe did not stop there. It created several major rivers: molecule, space, molecular cloud, star, planet, cluster, galaxy, satellite, meteor, life species. In fact, the main river is just the trigger point. It is an action, even if the most significant one. But then life is not just about one action, but a series of actions — a series of billions of actions. Similarly, the Universe created centillions of forms from that atom. It kept creating more and more and more — and then infinitely more. Each of those forms was a river of the Universe — not any less important than the main river, just a different one. Each of those rivers was rooted in the unique glacier and emerged from the main river. That atom is the building block of all the forms that have existed in the cosmos ever since. All stars, galaxies, planets, meteors, comets, particles have emerged from that atom, from that main river. There are an estimated 500 billion galaxies in the cosmos. Now each of them has come from the major river of the Universe called galaxy. There are 30,00,00,000,00,00,000,00,00,000 stars in the cosmos. Each one of them has come from a major river of the Universe called star. There are 100,00,00,000,00,00,000,00,00,000 planets in the cosmos. Each one of them has come from a major river of the Universe called planet.

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Similarly, on planet earth, the first life form ever created was a single-celled entity called Cenancestor. That was the main river of the earth, that emerged from its Purpose Statement: *My life's purpose is to give birth to trillions of life forms, spread over millions of species.* The birth of the Cenancestor was its main river. From that emerged hundreds of millions of species, each of which was a major river of the earth.

After Buddha created his main river, he did not stop there. He spent five years learning meditation from various masters and practising it. That was his major river. After attaining enlightenment, he created two more major rivers: precepts, sermons. As part of the former, he would establish a set of four precepts on how human misery could be transcended. As part of the latter, he gave sermons to his disciples on the nature of suffering and how to alleviate it. That was his major river.

After finding my unique glacier of superpositivity and creating my main river of Superpositivity Movement, i created six major rivers from it: talks, books, projects, events, videos, activations. You could call them the six major categories in which i would further the cause of superpositivity. All talks that i would give on superpositivity would be the superpositivity talks river, all books that i would write on superpositivity would be the superpositivity books river, all projects that i would

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put together to further superpositivity would be the superpositivity projects river, all events that i would organise to further superpositivity would be the superpositivity events river, all videos that i would make to further superpositivity would be the superpositivity videos river, all activations like chanting and meditation would be the superpositivity activations river. Of course, like glacial water flow, there could be more major rivers that could be added to these. Or some of them could be fused together to become one. Like glacial meltwater flows freely, my major rivers could interact and fuse too, if the flow so ordained. Glaciers and rivers are constantly moving, not always in a straitjacketed path but shifting ever so sublimely. My rivers would follow that open pattern too.

The only thing they would have to remember is that they came from the unique glacier of superpositivity and were meant to enrich the ocean of superpositivity. Consequently, all these rivers were completely in sync with my unique glacier. They were all flowing from a zone of pure creation. And that zone only comes from being in touch with your core purpose in life. That zone then gives birth to many more goals called magical rivers.

MAGICAL RIVERS

From the major rivers, flow the rivers that your whole glacial goalcourse will be known by. These are what we

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call magical rivers. They are the ones that will do the actual work of the glacier in transporting its water to the ocean. They are the ones that truly define a person and delineate their purpose.

Magical rivers are the ones that give direction to the major rivers. They are the ones that create all the magic. This is the stage where people make resolutions. Once you have created and defined your major rivers, you must create a plenitude of magical rivers from them. For instance, I have created 15 magical rivers since finding my unique glacier of Superpositivity in 2013. "I am going to write 100+ books", "I am going to give talks on superpositivity in 100+ countries", "I am going to organise 100+ events on superpositivity" and so on.

The Purpose Statement and main river of your life journey, if truly created, have to be done only once. Once you've done it, it is done forever. But we have to not stop at just creating one main river alone from our unique glacier but rather create multiple major rivers and an unlimited number of magical rivers from it. Remember, we started this journey with finding our common glacier — superpositivity or unlimitedness — and only when we become unlimited in our goal creation is when we can say that we have truly found it. This is the step that actually demonstrates if we are indeed fulfilling the Universe's intent of unlimitedness for us.

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From the main river of swimming with singular focus, Michael Phelps created a major river of Olympic swimming, then a magical river of winning the maximum number of Olympic gold medals. To break more world records than anyone else was his magical river. To bring the sport of swimming to mainstream television coverage was his magical river. That is the highest vision he had. You see, that is the goal that gave his life direction. That is what set him apart from anyone else. That was the most important component of Phelps' glacial goalcourse. Without the magic of that river, he'd have been just another swimmer.

Edison created the major rivers of inventing, manufacturing, marketing from his main river. He set up in New Jersey a factory that was another version of the lab that he'd set up in a moving train — or the main river that he'd created. From the major river of inventing, he created a magical river of inventing more appliances and products of human use than anyone else. To change the face of human civilisation was his magical river. That was the most important aspect of Edison's glacial goalcourse. Without the magic of that river, he'd have been just another inventor.

