

# **UPPRECIATION**



# UPPRECIATION

*The Most Beautiful Gift We Can Give*

VICKRANT MAHAJAN



**Superpositivity**  
BOOKS

First published in India in 2024 by Superpositivity Books

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ISBN 978-81-973022-0-6

***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

When you live in a building, you'd like to see its value appreciate, right? Likewise your life. You'd want to see its value appreciate. You'd in fact *love* to see its value appreciate. By appreciating, you do exactly that. You add to life's value. Appreciation is the way of the Universe.

Whenever we appreciate creation, we actually appreciate the Universe. We express the highest thought we can have — a thought that fuses gratitude and appreciation. Appreciation, in its purest sense, is a combination of gratitude and appreciation. Gratitude + Appreciation = Appreciation. First we are grateful, then we are appreciative. First we say thank you, then way say wow. Thank you + Wow = Appreciation. First we love, then we express that love. First we behold, then we become. That is appreciation in its purest sense. That's the most beautiful gift we can give to ourselves and the world.

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When one just looks at the “good” conditions — like good weather — one only practises appreciation. But if one looks beyond and starts to celebrate “dull” moments too — like cloudy sky — that’s when one truly practises appreciation.

That’s a lesson i learnt in 2012. Before that i was doing very well in life. I’d shoot high-profile events at the most exotic destinations in the world and i had a jet-setting lifestyle. Money was good and the opportunities were great. So, i was clearly appreciative of my life and the world around. But come July, my debut Bollywood production, *Challo Driver*, tanked at the box office. I lost close to a million dollars and my marriage ended abruptly. Money vanished and so did the opportunities. So, i clearly had to put massive effort to be appreciative of my life and the world around. That’s when uppreciation was born. I realised that conditional appreciation is appreciation. While unconditional appreciation is uppreciation. That’s what this book is devoted to.

In the ensuing 10 chapters, you will discover how i found this energy and how this energy can be shared with the 10 components of our life: the past, the future, the lows, the highs, the outside, the inside, the same, the new, the destinations and the journey. These 10 elements constitute our entire life — in fact the entire creation.

## INTRODUCTION

After 2012, while my life gave me many an ostensible reason to complain and become bitter, i consciously practised the opposite. I started to express appreciation for every experience that i had gone through or was going through in the present. As i looked back on the past, however painful it seemed, i became appreciative. As i looked forward to the future, however nebulous it seemed, i became appreciative. As i reflected upon the lows, however enervating they seemed, i became appreciative. As i beheld the highs, however fleeting they seemed, i became appreciative. As i touched the outside, however indifferent it seemed, i became appreciative. As i delved inside, however deep it seemed, i became appreciative. As i interacted with the same, however monotonous it seemed, i became appreciative. As i welcomed the new, however challenging it seemed, i became appreciative. As i fulfilled the destinations, however tiresome it seemed, i became appreciative. As i embraced the journey, however enormous it seemed, i became appreciative.

Seeing from the lens of consciousness, this creation has given me immeasurably, enriched me unlimitedly, added infinite value to my life. But today, i realise that i too can give back to it, enrich it, add value to it, however infinitesimal my contribution or however small

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my gift might be. That gift is uppreciation. At its simplest, this book is my return gift to creation. And my way of helping others too give the return gift that they might have been withholding or might have forgotten about. Giving that gift makes me feel like the luckiest person in the world — and i know it will make you feel the same way as well. That is my vision for humankind. Here's to that giving. Forevermore.



## Chapter 1

# THE PAST

Most of what we think about in life has to do with the past. The gone. What was. The experiences that were. The situations that have been. The conditions that were. What all we've been through. What has already transpired.

And the way most of us look at that energy is with wistfulness. Despondency. Despair. Guilt. Apologetically. Mostly unmindfully. Almost wishing it'd never been.

Now, you see, the way the past is designed is like a ladder. When you place a ladder against a wall, every step leads to the next one, the higher one. But you can't jump from the ground to the topmost step. You are meant to scale it one step at a time. Though the subsequent one is going to be higher, the previous one is equally important.

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It is thanks to the previous one that the subsequent one exists. So, we've got to be very, very, very appreciative of every step. Every step that we've stepped on is of supreme importance. If you take even one step out of the picture, the ladder is going to collapse — in fact, the ladder will cease to exist!

The average human life consists of almost 2.5 billion seconds. Take out even one of those seconds, and the journey of life will be incomplete. If someone, let's say, Sonia, lives to be 125 years, then that's almost 4.5 billion seconds! Now if you were to take out even second from that lifespan, that journey is going to be incomplete. Let's say, you take out the very second Sonia was born, then Sonia won't even exist! Let's say, you take out the 54<sup>th</sup> second from the 22<sup>nd</sup> minute of the 3<sup>rd</sup> hour of the 11<sup>th</sup> day of the 5<sup>th</sup> month of the 38<sup>th</sup> year of her life, then Sonia's story would be incomplete! She won't be she! Now, regardless of how that second was — whether it was lived in a positive state or otherwise — *it was*. It couldn't have been otherwise. It is like a stilt on which a house is standing. You take it out and the whole edifice comes crumbling.

When most people look at their past, they wish it hadn't happened. They wish they had been born in another family. That their parents had been different. That they had got married to someone else. That their child had better manners. That their siblings had acted differently. That their

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friends had not done the things that they did. That their governments had performed better. That their colleagues at work had shown more sensitivity.

Now, you see, that's looking at the past with a critical lens. Hundred years from now, the human race might look at us and say, we wish teleportation had existed — then people wouldn't have burnt so much fuel or created so much carbon emission! Now they would be valid in thinking so but the point is that back in the day, people were giving the best they could. You see, anything of value takes time to come about. Future can always look at the past judgementally. But it'd be so much better if the future looks at the past understandingly.

It took two billion years for oxygen to form and all the while, the sun kept doing its work diligently. Now, the sun can always look at the earth and say: "What a waste! I spent so much energy on you for two billion years. Wish you could produce oxygen quicker so that life could emerge so much faster!" But the sun does the opposite. It looks at its own effort appreciatively and says, "Wow, well done! I know what all you have endured. It's not been easy, but hey great job! I really admire your perseverance. And the fact that you've been at it consistently. Steadfastly."

We can look 200 years back and say: "What a waste! Why did they have to go through all that they did to get

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to where we are now! Why didn't they have automobiles back in the day — it'd have been so much smarter!" It could be that 200 years later, humans might look at the present race and say: "What a waste! Why didn't they have teleportation back in the day — it'd have been so much smarter!"

One could look back and say: "Why did people have to light oil lamps when they could have easily accessed electricity!" But it's like saying: "Why did people have to watch TV screens when they could have had virtual screens instead!"

Retrospectively, we are all wiser. Thanks to the insights we've got, we wish many things didn't exist or hadn't happened. Now there are two choices: looking at the past as a mistake or looking at the past as a medium. A medium in the expansion of our consciousness. An enabler into the perpetuation of life. By looking at the past, we are continually learning. We are developing ways to improve. And that is the purpose of those experiences. The opportunity to have something to look back upon is a great thing. How much we progress and consequently, how much we grow.

Look at the past with a spirit of Wow! Say: "Wow, my past is wonderful. Every experience that i have been through is magical!" I know this part will not come easy

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to you. Most people have a tremendous difficulty coming to terms with their past, let alone appreciating it. But I believe, in doing something mechanically till one starts doing it naturally — “fake it till you make it”, as they say. It is like a rose you are plucking in the garden of your past. Its fragrance will enrich it. And it will make the garden look that much more beautiful. Or a lamp you light in the hallway of your past. Its glow will illuminate the path of the past. And that's truly what the past is: a path. That has led to the present. And that will lead to the future. That path is honourable. It is venerable. Worshipable. A path that leads to a temple is sacred. Past is the path that has led to the temple of the now. It is very sacred. A true devotee never negates the path to the shrine. If you are a true devotee of life, you will never negate any experience or event that has occurred in your life.