While creating magical rivers, envision the highest you can accomplish. Then multiply it by 4+. Let me share an excerpt from my book *Superchampion* to show you how it is done.

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The 4x+ Factor

Watching countless people procrastinate and speculate has taught me that if it is a target that is in your sight, then it is perhaps too easy and most people will start ambling towards it so casually that a) they will lose so much momentum that they will not even achieve it or b) even if they get there, the arrival will be so lukewarm that they will not quite enjoy it. On an average, whenever people set a big goal, they achieve only 25 percent of it. That's why it's so important to set a goal that is 4x+ one's original one. That way, one will at least get to one's original goal. Or surpass it.

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

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

The way i look at it, every goal or target that you set occupies space in your mind. The swifter you accomplish it, the more it frees you for higher and more

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meaningful goals. You just have to go for more than four times the maximum that you believe yourself capable of — and then you will certainly get to the maximum. For instance, you do push-ups. Imagine the maximum that you can do: 30. Multiply that by 4+. Next time you work out, aim for more than 120 — you will certainly get to 30, and 90 percent of the time you will surpass it.

If you believe you can write one book, set a target of four, then put the sign + next to it. “I am going to write 4+ books” becomes your magical river. Again, you could keep revising the figure as you go along. The beauty about magical rivers is that you can keep revisiting and reinforcing the existing magical rivers. These rivers are never writ in stone. But, if you are a true goalete in life, you’d upsize these rivers rather than downsize them. Let me show you how.

Many years ago, i used to believe that i could write a maximum of five books in my life. But while working on my sixth book, *Yes Thank You Universe*, i realised how much i loved the process of writing, so i multiplied it by 4X+ and revised my goal to 25 books. But in 2016, after i wrote *Superpositivity*, i multiplied it further by 4x+ and made it 100+. Of course, my endeavour would be to write more than that, but *at least* 100. Now, let me tell you the benefit of this increment. If i’d not done the multiplier, i’d have been contented with *Yes Thank You Universe* and

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might not have written *Superpositivity*, my 7th one, or *Squad of Superchampions*, my 17th one, or *Superchampion*, my 18th one, or *Goaletics*, my 27th one, or *The Glacier River Ocean Principle*, my 28th one, or *Goalete*, my 33rd one. Now, the way i look at it, there isn't any comparison between any of these books and none of them is better than the other. But the point is, i have learnt so much while writing each one of them, and they have collectively taken me to an ever-higher level of consciousness.

Let me tell you a very important aspect of goals: they have to be played like a sport. Winning is an important part of sport but even more important is expression — the sheer joy you get from it and the pure growth that happens in you while playing it. So, essentially, i have written all my books for my personal growth. Not for them alone but for them above anything else. Till i started writing *Goaletics*, my books number 27, i was not even aware of *The Glacier River Ocean Principle*. I had its revelation while i was writing *Goaletics*. The very reason you are reading this book is because i created a magical river of 100+ books. If i hadn't done so, neither i nor you'd have benefited.

Besides, goals are like molecular clouds that never stop forming. Every moment, the Universe creates 3,300 new stars and a million new cells inside our bodies. After 13.76 billion years of creation, it could have easily stopped

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doing all this. But it doesn't. Because the Universe is synonymous with infinity, all its expressions have to be infinite. And what are the Universe's expressions — but its goals! Every new species is a new river of the Universe or a new goal of the Universe. If the Universe did not create magical rivers unlimitedly, then it'd have stopped at dinosaurs. 65 million years after dinosaurs became extinct — or rather, after 99.9 percent of all its creations on earth became extinct — one of the Universe's major rivers was flown from its unique glacier in the form of the human species. We have come from the unlimitedness of the Universe, from its capacity to create unlimited major rivers. And since we have been created by the Universe as its own highest reflection, we have to do the same thing in our life as well.

In my life, i have seen very few people setting goals, and a very, very, very small proportion of people setting goals incrementally. The number one reason they don't do that is they haven't found the common glacier and the unique glacier. The former is the fount of infinity and the latter is the fount of love. Together, they are the fount of infinite love. And when anyone operates from that space, then they become inexhaustible.

Infinite love is the carrier of purity, of the highest energy of the Universe. With that as the sponsoring energy, inexhaustible capacity comes as a natural outflow.

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And unlimited goals or unlimited magical rivers naturally flow from that glacier. And they in turn give birth to an unlimited number of milestone rivers.

MILESTONE RIVERS

From the main river flow major rivers and from those major rivers flow magical rivers and from them flow milestone rivers that accelerate the glacier's waterflow to the ocean. By this point, the glacial river has undergone a lot of sedimentation in the process of flowing towards the ocean and has become slightly enervated. It needs momentum. This step is what gives second wind to the river. This is the turbo-boost it needs.