In India, some people prostrate on their way to a shrine. They get up, walk a little and lie down, get up again, walk a little and lie down again and keep repeating it till they get to the shrine. They do it regardless of how hot the sun is or how soiled the path is. Now *that* is pure devotion. And that is what we need to practice on the path of the past. Regardless of how soiled it has been, if we are truly loving, we'd behold it with the eyes of love and tenderness. And if need be, clean it with the cloth of

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forgiveness. And one needs to do it not for others but for oneself. Because if anyone is being weighed down by the burden of the past, it is none else but oneself.

The moment one can truly affirm, “Wow, every experience, every thought, every occurrence in my past has been superawesome”, is when redemption begins. That’s when you start to open the pathway to the future. Because before the future can be beautiful, the present needs to be beautiful. And before the present can be beautiful, the past needs to be beautiful. It’s all inextricably connected. Like links of a chain. Each one of them is as important as the other.

The more respect you give to your past, the more respect will flow into your present — and the more respect will flow into your future. Suffuse your thoughts about your past with glory, splendour and majesty. Imagine yourself to have lived the grandest life in the most wonderful way possible, as a recipient of the unlimited abundance of the Universe, as its chosen child. A favourite beneficiary. Actually, the past is like a story that has already been written. But you are the narrator. Now it is entirely up to you and your skill as to how beautiful your rendition will be. You can make it dull and dreary or you can make it exciting and enthralling. You and I know that the same script can be performed in a thousand different ways by a thousand different actors. Even if the script is firmly

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locked, you as the actor can enact it your way, as brilliantly as you can — that's your free will. The more awesome you make it sound, the more awesome it will become. Actually, the greatest discovery of my life has been that you can not only create your present or future — but you can create your past as well! In fact, it is a discovery so positive that let me express it in capital letters emphatically: **YOU CREATE YOUR PAST AS WELL!**

Anything that you are looking at, hearing, touching or experiencing is an amalgam of all three temporal elements: past, present and future. It is in fact a meeting of the past, present and future. It is becoming the past, it is in the present and it is becoming the future. It is the trinity, the holiest of all. This very moment. If you live it fully, then you are truly and fully experiencing the magic of life. The elixir of life. Every moment is presenting you that elixir. Every moment has presented you that elixir. And every moment will continue to present you that elixir. There is never a moment that doesn't have that potential and that fullness. It has existed, is existing and will continue to exist. The continuum of that is infinite. Just that we have to continue with the continuum. We have to continue to look at the past with the eyes of superawesomeness. In fact, we are continually experiencing our past in our memories, thoughts and emotions. In that sense, we are eternally creating and recreating our past.

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Most people never let go of their past. And that is not even required. Once you teach yourself how to live the experience of the past superpositively, then you can rejoice your past, enjoy your past, in fact, celebrate your past optimally. It is like breathing. Once you learn the art of perfect breathing, why would you want to let go of it! In fact, you want to bring that art from one moment to another. Or it is like driving. Once you learn the art of perfect driving, why would you ever want to let go of it! In fact, you want to continue to improve that. So, the point for most people is not to forget their past — but to forgive it. In fact, to forge a bond with it. To befriend it. Like a river that embarks on the journey from its glacial source to the ocean. Despite the fact that it keeps going gushingly towards the ocean, it always keeps paying its homage to it humbly. It never disparages it. Even when there have been in its past, moments when people have dumped garbage in it or soiled its sanctity, it never lets itself develop an unpositive attitude towards them or towards those moments in its existence — or towards its past. Whenever the river looks at its past, present or future, it meets them with the same equilibrium. And equanimity. And approval.

You see, *approval* is the most important word when it comes to enjoying your past. Approval is a yes. A yes to the fact that things were. A yes to the fact that things



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happened a certain way. A yes to the fact that situations played out a certain way. A yes to the fact that conditions were imperfect. But then so what! The moon is also imperfect if you look at it. It has blemishes and patches all over it. But then, when we look at it from a quarter of a million miles away, we still give it our approval. We still celebrate its beauty. Because that's how we've been told. That's how it has been affirmed to us. That's how generations upon generations of human beings have conditioned themselves to believe. And so that has become a part of the collective human consciousness. Understand it carefully: in the past, billions of human beings have appreciated the beauty of the moon. They have said superpositive things about the moon. So humanity looks at it that way. We celebrate the moon: its past, its present and its future.

It then seems so simple that we should look at our own life the same way too and give it our approval. A yes to the past. In fact, a *superyes* to the past. Every now and then, remind yourself: "Wow, my life has been so magical, i love it!" "Wow, everything that has come about in my life has given me such an abundant experience, and i love it for what it was!" "Wow, all that has happened in my life has led me to this amazing point and i am grateful for it!"

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I personally behold all the occurrences in my life like air beholds all the chemicals that are released into it. It accepts them all and dissolves them into the energy of its own coalescence, its own oneness. Or fire. It accepts all that it has ever met, is meeting or will ever meet into the energy of its own coalescence, its own oneness. Or water. It accepts all that it has ever met, is meeting or will ever meet into the energy of its own coalescence, its own oneness. Or earth. It accepts all that it has ever met, is meeting or will ever meet into the energy of its own coalescence, its own oneness. Similarly i. I accept all that i have ever met, am meeting or will ever meet into the energy of my own coalescence, my own oneness. I am perpetually uniting all my life situations, melding them together. In fact, lifting them together. If you have to do a weighted barbell curl, you have to lift the bar and the weights off the ground — the whole thing — to complete the curl. Otherwise, how would you benefit? Similarly, if you just embrace your present and show keenness to embrace your future without embracing the past, how will you fully benefit?

Past is the foundation upon which your building stands, present is the structure and future is the renovation or upgrade that you are going to make. All three of them are going to hold your building together. Now just because you don't see your past or just because its hidden under

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the earth, should you disown it? Because, remember, the foundation is the most important part of the building. You take it out or you attack it, and the whole building collapses. You strengthen it, you honour it and the whole building strengthens. You remember your past with gratitude and fondness, and it improves on its own. Past is a living organism. It is never dead. Every time, you remember your past, it is reborn.

In spirituality, every rebirth is believed to serve one core purpose: to improve upon the quality of the previous one. So, effectively, whenever you invoke your past, it should singularly serve this core purpose: improve upon the quality of the previous remembrance, of the previous invocation. If you look at it, your past truly exists if you remember it. And it truly flourishes if you remember it fondly. That's when it starts adding lustre and richness to your present and your future. Look at it another way: whenever you remember your past, you are doing it in the present — so you make it your present. And you never want your present to be anything but the best. You want it to be harmonious and glorious. You never want it to be stale and putrid. Now, take a look at your past. If you look at it disparagingly, then you are making your present stale. And if you look at it approvingly, then you are making your present fragrant.

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Every time you remember your past, you are also remembering the past of the Universe. Because you are a part of the Universe. In fact, you are the Universe in human form. So, whenever you remember a part of your past, you also remember a part of the past of the Universe. It only makes sense that you'd remember that part gratefully and joyfully, because in effect, you are remembering the Universe at that time. And every time you remember the Universe, you must be grateful and joyful.

Whenever you look at old photographs or creations, say "Wow" or "Awesome". Because, let's say you or someone else looked good then, it'd be great to admire the fact that back in the day, you or someone else had looked great. And if you or someone else looks great now, then it'd be wonderful to acknowledge the journey you or they have travelled from then to now and the effort that has been put since. Actually, that applies to every visual that you see, whether person, thing or monument. If you truly behold it, you are seeing the grandeur with which it started, with which it was born or created, the energy that went into it, the thought that drove it. It's like looking at the sky. Whenever you look at it, you are actually looking at the "past" of the Universe, at all the stars, planets and galaxies that were created billions of years ago, at all the matter that was formed at the very inception of the Universe.

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In fact, many of these stars have since disappeared. What we see is an optical illusion — that light emanated from these stars billions of years ago, trillions of kilometers from us and is reaching us now. Looking at the sky at any time of the day is a magical experience. Look at it magically, wondrously, acceptingly. Bring a similar approach to the sky of your past. Imagine each of your memories as a star — a twinkling, bright star, which illuminates the sky of your past. In fact, the mind is a galaxy i imagine in my head, radiant with the sparkle of trillions of stars. Estimatetdly, i have thought over a billion thoughts in my lifetime. Most of them were unconscious. But since 2013, ever since i have embarked on the path of Superpositivity, i have learnt the art of optimising my thoughts and harnessing them positively. I have learnt how to assign energy to each of my thoughts. By producing what is called source thought or sponsoring thought — the parent energy of each thought. And the best way that i have discovered is a practice called Superpositivity Meditation (which i will share on page 31). By doing this beautiful practice — which took me many years to develop but is the simplest meditation i have ever done — i can design and create my thoughts harmoniously. I can transcend the base energy of unconscious or unpositive thoughts. And produce the best thoughts — thoughts of abundance, harmony and growth.

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You see, thoughts are like fruits that we eat. Sponsoring thought is the tree on which these thoughts grow. Or thoughts are like crops. Sponsoring thought is the soil on which these crops grow. Once the soil is fertile, the crops are going to be abundant and rich. In order to make the crops flourish, a farmer works on the soil, fertilises the soil, deweeds it, tends to it regularly. And then crops grow that are commensurate to that attentiveness. Similarly, as farmers of our mind, we must, above all, work on our sponsoring thought or our source energy. Once that is in place, we can consciously create our thoughts. In fact, we can design them in the most productive, abundant of ways possible. In the most manifestable of ways possible. In the most magical of ways possible. Where we see a live demonstration of our deepest intent, our core belief, our true purpose.

You could call it the source switch. Once you learn to turn it on, then you can see everything clearly, and, most importantly, you will be able to create everything powerfully. Everything is in the gamut of this energy: every creation, every production, every manifestation, every experience. This is also the switch through which you can dispel the darkness of your past, through which you can make friends with your past. You can transcend any unpleasantness associated with your past. You can rise above any aspect of it and above all, by becoming

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one with the parent energy of sponsoring thought, you automatically come in alignment with it. Our source energy is parent thought and thoughts originating in our mind are progeny thoughts. Before anyone corrects the progeny thoughts, the parent thoughts must be corrected. Parent thought is what joins the past, present and future. Progeny thoughts are disjointed: either of the past or the future. The only way to unite them is to learn to tap into the parent thought and enrich it. Once your parent thought is wealthy, it will make its progeny thought wealthy too, as any parent would naturally do to their children. Here's a daily practice and a frequent practice, in fact a repetitive practice that i do to train the sponsoring thought. It is what i call Superpositivity Meditation. It is very simple and can be done anytime anywhere. Here's how to do it:

Sit straight. Turn your chin slightly upwards, and close your eyes. Keep a soft, gentle smile on your lips. Take a few deep and conscious breaths. Breathe as slowly as you can, as lovingly as you can, as joyfully as you can. And just enjoy your breathing for a while.

Now, while still keeping your attention on your breath, mentally say the words "Yes Thank You Universe". Let these four magical words resonate within you slowly, softly. Just feel acceptance, gratitude and appreciation for your life and a pure connection with the Universe. Don't ask for anything and don't seek any special experience.

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Focus on the beautiful energy that the words “Yes Thank You Universe” are creating with you. Feel that you are the luckiest person in the world, the happiest world in the world — simply because you are the most grateful person in the world. Keep a smile on your face throughout, and just celebrate your life as much as you can during these beautiful moments. And if your attention drifts, silently, firmly repeat “Yes Thank You Universe” and bring your focus back on these beautiful words. If you want, you can even watch these four words bathed in a golden light, illuminating your inner being.

Be in this state for as long as you like. Whenever you are ready, rub your palms together and press them softly on your eyes and face. Fold your hands and say aloud: “Yes Thank You Universe”. Open your eyes gently. You’ve experienced the joy and magic of Superpositivity Meditation.

This is, in fact, an active meditation that can be performed even with open eyes while working, or spontaneously, whenever you remember or have a quiet moment by yourself. Just let “Yes Thank You Universe” silently resonate within you — and you will be meditating without anyone knowing or without you having to carve any extra time for it!

On my consciousness journey over the past decade or so, i have experienced many forms of meditation, but



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i have found the Superpositivity Meditation to be the simplest and the most effective. 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. By creating a superpositive sight and superpositive sound inside, you are essentially creating a superpositive thought, the sponsoring thought — the energy that will give birth to productive and abundant thoughts. And the energy that you will use to appreciate all your temporal states, especially your past.

Do a simple exercise: focus on whatever object or sight you are looking at right now. Don't let any thought interfere in the process. Keep focusing intently. Keep looking at that sight for what it is, with a smile on your face. Aim for 10 seconds at least. Keep feeling a wowness throughout those 10 seconds. If you manage to complete this, then you have practised touching the trinity of time — past, present and future — at the same time. Let me share with you how. One second into your sight became your past, the next second became your present and the second after that became your future. You actually consolidated your attention, brought it constantly into a

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single alignment, on a single axis: the past, the present and the future. As you kept saying wow to that sight, you were actually saying wow to your past, to the moment that was, to the experience that was. You were appreciating your past in real time. That is as simple as it really gets. Imagine that for any situation. As you appreciate it now, you are appreciating your present: you are appreciating your life!

In fact, appreciating the past is the best gift you can give yourself. It is a dose of supernourishment you are giving yourself. You are healing yourself and all the entities you have trapped in the bottle of your past. There's a powerful genie that lives inside that bottle. Unleash it, use its power, its magic to the fullest. Now, that genie's power can be used to bring about destruction or to manifest abundance. By engaging the past unpositively, one uses this genie to bring about unpositive results — results of despair and sadness. But by engaging the past positively, one uses this genie to bring about positive results — results of harmony and happiness. The genie will simply obey your command. If you order it unconsciously, it will get you unconscious results. And if you order it consciously, it will get you conscious results. On its own, the genie is powerless. It needs to be summoned powerfully. It needs to be told what to do. It needs to be spoken to superpositively.

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Your past is like a parent. Nobody can ever progress in life if they are not at peace with their parent. Period. There is zero substitute to that. You might think that you can build your own life while being at loggerheads with your parents. That you can be at conflict with them yet build a peaceful oyster of your own. But, in the long run, that doesn't happen. Unless you harmonise your relationship with your parents fully, true fulfillment will be but an illusion. A plant can never flourish if it doesn't work in concert with its roots. If it abandons its roots, it can never survive, let alone flourish. The more it appreciates its roots, the stronger it will be. The more it strengthens its bond with the very soil on which it has grown, the stronger it will be.