Even after five years of intense meditation, Buddha was far removed from the experience of enlightenment. His magical river was "to find a solution to humanity's suffering". But he had become jaded because of years of wandering and nebulously directed penance. Finally, one day, he resolved that he'd sit under a tree and keep meditating till he found enlightenment. He vowed that he'd not get up till he had *the* epiphany. That decision became his milestone river and led to the experience that we associate with him even 2,600 years after he's gone.

To break Mark Spitz's record of 7 Olympic gold medals and win 8 gold medals at the 2008 Beijing Olympic Games was Michael Phelps' milestone river that came

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from his magical river of becoming the highest gold-medal-winning Olympic athlete of all time.

Edison had a “personal idea quota” that involved coming up with the idea of one minor invention every ten days and one major invention every six months. Those were his milestone rivers that flowed from his magical river of “I am going to invent more appliances and products of human use than anyone else”. He could have stopped just after setting up his laboratory but he kept on creating the rivers of goals interminably. And look at it: even eight decades after he passed away, his output is unsurpassed and the whole world is still benefiting from those rivers.

“I am going to write 12+ books in 2019” was a milestone river that i flowed from the magical river of “I am going to write 100+ books in my life”. If i didn’t do it, my magical river would have just been an imagination. This is an immediate, short-term resolution that i make for each of my magical rivers — or my big goals in life. Without it, my major river of superpositivity books would have never flown.

“I am going to drive all over India in 100 days” was a milestone river i created from the magical river of “I will inspire school students all over India to be superpositive”. Over the course of 100 days, i drove across all administrative regions of India in a continuous road

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trip and inspired over 1,00,000 students. If i didn't create that milestone river, i'd have just kept contemplating and procrastinating that "one day i am going to inspire students all over India".

"I am going to give talks on superpositivity in all 50 states of the US" was a milestone river i created from the magical river of "I will travel all over the world to share the message of superpositivity" which again came from the major river of superpositivity talks.

"I am going to motivate Team India to its best-ever wrestling world championship" or "I am going to motivate Team India to its best-ever Olympic qualifier" were milestone rivers i created from the magical river of "I will enable India to develop a superpositive mindset of sporting excellence" which was created from the major river of superpositivity projects. Without these milestone rivers, my magical river of enabling India to become an Olympic power would have never flown.

Milestone rivers are what make a goalete prolific. I have made a list of 15 magical rives, each with a 100+ common denominator, and i have made a list of 75 milestone rivers. Many of them i have already accomplished or fully flown to the ocean, like the one about the Wrestling World Championship in Kazakhstan, the Continental Boxing Olympic Qualifier in Jordan or the one where i drove around India in 100 days. Many are

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close to completion, many are in the halfway stage and many are in their nascency. Like magical rivers, i set my milestone rivers boldly and inventively. I was in the midst of the Squad of Superchampions milestone river of enabling India to win 6+ gold medals at the 2020 Tokyo Olympics, when i was also simultaneously flowing my 12-books-in-2019 milestone river. Because i was so pressed for time, i could have backed out from the latter. There was incessant travel from one camp to another, and, as you can imagine, motivating Olympic athletes and coaches is not child's play. There is humongous energy that one has to expend. But i also knew that writing books would clarify my own concepts and reinforce the number one skill i was sharing with the athletes: goaletics, or the sport of setting goals and fulfilling them. Hence, i flowed both rivers simultaneously. In retrospect, it was easy because i am perpetually connected to my glacier — superpositivity — which is also the glacier of unlimitedness. Throughout the process, i kept enjoying it fully and kept guiding my milestone rivers to the ocean via their ultimate water channels: manifesting rivers.

MANIFESTING RIVERS

Each physical unit of your magical river is your manifesting river. It is the eventual manifestation of the vision set forth in the magical river and carried forward by the milestone river.

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On earth, Cenancestor is the main river of life. Hundreds of millions of species have been born since its own birth. Each of those species was a major river of the earth. "To evolve each of those species constantly" is the magical river of the earth. Its milestone river was created when it resolved to create humans from apes. The quadrillion life forms that live on earth today are all manifesting rivers of earth. Every tree is a manifesting river of earth, every ocean is a manifesting river of earth, every mountain is a manifesting river of earth, every flower is a manifesting river of earth, every butterfly is a manifesting river of earth, every bird is a manifesting river of earth, every human is a manifesting river of earth. Every entity is a manifesting river of earth.

Without manifesting rivers, magical rivers or milestone rivers would remain just pie-in-the-sky ideas or pipe dreams. Lots of people talk big and lots of people have big ideas but it is in the execution of those ideas that they flounder. Each of our goals has to be apportioned into sub-goals. And it is by putting one's concerted attention on one's sub-goals that their fruition comes about.

For instance, when i created the magical river of 100+ books in my lifetime or the milestone river of 12 books in 2019, they'd have remained an illusion if i didn't get down to physically writing each of those books. What

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i did was that i created a blueprint for every book and executed it individually.

Buddha gave hundreds of sermons after attaining enlightenment. Each of those sermons individually was his manifesting river.

Electric bulb was Edison's manifesting river. Phonograph was his manifesting river. Each of his inventions was his manifesting river.

Each one of Phelps' Olympic gold medals was his manifesting river. Each of his world records was his manifesting river.

Each of the 1,000+ talks on superpositivity that i have given has been a manifesting river. Each of the 28 books that i have written has been a manifesting river. Each of the 100+ Guinness World Records that i have broken has been a manifesting river.

After creating a magical river or manifesting river, one has to focus on flowing it bit by bit, unit by unit. I was in Jordan in March 2020 for the continental Olympic boxing qualifier. Before leaving for the Continental Olympic Boxing Qualifier in Jordan in March 2020, i had created a milestone river of enabling more Indian athletes to qualify for the Olympics than ever before. Before that, four athletes qualifying for the Olympics from a single tournament was the record for India in any sport. I created a milestone river of 8+ Olympic qualifications. The team

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comprised 13 boxers, 5 women and 8 men, each representing a different weight class. As the tournament played out over 9 days, 9 boxers eventually qualified. I focused individually on each one of those boxers, drew up strategies for motivating them and each of those qualifications eventually became a manifesting river. In order to flow the magical or milestone river to the ocean, manifesting river is sacrosanct. To accomplish the biggest, one has to focus on the smallest, and that's the true essence of the manifesting rivers and the tributaries that take them to the ocean: messenger rivers.

MESSENGER RIVERS

Within manifesting rivers are small units called messenger rivers. The "Things To Do Lists". The daily tasks and activities. These are the foot soldiers that finally accomplish the tasks of the manifesting rivers. For example, i wrote the first draft of this book in seven days. Every day, i had a goal of writing 3,500 words. That was my messenger river: an emissary that had to deliver the message that started from the unique glacier to the ocean. Without physically writing those many words, how would i have fulfilled the path of the idea to its manifestation, or the water of the major river to the ocean? A river's water cannot straight away reach the ocean—it has to be channelled into many small rivulets. Just like a full meal

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cannot be straight away delivered to the stomach — it has to be channelled into many small morsels. Or a year cannot be straight away delivered to the calendar — it has to be channelled into many small days. Similarly, a goal must be allocated into many small units called messenger rivers. Fulfilling those messenger rivers is the final step in the glacier flowing to the ocean.

This is also the step that requires the maximum discipline. To an athlete chasing an Olympic gold medal, getting up for their 4 am training session is the most critical step. To a company chasing a record turnover, their daily sale is the most critical step. To a student chasing a scholarship, their daily study is the most critical step.

This is the secret ingredient of those who eventually connect into their unique glacier to the ocean. The more it focuses on its final rivulets, the more dynamically the glacial river will flow into the ocean. And onto its eventual fulfilment.

If you find the concept of river creation a little perplexing, then let me explain the concept of main river, major river, magical river, milestone river, manifesting river and messenger river once again with my own example. In September 2013, I found my unique glacier of superpositivity. From that I created the main river of Superpositivity Movement in November 2013. Then from that, I created six major rivers of talks, books, projects,

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events, videos and activations. Within those, i created magical rivers: "i am going to write 100+ books" and so on. Then i apportioned it into smaller chunks. For example, writing 12 books in 2019. That became my milestone river. Then one by one as i wrote those books, they become my manifesting rivers. What i wrote on a daily basis was my messenger river. It is what finally goes and dissolves into the ocean of superpositivity. Without the messenger river, the whole glacial goalcourse is just a concept, it is just an abstraction. The messenger river is what defines every goalete's journey, every glacier's essence and every river's flow. When the messenger river eventually fulfils itself, and reaches the ocean, it is what gives birth to the final element of the Glacier-River-Ocean trinity: the ocean.

Part Three

MEETING THE OCEAN

The essence of every journey is its completion. The truth of every circle is when it comes back fully to its point of origin. The beauty about every river that originates from the glacier is that it eventually meets the ocean. As I wrote in *Yes Thank You Universe*:

I firmly believe that there aren't any unhappy endings in life. There are only unfinished endings. And in the journey of life, there is one thing you have to do: like the Universe fulfills its goals of creating one galaxy and life form after another, you also have to keep completing the tasks of your life, one after the other. If it is a broken relationship, bring it to an amiable resolution, never mind the awkwardness. If it is an outstanding debt, pay it off, however long it takes. If it is an unfulfilled dream, manifest

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it, heedless of the effort. If it is a festering emotion, lay it to rest, regardless of the pain. If it is an impending duty, go ahead and discharge it, whatever the price. Once you've done it all, you will be suffused with a feeling of completeness in life. That you've had a full life. And that's the best version i can give of nirvana. Or true freedom. It's a feeling one cannot imagine. Only experience. And once one does, one has truly tasted the elixir of life. And of the Universe.