Now, if a plant takes a good look at itself, it might rue its past: when it was a sapling it must have struggled a lot. It might have been trampled upon. Overlooked. Derided. Sulked in the shadow of the bigger plants. At that time, it might not have felt like a very good situation. Or even before, when it was a seed! It must have been an even more testing time. It won't have known if it is even going to germinate. The odds were heavily stacked against it. Looking back, the plant has to contend with its contentious past. But the plant holds its head high whenever it looks at its infirm past, its weak history. It says: "I will take it all in my stride as part of my growing-

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up process. This is all me, and i take ownership of the entire journey, not just the salubrious bits." There were times when a strong gust buffeted it, when a hailstorm shredded it bare, when snow wilted it, when autumn left it denuded. Today, when it is laden with fruit and blossoming at the peak of its glory, how can it abdicate its past! The plant realises that it is thanks to its past that its present glory exists. The plant honours those moments and those experiences in its memory. It salutes them. Even if someone caused it pain in the past by severing its branches or plucking its fruit harshly, the plant forgives them. And says: "All those moments have strengthened me. So, i deeply appreciate those moments. They are a part of my entirety, my wholeness, my allness." The plant never criticises any harshness inflicted upon it, either by the gardener or by nature. It blesses them. It sings paeans of praise for them. Every time, it sways in the breeze, that's what it is doing. Uppreciating its past, dancing to it, rejoicing in it.

I learn from that plant perpetually. Without that autumn, without that winter, without that hail storm in my past, where would i be? How would i have grown? How would i have flourished? How would i have become worthy enough to bear fruit and enable others to rest in my shade? Every atom in my past, every moment in my history, has enabled me to be where i am today. And i say

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a superpowerful Yes Thank You Universe to that. I admit it, i acknowledge it, i accept it. And above all, i appreciate it. My past is an asset. And it is only befitting that i want to see it appreciate in value. And that will only happen if i provide it conditions favourable to that. My past is an asset. You see, property appreciates in value when the neighbourhood is peaceful, thriving, prospering, safe, secure, harmonious, progressive, inclusive, neat. The bungalow of your past will thrive truly in the neighbourhood of uplifting thoughts, free from clutter, chaos and criticism. Traffic flows optimally on freeways. Because it is dotted with the least number of obstacles. There are zero impediments, so it flows smoothly. In inner cities, on very busy streets, traffic crawls. Vehicles take much longer to cover much shorter distances. When thoughts of the past occur, if we greet them with the sensors of Yes Thank You Universe, then traffic will flow smoothly, swiftly, superpositively on them. It will be unobtrusive for your car as well as for other cars on the freeway. If we drive well, it is not just we who benefit. Others do too: those who cohabit the streets with us.

Every time we harmonise our inner energies, they benefit not just us but others too. In fact, they benefit the entire human race. From now on, look at every past, yours or anyone's, not just retrospectively but respectfully. Acknowledge the fact that it might be less than ideal.

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But be cognisant of the fact that you will make it ideal, in your memory, in your remembrance. You are the house in which your past lives. Like a guest. Make it worthwhile for your guest. Make it feel welcome. Make it feel loved. Make it feel cherished. Give it your consent. Enable it to have your approval. Every time it comes to greet you, give it much more than your nod. Give it an embrace. A high-five. A bear hug. Say to it: "I love you, my past, for all that you are, for all that you have done for me. I cherish you, i respect you for the superawesomeness that you are, and i will continue to do so forevermore. Yes Thank You Universe for that."

## Chapter 2

# THE FUTURE

If the one thing that people are most preoccupied with is the past, then the one thing that they dread the most is the future. What is going to come. What lies ahead. Because it is invisible, unseen, most people are scared of it. In their mind, they build it into a monster, imagining themselves to be incapable of matching up to it. Just like the past brings up emotions of despondency for most people, the future brings up emotions of fear. Which is the exact opposite of how it should be.

Future is like the ascent of a mountain. You are ascending it for the first time. You are not sure of what lies up there but you are excited about the climb, enthused with the possibility of reaching new heights. Without enthusiasm, a climber won't be able to make any progress

## UPPRECIATION

or climb the mountain. Without enthusiasm, a climber might have zero motivation to even leave the base. Each one of us needs the enthusiasm of a climber who reaches out to the future with the fullness of passion. Who embraces the challenge and is ready for the rigours. It is like a river continually making its way to the ocean. It doesn't know its course. But it keeps gushing forward, believing that it will reach there. It enjoys the process. Which is why the future, or time, exists in the first place.

If the Universe so intended, it would have created us in a sort of temporal freeze. In a timeless state. Born fully formed. Neither evolving nor growing. Maybe perfect. But never going further. Static. Because any increment or growth would mean being more than what one is. Or reaching out to more than what is. Now, it'd be so easy for the Universe to do so. The master designer of it all could surely design this possibility as well. But, you know, much as it could have easily given us that gift, it is giving us something better, a bigger gift. It has given us the gift of anticipation, of excitement, of the possibility of what exists ahead. It is envisioning us to go to a higher place than now. Because, like we spoke about earlier, while discussing the trinity of time, if the past is beautiful, then present is beautiful and the future is beautiful as well. It only exists because it is going to be better. It is going to be an improvement upon the past and the present.



## THE FUTURE

That is the eternal promise of the future. We see it all around us. In fact, a tree demonstrates it better than anyone else. In the extreme winter season, holding its austere and skeletal form by itself, it reaffirms its faith in the future. And holds on, saying that it is becoming as or more beautiful than it ever was. It gets excited about the spring, about the future and stays that way. In fact, as the winter intensifies, so does its enthusiasm. It tells itself as the harsh winter breeze is working on it: "Very soon, i am going to be laden with fruit and greenery. Wow, i am going to blossom more than i have ever before. Wow, i am excited about the spring, the future!" The bigger the challenge, the greater its excitement. Towards what lies ahead. Towards what exists beyond. I believe the future exists for only one reason: to make things better than they were. Or the way they are. If the past was glorious, the future exists to make it even better. If the present is splendid, the future exists to make it even better.

In the cosmos, if a star like the sun has come about, every moment, thousands of stars brighter than the sun are born. And the next moment, thousands of stars brighter than those stars are born. It is an ongoing process. Inexhaustibly so. And so are all the future experiences. Regardless of how wonderful they have been in the past, in the future, they are going to be even better. Every moment, i wake up to the resolution that today is

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going to be the best day of my life, and every moment i renew the resolution that i am going to make it better than the next one. I uppreciate every moment even more than the previous one. I look forward to the wowness i am going to greet the next moment with. Every moment, i am saluting my past, celebrating my present and welcoming my future, all in the energy of wowness.

Having established myself in the wowness of the past firmly, i assume full responsibility for the now and hereafter. In fact, being enthusiastic about all times to come is my full-time occupation. I occupy myself fully in the energy of anticipation. Every moment by itself is the gift and my response to every moment is my offering. That is why i make sure that my response to every moment is superuppreciative. Because, i believe in every moment, the Universe is investing its perfection and all its energy ever growingly. It is a fact that every moment, the Universe is growing more than it ever did. So, in this moment, there is more energy, more opportunity than there ever was. So, i must develop more energy, more optimism inside me to meet the coming moment than i ever did before.

It is like you go for a meeting with the head of state of your country. If you are called every day, you'd do your best to go prepared for the meeting. You'd never want to waste that opportunity. Similarly, i never waste the opportunity to meet the coming of the next moment.