There are three principal elements that take a glacial river to the ocean, or that lead to the completion of a goal: connection to source, continuity of flow and the intent to enrich the world. Let's understand how.

CONNECTION TO SOURCE

Many rivers vanish without dissolving into the ocean. Those are what we call incomplete goals. The biggest reason for it is that those rivers are disconnected from their source.

An entity without a source is what we consider lifeless: an uprooted tree, a plucked leaf, a severed branch. The same applies to an unglaciated river. Once a glacier is gone, its river is gone as well. With the glacier intact, the river also has hope, even if goes through an occasional arid patch.

A goal emerges from infinity. It is an aspect of the Universe. If you look at it literally, every goal exists in

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the Universe. The Universe is a superdrive of thoughts. And every goal begins as a thought. It's a drop. And every drop begins in the ocean. Even if it resides in another water body, it originates from the ocean. In the beginning, 4.6 billion years ago, earth was just one big ocean that covered all the land. Septillions of water drops on our planet and in its atmosphere have all come from that ocean. They all have a remembrance of their source, the ocean, and, consequently, display its characteristics. Similarly, all goals should be connected to our eternal source, the Universe.

Every step of the process of glacial goalcourse is equally important. It has to above all emerge from the goal of superconsciousness, from the number one goal of becoming the highest expression of the Universe. That is what makes a true goalete develop superpositivity, find one's unique purpose in life and create infinite expressions of that purpose for the benefit and joy of the world.

The number one mistake that people make is that they restrict themselves to just two or three goals in life — the “big goals”: get married, have children, send them to school, get a job, save for retirement. But even those goals are not born from purpose but from proxy. They are not born from a major river that flows from the main river that flows from the unique glacier. Others are doing it, so they just blindly follow. They seldom try to figure

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out which of these goals is best suited for them or how best they can create these goals. They never try to create a glacier of love from which to flow the river of their marriage. Or a glacier of duty from which to flow the river of their children. I believe love is the glacier from which the rivers of all relationships should flow. Excellence should be the glacier from which all is sourced. That's when they would be strong goals that would enrich the self and the world. Marriage should come from excellence, children should be raised excellently to become excellent human beings, and they should learn excellently, whether at home or at school. Once that is in place, the work they'd do in future would be a labour of love and work they would never have to retire from.

When someone says, "I will knock off eight kilos in the summer" that becomes a milestone river that will galvanise them. It will happen if it is rooted in the magical river of "I want to be the fittest i have ever been". If it is rooted in their major river of healthfulness, every kilo they knock off will be their manifesting river. But, first, it has to emerge from the common glacier of superpositivity. That's why i so strongly emphasise on the correct sequence of glacial goalcourse.

Common glacier has to lead to unique glacier which has to lead to main river which has to lead to major rivers which has to lead to magical rivers which has to

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lead to milestone rivers which has to lead to manifesting rivers which has to lead to messenger rivers which have to fully flow to the ocean.

The Glacier River Ocean Principle is not just for work-related or professional goals. It encompasses every aspect of life. It is about life itself. In fact, the relevance of the common glacier is as much to one's personhood as it is to one's livelihood. After all, work is an aspect of life. For work to flourish, life has to flourish. For every aspect of work to flourish, every aspect of life has to flourish.

A river that flows from the glacier nurtures every entity that it meets along its banks. Every lake, every stream, every brook it encounters, it joyfully assimilates in its fold. It doesn't disparage. It doesn't discriminate. It doesn't judge. It doesn't divide either — it just shares. Whether someone brings a flask to it, a bucket or a tanker, it just fills and fulfils all of them.

An ocean is nothing but a glacier — and vice versa. However physically distinct they seem, they are essentially the same. All the water on this planet came from the ice that was present in the molecular cloud — the nebula — a million years before the sun and the earth and the rest of the solar system was born. So, initially, there was only ice on this planet. The sun's radiation eventually melted the ice. The water that we see is actually a descendant of ice. So the ocean that we see is actually a descendant of

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glacier. It is the glacier that feeds the ocean. And it is the ocean that again solidifies into the glacier.

To use that analogy, a goal is nothing but its completion — and vice versa. I repeat: a goal is nothing but its completion — and vice versa. Both are born from each other. The sun and the earth were born from the same nebula. Fire and water were born from the same nebula. A goal and its completion are born from the same nebula. They are born to complement each other — and actually fulfil each other. Like soulmates. Every entity that is born from the nebula remembers its potentiality. The sun remembers it, the earth remembers it, the moon remembers it. That's why they exist in complete harmony with each other. And support each other. The sun remembers that it was enabled by the nebula to be born so that it could support life on earth. That's why its radiation pressure and its stellar winds are just of the right measure. The sun gives its light yet does not draw the earth to itself any more than is needed. The earth knows that it is independent yet it respects the orbit on which it spins. With full fidelity, it completes its revolution around the sun and never strays from its path. They both are aware of their glacier, the nebula, that's why they flow from the nebula to space in an uninterrupted cycle.

Fidelity to the glacier is the most important element of fulfilling your goal. If you draw goals from your unique

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glacier, you'd fulfil all work-related goals in life. If you draw goals from the common glacier of superpositivity, you'd fulfil all life-related goals in life. Let me tell you how.

Before my film failed — as a result of which i discovered superpositivity — i was financially successful but failing in my responsibility as a son. I left Jammu when i was 21 and till i was 36, i was away from home. I travelled all over the world and would visit my parents only during Diwali and their birthdays. They loved me unconditionally and never complained even once. But there was a gaping void in their life and mine. They both had reached an advanced age, and wanted with the depth of their heart for their son to be with them. It gnawed at me as well that i was a thousand kilometres away from them, and unavailable when they needed me. It was always my goal to be with my parents and to serve them with all my being. The failure of my film was so colossal that all my material belongings shrunk into a suitcase, and lugging it, i was back at my parents' house in Jammu. I didn't know it then — but it was my goal that led me back. Within three weeks of returning, i discovered the greatest blessing of my life, my common glacier: superpositivity. The more i connected with it, the more my relationship with my parents strengthened. Yes Thank You Universe led me to superpositivity. The more i chanted these four magical words, the more grateful i became, the more

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appreciative i got. I realised how infinitely lucky i am to have parents who were around to welcome me back lovingly, to accept me into the house unconditionally. As i devoted myself to the activation and sharing of superpositivity, the first two years were really tough financially and circumstantially. There was a cumulative debt on me of one crore rupees, taken from private moneylenders to release the film. There wasn't any way i could repay the money. I resolved that for five years, till i strengthened superpositivity, i wouldn't work for money — and my mother ensured that i would fulfil my resolve. Eventually, she sold off the garden of the house — a piece of land she'd nurtured like her own child for 30 years. It was unimaginable to everyone that she'd do it, but she didn't even bat an eyelid while doing it. To me, that was a stellar example of sacrifice. This is the first time i am sharing this in any of my books, but it is that act that made my walk stronger. She took off the pressure from me completely and allowed me to focus on meditation and chanting. In such circumstances, how could i not develop superpositivity!

The more i delved into the glacier of superpositivity, the more my relationship with them improved. Every meal we'd have together, we'd sleep in the same room, we travelled together — during the pan-India road trip, we were together throughout — they

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attended all my talks. The pride they felt for me was an even greater source of impetus for me.

I have always been very close to my elder sister Niddhi, who lives in Argentina. She was the one who taught me the power of prayer and introduced me to positivity when i was small. She was the first person with whom i shared Yes Thank You Universe, and she embraced it unquestioningly, partly because she was moved by its startling simplicity and partly because of her love for me. She has two wonderful sons, and always says that i am her third son. She activated superpositivity with as much faith as me, and opened herself up to the uniqueness of the experiment. Looking back, what i have learnt about superpositivity is as much from her experiences as mine.

So, alongside and above the other opportunities that have come into my life thanks to the unique glacier of superpositivity, is the blessing of stronger family relationships that have come into my life thanks to the common glacier of superpositivity. The biggest incompleteness that rankled in my life was the inadequacy of time i gave to my parents. And that is the goal that superpositivity fulfilled along with all my other goals. Today, i am complete because i applied The Glacier River Ocean Principle to my personal life. To my relationships, to my health, to my association with the world, to everything. And it has worked unexceptionally.

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I am connected to my common glacier and to my unique glacier. That's why, despite ostensible roadblocks, i am able to flow my rivers to the ocean completely without fail. Not even a single day during these six-plus years has gone when i have deviated from superpositivity. Consequently, all my goals have naturally emerged from that space. And here's the thing: i have unexceptionally fulfilled *all* the goals that i set during this period. The same goes for every person and any goal in any field that they intend to create. Eternal connectedness to the source is the key to a river meeting the ocean, and it is further nurtured by the second step of glacial goalplay: continuity of flow.

CONTINUITY OF FLOW

Just flowing from the source is not a guarantee that a river would eventually reach the ocean. Glacial meltwater can run out, and it has to be consciously flown with regularity. It has to be done, not sporadically but frequently. Let me share an example of a river's continuity of flow with you. On 18 September 2013, in a bid to emerge from the aftermath of *Challo Driver*, i did a continuous 40-hour meditation at my parents' house in Jammu. (I've shared the entire experience in my book *Yes Thank You Universe*.) During that endeavour, i received an epiphany that changed my life forever. Around 4 am, on the second day of the meditation, i felt a strong jolt and these four

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words flashed across my inner firmament: YES THANK YOU UNIVERSE. Realising that the higher consciousness had spoken to me, that very moment, i started doing the chant faithfully and vigorously.