## THE FUTURE

Life is a string of pearls. And every moment that comes forth is actually a pearl of that string. A string would be pointless without its pearls. When you touch a string, you are actually touching its pearls. I touch my life, i access my life through its pearls — its moments. Every moment is sacred, is sacrosanct and holds immeasurable promise. I flow to meet it full on. It is like driving. You become fully attentive, looking at the road ahead, with the fullness of your concentration. If one becomes unmindful, there is always a possibility of an accident lurking in a corner. Meeting the future is like that. If one is unmindful, then there are all sorts of accidents waiting to happen. In fact, the way i understand it, the word FUTURE is an acronym. It truly means Fully Ushering Towards Uniquely Rare Experiences. It is an amalgam of a) fully ushering towards and b) uniquely rare experiences. While embracing those uniquely rare experiences, i resolve to fully usher towards them. I intend to fully optimise the opportunity to observe those uniquely rare experiences. Every moment is that uniquely rare experience. It is unique. Unparalleled. New. Fresh. Rare. Original. Something that has never existed before and would never exist hence. Looking from that lens, i love those uniquely rare experiences.

To me, a moment is much more than a unit of time. A moment, in its robust, pure sense, is an experience.

## UPPRECIATION

An experience of a lifetime. In fact, a lifetime in itself! My greatest pledge is that every moment, i will go towards it more fully than i ever did in the past.

Life is about much more than just existing. It is about growing. Becoming better than you ever were. And through you, making humankind better than it ever was. In that sense, if a loser gracefully accepts defeat and their lesson, they'd grow much more than the winner. Try fully to grow throughout your life. Try fully to embrace your past. Try fully to accept your present. And try fully to meet your future. Try fully to usher towards it.

It's like a sprint for me. Life is. When a match is on, there is excitement, a palpable energy. Players feel it, spectators feel it, the audience feels it. Everyone becomes enthusiastic. There is a zing. A festive flavour. Or a festival for that matter. Everything is coloured in the energy of celebration. People want to partake of the energy of feel-goodness. I take every coming moment as a match, as a festival. I suffuse it with the colour of celebration. I say: "Wow, i am going to love this occasion." "Wow, i am fully looking forward to this experience." "Wow, i am excited about what is ahead." Our planet, our mother, teaches us this all-important lesson immeasurably, every moment of its existence. As it hurtles on its orbit, it is excited about meeting every pore of space. It says: "I've found my passion for life, and i am going to keep transmitting it,

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independent of where i go or who i meet." It knows there are meteors and asteroids out there, most of them hostile. But earth reaches out to them fully as well. It doesn't avoid them. Rather, it allows its enthusiasm to touch them as well. So that they lovingly dissolve their energy into its atmosphere. I believe it's the enthusiasm of the earth, rather than its brute force or power that reforms them. They willingly allow themselves to be dissolved, immersed in the ethers of earth. And that applies to every situation we encounter in the orbit of life. Sometimes, there is meteoric hostility. But if we are conscious enough to greet them with the ozone of our enthusiasm, then that will dissolve on its own. Foes will become friends naturally, abidingly. Will is a tense that denotes the future. And will is an attitude as well. It is determination. The energy of our determination creates the shape of our future. Will of our spirit shapes the will of our tomorrow. The stronger our will, the stronger our future will be. Yes Thank You Universe for that.

Opening ourselves up to the future also opens us up to new inspirations, new ideas, new projects, new possibilities. Only when we are accepting of the morrow and its moments does the magic of those possibilities emerge. Openness is not a limpid or lackadaisical state but a lush and lustrous one. It is a very active state. Open means galvanised. Charged. Redolent. The future exists

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as a eulogy to the past and the present. It is a result of the collective energies of the past and the present. It is a going further of the two as well as an addition of the two. When we add the past and the present, we get the future. So, the equation of the future looks like this: Past + Present = Future. Or, it could even be: Past x Present = Future. When we multiply all the possibilities of the past and the present, we reach the future. Because the best thing about the future is the superawesome possibilities it holds.

I believe if more of us become optimised about the future, it is anyway going to be a splendid future. If a few handful of people (thinkers, scientists, artists, leaders) can imagine wonderful possibilities about the future and express it richly, then just imagine how awesome it'd be if billions of human beings can become superenthusiastic about the future. Where they truly look forward to the future rather than dread it. Where they want to talk about the future in the most celebratory of ways possible. Where they build great hopes in their heart about the awesomeness of the future. Where they train themselves to show unbridled optimism for the road ahead. Where they truly believe that today is beautiful but tomorrow is going to be even more beautiful. Where they are prepared to work for their future today. Where the strongest thought about the future isn't "What if!" but rather "Wow if!"

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Where rather than thinking “What if this were to happen!” they think “Wow if this were to happen!” Where they become positively inventing about the future. Where they design their thoughts about the future constructively and richly. This is where imagination plays a powerful part.

Imagine the greatest life of your dreams. Have a solid visual for it. See it like a painting or a moving visual. Focus on it. Smile on it. Feel great about it. Become charged about it. Allow yourself to savour the feeling of living that experience. Consolidate it into a single experience. The sight, the sound, the touch, all fused into one. Then, reconjure that visual recurrently. Relive it again and again, scores of times daily if you can. The more you do it, with the same energy, the clearer you will be able to manifest it. And you can do this for anything: sport, business, relationship, travel, fitness, art, society, anything. It works with the same energy and the same results. It's like electricity. The gadgets might vary but the energy that runs through them is the same. As i behold my future or anyone else's, i say this emphatically, joyfully: “Wow, future, i am superexcited about you!” “Wow, tomorrow, i know you are going to be even more awesome than today!” “Wow, tomorrow, in you exists my greatest glory!”

By appreciating the future, i am already making it fertile. I am already supercharging it with the energy of richness. I am already bestowing it with positive power.

## UPPRECIATION

I am enabling it, equipping it with the spectrum of hope. In the horizon, far, far away, dark changes to light, dusk turns into dawn, if you're just willing to be patient. When it comes to the future, the greatest key is patience.

Behold the future with the lens of patience and fortitude. You've got to invest faith in the future. You've got to believe that every winter will turn into summer because that's the way it is designed. You've got to believe that night is going to turn into day because that's the way it is designed. Similarly, you've got to believe that no will turn into yes because that's the way it is designed. You've got to believe that never will turn into forever because that's the way it is designed. You've got to believe that nothing will turn into everything because that's the way it is designed. You've got to believe that doubt will turn into belief because that's the way it is designed. You've got to believe that strangers will turn into friends because that's the way it is designed. You've got to believe that failure will turn into success because that's the way it is designed. You've got to believe that scarcity will turn into abundance because that's the way it is designed. You've got to believe that sadness will turn into happiness because that's the way it is designed. You've got to believe that waiting will turn into fruition because that's the way it is designed. You've got to believe that hatred will turn into love because that's the way it is designed. You've got to



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believe that denial will turn into approval because that's the way it is designed. You've got to believe that possibility will turn into manifestation because that's the way it is designed. You've got to believe that false will turn into true because that's the way it is designed. You've got believe that criticism will turn into appreciation because that's the way it is designed.

You see, our future is designed in a way that is rich and redolent with hope. And if all, it seems that there is some bleakness in the future, you have to look beyond that into the greater future — into a superpositive future. Which simply means looking superpositively into the future. Looking into the very best scenario of the future. Towards what exists ahead. Now, it depends on whether you are looking at the short ahead or the long ahead. Rather, if you're looking at the long ahead or the ultimate ahead. Because in the ultimate ahead, everywhere, everything, everyone is perfect. There is a bliss and a blessing for every situation, however bleak it has seemed in the past or it seems even now. You see, the hope of the tree, the true hope of the tree, is not just to transcend one winter. Rather, the truest hope of the tree is to transcend *every* winter. Because the tree knows that one winter season is going to follow the next, and then the next, and so on. The tree is not thinking myopic — of just one victory. Rather, the tree is activating an eternal

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victory: its own endurance to withstand and transcend everything. In a way, it finds its own soul within itself and takes all future occurrences as a test for that soul. Through every season that touches it, the tree is actually strengthening its relationship with the Creator. It says, regardless of what you give me, i will always love you unconditionally, unlimitedly, inexhaustibly. It says, this is your creation and you have every right to play with it the way you want to. It says, i am just a small speck of dust in all your creation, and in all the uniquely rare experiences you bestow me with, i will fully usher towards them.

The future is simply an aspect of the Creator. Just like the past is. Or the present is. What we call time is simply an expression of the energy of the Creator. What we touched in the past was that, what we are touching now is that, what we will touch later is that. It is the undivided abstraction. It is undivided but seems abstract. In fact, it seems to subtract from each other. That is why we have separate denominations for it: the past, the present, the future. But the truly realised ones fully understand it to be what it is: a continuous, united whole. Oneness. Which was perfect. Is perfect. And will always be perfect. Where then is the question of being scared of or being unappreciative of the future!

Criticism is a domain of the weak. The truly strong ones only appreciate: "Wow, future, you look so good!"

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"Hi future, you are so beautiful!" The future to me is like looking at a very, very beautiful person. In their presence, you must compliment. Otherwise, the whole effort would go unrewarded. I am constantly imagining the future as a gorgeous, scintillating person, who i am superlucky to be meeting. It'd be a sore disservice to them if i forget to compliment them fulsomely. They inspire me with their beauty, with all the effort they have taken to uphold that state. And in my expression, i do my best to help them uphold that state continuously. I love them so much that i intend them to keep shining their beauty unto the world. My pact with the world is very, very simple: every moment i am going to love it more than i have ever before. Every moment, i am going to strengthen my relationship with it much more than i have ever done before. It is a relationship from more to more. In fact, it is bigger than most. Because most might be a finality. That it's the highest that i could go. But then, my eternal pact with the future is much greater than that. I believe, regardless of whatever i have experienced, there is always a greater glory to experience, a greater feeling to touch, a greater festival to celebrate, and above all a greater purpose to devote myself to: to find a more uniquely rare experience that i will fully usher towards.

I believe, the more i grow superpositively, the more superawesomely humankind will grow with me. And the

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more i love my future, the more humankind's future will prosper with me. So, future, bring it on. I will always love you forevermore. Yes Thank You Universe for that.

## Chapter 3

# THE LOWS

I have tasted many, many lows in my life. For the first 40 years of my life, in fact, there were more lows than there were highs. There were many, many wonderful highs. But the lows were many, many, many more. Especially from 2012 to 2104, from the 36<sup>th</sup> to the 38<sup>th</sup> year of my life, most people who know me well just started to wonder how i survived at all! It was like facing one thunderstorm after another on the trot. Each one greater in magnitude. Most painful was the fact that almost nobody believed in my potential, that i had something of value in me still. To them, i was just a failure — not worthy of spending time or energy over. People wrote me off wholesale. Almost everyone lost hope in me — all except myself.

Because i understood that low doesn't mean lost. Low just means a punctuation rather than a culmination.

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A comma rather than a full stop. Low simply means the trough of the tide rather its abatement. Because we all know if the trough has come, the crest shall too! Every pendulum that has swung to one side will eventually swing to the other side. Every mountain that is lying at the very depth of the ocean will one day be prompted to rise from those depths. Every taunt will one day turn into a jaunt. I fully understand that if at any point i am feeling low, then i am the one responsible. That the fullest responsibility for my heights exists in me. And its intensity depends on how frequently i activate it. I realised that i got into a low in the first place because of my own unconsciousness. Or because of my own lack of ability.

Always remember that zero person is to ever blame for any situation you ever experience. Every low in life is just a rest stop. A recipient place. For you to re-strategise. For you to recalibrate. Use it as a place to reflect upon when you have gone adrift in the journey of your consciousness. Mull deeply over the situation. Introspect. And then plan. And then set a goal. And then enjoy the rewards of accomplishing it. Even the goal of revival is a beautiful goal. In fact, it is one of the most beautiful goals. I have had the great fortune of experiencing it most fulsomely in my life. I have tasted what it means to be at the very bottom of the barrel. And what it feels like to emerge from it. And the joy and the empowerment that

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the process contains. Being down is actually one of the most beautiful experiences in life. Because only then do we truly learn the lesson of humility. Only then do we truly learn the lesson of how much we have actually received in life. Or are receiving still. And what little gratitude we have expressed for it. Those who perpetually have electricity in the house don't know what it feels like to go without it. Suddenly, when there is a blackout or power outage, one realises its importance. Before that, when electricity was present and all our appliances were running, we might not have spared it even a thought or thanked it for its presence. We perhaps took it for granted. But then, in its absence, we suddenly realise its worth, its significance. We suddenly become aware of what we are missing. Mostly, when untoward things happen in life, that is when we truly become conscious.

The words low and grow rhyme. In an ironic sort of way, it is when we are low, do we also seek ways to grow, or are given opportunities to grow. It is thanks to night that day is born. It is thanks to deprivation that abundance is born. It is thanks to hatred that love is born. It is thanks to conflict that harmony is born. It is thanks to tyranny that democracy is born. It is thanks to discrimination that equality is born. It is thanks to boredom that entertainment is born. It is thanks to loneliness that companionship is born. It is thanks to

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confusion that clarity is born. It is thanks to loss that profit is born. It is thanks to mistake that lesson is born. It is thanks to fear that security is born. It is thanks to weakness that strength is born. It is thanks to pain that healing is born. It is thanks to clutter that clearance is born. It is thanks to restraint that release is born. It is thanks to vice that virtue is born. It is thanks to failure that success is born. It is thanks to negative that positive is born. It is thanks to stress that relaxation is born. It is thanks to chaos that order is born. It is thanks to extremity that moderation is born. It is thanks to exclusive that inclusive is born. It is thanks to illiteracy that education is born. It is thanks to war that peace is born. It is thanks to yesterday that today is born. It is thanks to going apart that coming together is born. It is thanks to risk that reward is born. It is thanks to humiliation that honour is born. It is thanks to rejection that acceptance is born. It is thanks to doubt that faith is born. It is thanks to never that always is born. It is thanks to waiting that result is born. It is thanks to dusk that dawn is born. It is thanks to difference that similarity is born. It is thanks to divisions that oneness is born. It is thanks to anxiety that confidence is born. It is thanks to yearning that fulfillment is born. It is thanks to question that answer is born. It is thanks to low that a high is born. And that is true in my case specifically.



## THE LOWS

Years ago, when i made my debut film, *Challo Driver*, i got minus 2 from a critic. It stirred me more positively than i can ever tell you. It inspired me towards the energy of appreciation. To look at the bright side of everywhere, everything, and everyone, and to appreciate it. To spread the energy of appreciation. To activate it enough, that it led to a book called *Uppreciation*. Back then, it impacted me deeply. But, in retrospect, that was the best thing that happened to me. Over a period of 10 eventful years from 2013 to 2023, i created scores of Guinness World Records, wrote dozens of books, gave thousands of talks, undertook road trips across contiguous India and the US, and motivated my mentees to win 50+ medals at the biggest sporting competitions globally: Olympics, world championships and continental championships.

You see, every low has in it the seed for high. It is built into it. Like a code. Just that we have to learn to appreciate it. When i was going through failure in my life, i embraced it totally and said to it: "Wow, all that happens, happens for the best. And i know this is happening for the best too." I would look at my life and say: "I just love the way you are! You are perfect in all your beautiful entirety." I remembered to tell it that it was beautiful, the way it was. In fact, i developed much more love for my life when i was low than when i was going through a high.