Within a few days of the revelation of Yes Thank You Universe, i set a five-year goal to chant it twenty million times: ten million times spoken and ten million times silent. On 18 September 2018, i joyfully completed (rather surpassed) my goal. It used to take me approximately five hours every day. I used to chant two-and-a-half hours at a stretch in the morning and two-and-a-half hours at a stretch at night. My goal was 11,000 chants every day: 5,500 spoken and 5,500 silent. I'd perform the spoken chants in the morning and the silent chants at night.

Over 1,826 days, i accomplished my goal unflinchingly, every day, come what may. Because i'd simultaneously keep a mental count as i chanted, it entailed gruelling discipline, putting a tremendous mental strain at times. On occasion, i had to get up at 3 in the morning to start chanting. On occasion, i didn't sleep all night because my goal of 5,500 silent chants was unmet. When i'd started this journey, i'd pledged to not sleep unless i fulfilled my goal for the day, till i completed twenty million chants. There was a day when i finished the 5,500 silent chants at 6 in the morning, and then immediately started my quota of 5,500 spoken chants for the next day, without a break.

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Yet, the demanding regimen also enabled me to perfect the art of goal accomplishment. Today, wherever i go, people ask me how i have been so prolific in writing books and creating world records. I happily share my secret with them: i accomplished a very difficult goal daily that required me to persistently train and focus for five hours, for 1,826 days on the trot. And that's also my number one advice to people: set a daily goal that really challenges and stretches you, accomplish it for *at least* 40 days consecutively, and once you've done it successfully, you'd have a superpositive skill for life.

Even today, i activate superpositivity as a daily routine. Even though i feel superpositivity is flowing in every pore of my body yet i don't take it for granted. Every moment, i stay rooted in the energy of Yes Thank You Universe, whether through chanting or meditation. I silently keep saying Yes Thank You Universe and keep feeling its resonance within me. I have written all my 15 magical rivers on a sheet and i keep looking at it often to remind myself. I have written my 75+ milestone rivers on another sheet, and i keep putting a tick next to it, once it has reached manifestation. That is a very fulfilling feeling. And a tremendous motivation.

Remembrance of timeframe is a very important aspect of the goal process. In the book *Goalete*, i had mentioned five rules of the sport of goals called the

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Goalete Program that must be honoured to accomplish any goal: a) all goals should be positive and they should honour a set timeframe b) all goals should be nurtured with discipline and focus c) all goals should be powered by incremental training d) all goals should be pursued superpositively e) all goals should be brought to completion and should lead to higher goals. The first rule is also the most fundamental. Let me give you an example to demonstrate the value of this rule.

I'd set a goal of writing the entire first draft of *Goalete* in 14 days. Now the beauty is, i was travelling from one national camp to another as i pursued the goal. I had a packed schedule, so to say. But, i assigned myself a sub-goal, a daily goal of writing 2,500 words every day. From the time i woke up to when i slept, i had to write 2,500 words every day. I call it the Tributary Pact. When it emerges from a river, a tributary has to promise the river that it'd honour its duty and come back to it only after fulfilling that goal. The whole 14 days' goal is what i call the River Flow. And each day's goal is what i call the Tributary Pact. In order to fulfil the former, i have to fulfil the latter — come what may. A tributary owes its birth to the river and its allegiance has to be to the river. It has to fulfil its duty. Otherwise, why is it born? All sub-goals, when seen like that, come together to manifest the major goal. It's like atoms coming together to form the

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molecule. If the atoms become wilful, then they'd not serve their purpose. So, all 14 tributaries were important, and they all led to the river of this book flowing in 14 days to the ocean of superpositivity. Like a tributary flowing through all sorts of terrain, this book, too, was written in all sorts of places. Like a tributary flows through hills, plains, valleys, the rough, the smooth, with equal ease, this book too was written in stadiums, hotels, toilets, homes, markets, cars, planes with equal ease. It was written on paper, phone, laptop with equal ease. I'd wake up at 5 am, write for three hours. Then at night before sleeping, i'd again write for two hours, and any time i got in between — even if it meant a toilet break where i'd write on my phone, even if i had five minutes. I've been training myself for decades on this simple skill: not to sleep till i complete my goal for the day. That is the secret of this book, all that i have done or all that i shall accomplish in future. Create a goal, set a timeframe, be superpositive in its pursuit, and you can bring anything to its completion. Once connectedness to source and continuity of flow is established, the third step of glacial goalplay will be the befitting climax.

INTENT TO ENRICH THE WORLD

The reason a lot of people don't complete their goals is because they approach it from the angle of achievement

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rather than inspiration. The former is for the self while the latter is for the receiver. A glacier holds its water and the minerals latent in it not for itself but for the world. It forms patiently over hundreds of years so that it can release its bounty at the opportune time. Its water reaches many an arid land and is a principal source of irrigation and electrical generation during peak summer months. A glacier contains and completes its march to the ocean riding on the back of this force: the intent to enrich.

When people have the intent to enrich, to inspire, their legacy lives for much longer than they ever imagine. It transcends their life and their physical work output. Ganga's legacy will now live way, way longer than its physical life. Its intent to enrich has sustained it for thousands of years and has sustained hundreds of millions that live around its banks. It has become such an inseparable part of societal ecosystem that its manifesting rivers are not just flowing into the Indian Ocean but way, way beyond. The surest way to guarantee the fulfilment of your goals is your intent to enrich, to give back to the world through your life and through your work. Let's see how.

We spoke in Part Two about Buddha's sermons as his manifesting river. Well, that is a very small aspect of his manifestation. The real manifestation of Buddha's glacier of enlightenment is something else. Something

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much larger. Every book that has been written on him after he has gone is his manifesting river. Every time people embrace his philosophy is his manifesting river. Every time someone talks about him is his manifesting river. Every time someone thinks about him is his manifesting river. Every time people walk on the road of compassion is his manifesting river. That's when Buddha truly meets the ocean.

Similarly, in Part Two, we spoke about Edison's invention of the electric bulb as his manifesting river. But that again is a very small aspect of Edison's manifestation. The real manifestation of Edison's glacier of inventions is something else. Every time any of us turns on the light bulb is Edison's manifesting river. Every time any of us watches a movie is Edison's manifesting river. Every time any of us listens to a song is Edison's manifesting river. Every time any of us transcends the darkness of the physical world around us is Edison's manifesting river. That's when Edison truly meets the ocean.

Or we spoke about Michael Phelps. Winning 23 Olympic gold medals is a very small aspect of Phelps' manifestation. The real manifestation of Phelps' glacier of swimming is something else. Every time an athlete thinks about the pinnacle of achievement is Phelps' manifesting river. Every time people marvel at the power of goal setting is Phelps' manifesting river. Every time

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people think about what's possible is Phelps' manifesting river. That i quote his example while motivating athletes in India is Phelps' manifesting river. That you are reading about it right now is Phelps's manifesting river. That's when Phelps truly meets the ocean.

Finally, we spoke about me. Writing 20+ books or breaking 100+ world records is a very small aspect of my manifestation. The real manifestation of my glacier of superpositivity is something else. Every time someone talks about superpositivity is my manifesting river. Every time someone reads about superpositivity is my manifesting river. Every time someone thinks about superpositivity is my manifesting river. Every time people realise that they have to transcend their own negativity is my manifesting river. Every time people remember to be grateful is my manifesting river. Every time people consciously appreciate the world is my manifesting river. Every time people access infinity is my manifesting river. Every time people remember that they are the Universe personified is my manifesting river. Every time people invoke unlimitedness is my manifesting river. Every time someone says Yes Thank You Universe is my manifesting river.

When i started the Superpositivity Movement in 2013, the word superpositivity had never been used before in literature or in the mainstream realm. Superpositivity,

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the philosophy, is as old as the Universe but it had never been specifically discussed before. Now, it's not like i "invented" it, but just that i became a conduit for it. Quite like electricity is as old as the Universe. Big Bang was accompanied by electricity. Artificial light sources had always been used. Lamps, lanterns, torches, gaslights were commonplace. Yet Edison was led to become the conduit for its birthing in 1880. The same thing happened to me when i received the revelation of Yes Thank You Universe during meditation. It has been over six years and, and that revelation has transformed thousands of lives — including mine. People have gone from having given up all hope in life to rediscovering their zest for life. People have gone from being bankrupt to creating financial surplus. People have gone from being in rattling health to bristling with glorious health. People have benefited everywhere, regardless of age, nationality, colour, religion, income and every other limitation. And best of all, it has now started spreading on its own, as one person benefits and then shares it with others: freely, voluntarily and joyfully. That is my manifesting river.

The true measure of your unique glacier is how much it enriches your craft or field of activity, and how many people are positively impacted by it. The fact that through my work, people all over the world are becoming aware of the power of superpositivity is my biggest

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reward. That there is a new craft called superpositivity that has developed is my biggest reward. That people are using its energy to improve themselves and the world is my biggest reward. That in itself is my ocean. From the glacier of superpositivity to the ocean of superpositivity is my journey. From superpositivity to superpositivity is the essence of my whole life. That is my truest river. And that's when i truly meet the ocean. 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.

www.superpositivity.org

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