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And that's the important thing. Are you going through a low or are you low? To the unconscious mind, they both seem the same. But there is a massive distinction between the two. Are you down or is your situation down? The former is what all of us go through at some point or another. It is not always a choice. Like our planet. Sometimes it goes through sunny days and sometimes it goes through cloudy days. Sometimes it goes through autumn and sometimes it goes through spring. Now you could say that earth has a choice. But does it? You could say that earth has a choice to spin zigzag or sideways if it wants. But does it have that choice? You could say that the sun has a choice to stop burning. But does it have that choice? Our planet has to turn upside down every day. Maybe it just wants to stay afloat and not move at all. But then does it have a choice? A tree standing in rain might want to move underneath a shelter but it has to withstand the elements. Does it have a choice? But then the earth, the sun and the tree realise that these are temporary conditions — they will come and go. The lows will come and go, and they have zero control over them. But then do they have to be low? Just because their conditions are bleak, do they have to be bleak as well? The former is a condition but the latter is conditioning. The former is transient, but the latter can be constant. Like a resolution. A determination. The former will move

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while the latter will be fixed. Like the earth's core. While the planet spins on its axis, it stays centred on its core. Its core is what keeps it together. Its core is what keeps it balanced. That core is what orbits it through all downs and all ups. That exactly is what i realised in 2013.

When i was going through the "lowest" phase of my life, i found the greatest love for life then. I found the most shining light in the darkest phase of my life. I became most grateful then. I started to appreciate life truly then. I started to put even more effort into my life then. I became even more one with the world then. I found the greatest journey of my life: the path of Superpositivity. Yes Thank You Universe came into my life then. Superpositivity Movement was founded then. I know for a fact that if i'd not gone through that "low" phase (rather than becoming low myself), i'd not have received such abundance in my life. All that i am today or shall ever be, came about because of that "low" phase in life. When i was going through a "high" phase, for sure i learnt a few lessons which are magnificent and wonderful but most of them were about how to live a wonderful and convenient life for myself (and i will talk about them in the next chapter). But going through the low phase, i learnt how to enable others to live a more wonderful and convenient life for themselves. It was the low phase that enabled me to make the transition from i to we, from me

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first to us first. Truly and fully, for the first time i realised that i was just living for myself and selfishly at that. I was putting success above everything else. And i do admit success is very important (and i will again talk about it in the next chapter), but then it can't be success first. It has to be duty first, doing the right thing first, serving first, adding value first. And i know that is the most beautiful lesson, that low phase in life taught me: service comes before success. Even in the dictionary. That phase taught me that lifting myself is important but much more important is lifting everyone. It taught me that healing my wound is important but much more important is healing everyone's wound. It taught me that overcoming my own limitations is important but much more important is to enable everyone to overcome their limitations. It taught me that putting a smile on my own face is important but much more important is to put a smile on someone else's face. It taught me that seeking my own fulfilment is important but much more important is enabling others' fulfilment.

Looking back, all these lessons i knew from earlier, from my high phase, but i understood them only later, during my low phase. Another word in fact for low could be depth. And that word has a positive connotation to it. Like i shared earlier, every mountain has emerged from the depth of the ocean. Every tree has emerged from the

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depth of the soil. Every diamond has emerged from the depth of earth. Every prayer has emerged from the depth of the hearth. Every star has emerged from the depth of space. Similarly, i believe every success has emerged from the depth of failure. It is thanks to depth that height knows itself. It is thanks to darkness that light knows itself. It is thanks to negativity that positivity knows itself. It thus becomes very important to look at failure, at darkness, at negativity, as beautiful. If you try to fight any of these conditions, then you are creating a friction. Darkness can never be transformed by darkness; it can only be transformed by light. And you see, the beautiful thing is that light never fights darkness. It embraces it. It befriends it. It envelops it. It accepts it. And then rises above it. Let me share a beautiful incident with you.

When i was writing this book at my friend Dr Noor Gillani's house in Huntsville, Alabama, for weeks on end i didn't see a single soul outside his house, which was at a cul-de-sac. In fact, at times, i even wondered if anyone lived in the houses next to his. Then, one day, it got really cold and snow started to fall. And suddenly i witnessed something even more spectacular. From one of the houses emerged three small children, and they started squealing with delight. Snow falling from the sky was a treat for them and they began to celebrate it. I checked the weather app on my phone: it was -11 degrees

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Celsius, the coldest it had been that year. Shortly, two more children emerged from another house across the street, and they too started squealing with joy. That was the most playful thing i had seen in the last four weeks, even when the weather was a pleasant 24 degrees Celsius. It reaffirmed a very important lesson for me: it is in the harshest that the happiest is born. It is in the muddiest of waters that one of the loveliest of flowers, lotus, is born. It is in the deepest trenches of the earth that the costliest of diamonds is born. The lotus and the diamond never lose their value, their deep value. They recognise their purpose. And never lose it. They never become low even if they have to go through low! And that is the key: becoming low is not the same as going through low. The former is your choice while the latter is your condition. The former you have full control over while the latter is happening to you.

The way i look at the relationship between low and high, between dark and light, is the same way that i look at the relationship between a woman and a man. Just like light loves dark and zero wants to change it, when truly there's love between a woman and a man, they love each other and don't want to change each other. They don't fight each other. In fact, they celebrate each other's uniqueness so much that they don't ever want to become each other! Just because a woman loves a man does it

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mean that she should become a man! Or just because a man loves a woman does it mean that he should become a woman! They are both unique and original. They should befriend each other rather than become each other. They should celebrate each other's uniqueness. To the fullest. To the truest. And that's what every low and high is to each other. They don't fight each other.

We must learn to love the lows of our life. Just like every wave loves the ebb of its flow. It knows that it will rise. Every mountain loves its base because it knows that it will rise. We must be centred in the assurance that after every low in life, there will be a high. That is a given. We must believe it continually, unshakably.

True love happens between a woman and a man when she loves him for what he is and he loves her for what she is. When there is superiority or inferiority, true love can not flourish. True love is a relationship between equals, or between two entities that consider each other equal. That's when a beautiful relationship emerges. Similarly, a beautiful life emerges when we consider the lows and the highs equally beautiful, equally important. When we truly value the lows are we truly ready to value the highs. When we truly celebrate the lows are we truly ready to celebrate the highs. And when we truly appreciate the lows are we truly ready to appreciate the highs. So, Yes Thank You Universe for all the lows in life.





## Chapter 4

# THE HIGHS

Every low exists so that it can ultimately experience the high. Every darkness exists so that it can ultimately experience the light. Every negative exists so that it can ultimately experience the positive. Ultimately, the aspiration for every entity, especially for every human being should be to see how high they can rise not just materially. But immaterially. Evolutionally. We have evolved from the homo sapiens that lived 2,00,000 years ago. And even before that from orangutans. Physically, we are much more heightened than them. Our posture is more evolved. We look much more aesthetically pleasing and our social interactions are much better too. As a species, humanity could have stagnated. It could have been static. But it isn't. Because the Universe has designed it that way. It has integrated that into the coding of human species that we

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have to keep evolving, we have to keep improving, we have to keep rising. And that applies to all human realms: art, science, commerce, architecture, society, sport. The ultimate endeavour has to be, must be, to rise high. To become better than it ever was.

High is glorious. It is splendid. It is fabulous. In its truest sense, high is optimum. It is full. It is maximum. In fact, it is higher life becoming better. And that's what life truly is. It is always getting higher. It keeps getting added to. All the moments, all the experiences, all the elements, they just serve one purpose: they keep adding to the flavour of life. They keep contributing to it. And moment by moment, like slabs stacking on top of each other, the structure keeps getting taller and taller. And it keeps getting higher and higher. Even quantitatively, as numbers keep getting added to your age, it keeps getting higher. It never goes in reverse. It always progresses. The way i look at it, life is the most progressive act of creation. When we are born, we have zero consciousness of ourselves and our surroundings. Then we grow. In numbers and in nuances. We become more aware of ourselves and the world around us. In its purest sense, high doesn't mean success. It means growth. It means bliss. Which actually comes from awareness. And which, the way i understand it and the way i have expressed it, comes after low. Because once you have understood the

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low and have transcended it, the logical place to be is: high! Once you have reached and renewed yourself at the base camp, then you start ascending and with every climb, you reach a new high. What a climber does at the base is prepare by spending time at the base, getting used to the weather, the conditions and building endurance for the climb. By first understanding what needs to be done, one does them eventually. Going through the base camp is integral to every climb. Similarly, going through a low phase in life is integral to every high. It is sacrosanct. And eventually leads to the ascent. While scaling a summit, if a tempest occurs, what a climber does is: rest and reflect. Even when the tempest occurs when they are nearing the top. So a climber has zero choice but to wait. For the weather to clear. For the perfect moment. And in life too many of us feel that we are prepared for the ascent, for the catapult. We've put in our all, given all our tests. But then conditions are unfavourable. They are testing. If we're patient, then as soon as the weather clears, then our climb will begin. Just like every climber is born to scale mountains, every human being is born to scale high in life, to touch their highest potential in life. It is programmed into every pore of our being that we have to uplift and rise. Even a small baby with zero orientation of its physical surroundings or its own being, tries to lift itself, tries to hold itself upright. I can tell from my own

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experience, that whenever i have had an uplifting experience, i have had an automatic reflex to straighten myself up, to rise up. I have felt an energy run through me that has impelled me, inspired me to go upwards. I have in those moments, looked up, straightened my spine, stretched upwards. And when one has been low or gone through a testing experience, one has slacked, sunk to the floor, been downcast or bent over. Falling downwards has been the physical response of the body when encountered with a low, and when experiencing a high, rising upwards has been the physical response of the body. It is like every cell of our body is aware that uplifting is equal to higher, and despondency is equal to lower. And that is what every cell, every nerve of the body wants. Because it has felt deeply fulfilled. Higher is equal to fulfilment.

For millennia, whenever human beings have sought inspiration, they have looked up at the sky, at the stars, at the moon, drawn strength from the sun, smiled at the rainbows, marvelled at the clouds, beheld the birds, and reached for the trees. The parallel line of vision for most people is 5 or 6 feet above the ground. Most inspirations have come when human beings have been looking into the higher realm, at the higher entities. It is not a coincidence that the seat of human creativity and enterprise is placed inside all human beings in the highest chamber of their bodies: their head. Now, if the Universe

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so intended, it could have placed it in their feet or their midsection or even shoulders. But you see, the master planner, the Universe, wanted human beings to take a cue from this placement. By placing it high, it wanted human beings to aspire to rise higher. To exalt themselves. Rather than excuse themselves. To fulfil themselves. Rather than deplete themselves. And from that high seat comes all the instructions, all the commands for the body. The master organ tells them how they must perform. Rather than the other way. The higher must always tell the lower how it should be rather than the other way. The brain must tell the feet how they should be rather than the other way. The ocean must tell the river how it should perform rather than the other way. The machine must tell the nut how it should perform rather than the other way.

When the brain is performing optimally, the body is harmonious and all its functions are well aligned. Similarly, when we are listening to our higher energies in life — the energy of love, joy, patience, healthfulness, abundance, peace, growth — our life performs harmoniously. It is when one operates from the base energies — the energy of anger, fear, jealousy, judgement — that life becomes unharmonious. That's why it is supremely important to listen to your higher energies, to commit yourself to your higher choice. In fact, this is what i am doing in my life. I have committed myself to

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the highest choice i could make as a human being: that i am going to practise Superpositivity every moment of my life, come what may. That commitment is what i am living by. Like i have expressed often in the earlier chapters, high is not a condition, high is a choice. And the higher your choice, the higher your condition in life.

Growing up, there was a wonderful scenario i had to encounter. At several social gatherings, i'd be offered liquor. I politely transcended those offers by telling them joyfully: "I am too high on life to take this!" And the truest, the fullest high in life comes from autonomy, from walking without crutches in life, from being independent. All the wonderful things and elements that make us happy in life are wonderful, but they are still an intermediary. At the purest level, a human being is meant to establish a direct contact, a straight communion between them and their life. Being high for the pure joy of being high by itself. Celebrating for the pure joy of celebrating by itself. Breathing joyfully for the pure joy of breathing by itself. That is the greatest exchange i have experienced. When the action becomes its own reward. When an endeavour becomes its own fulfilment. When life becomes its own prize. When you and i live an awesome life not to impress anyone or even to acquire anything but to experience the pure magic of being alive. In order to go high, a mountaineer has to shed excess baggage. Similarly, in order

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to be truly uplifted in life, you and i have to shed the baggage of our background, achievements, acquisitions, gender, name, class, race, and so on. In that sense, open and high are symbiotic and nurture each other. By being open, we rise high. And the more high we rise, the more open we must become. The more a bird opens its wings and spreads them, the higher it can fly. And the higher it flies, the more open its wings need to be. Like an aircraft. The more it opens its wings, the more elevation it can go to. And the higher elevation it goes to, the more open its wings need to be.

When you add one and one, you get two, a higher number, when you put one brick on top of another, you get a higher elevation, when you add one year to another, you get a higher age. Adding rather than subtracting is what takes us higher. Or multiplication rather than division is what takes us higher.

Every experience of our life is adding to a previous experience, to an earlier moment, so how can it take us lower? It is just common sense! It is designed, every iota of it, to take us higher. That's the very nature of every moment. Respect it for what it truly is. Revel in what it truly is. A higher moment. A higher unit. A better unit. Even if it seems a bitter unit. Many a time, as i have learnt from all the experiences of my life, bitter is better. It is cleaner. And when you clean an engine, its

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performance always improves. After you clean the filters of the air conditioner of your room, it gives much better air. It is the trapped dust that was undermining its performance. Cleanse the air in your room, dust your house, lighten your cupboard and you will feel better, your performance will go higher. That's the beauty about life. Cleanse the bitterness towards any experience, towards any moment, and you will feel better, your performance will rise and you will go higher! Affirm to yourself that you are designed to go high in life. Encourage yourself: "I am born to live a wonderful life." "I am going to have the most amazing experiences in life." "I have taken birth for the very purpose of upliftment."

Give yourself the gift of heights. Of reaching out for higher. Every moment, inspire yourself to express the magic of life more than you ever did before. To perform a more uplifting feat than you ever did before. To give more of yourself than you ever did before. And this is an ongoing journey. In fact, an upgoing journey. When you reach out for the higher, the wonderful law of attraction provides you more impetus, more reasons to go higher. To scale up incalculably. All you have to do is perform heightedness one moment at a time, one action at a time, one thought at a time. Life is a symphony of billions of outcomes, so you have billions of opportunities to go higher. When one thinks they have reached the



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edge of the physical sensory world, they have just started skimming the surface. There is a higher higher than they ever perceived. The truest height they, or anyone, can ever scale is to continue to reach for the higher like a star, which every moment of its glorious existence, keeps reaching for the magic within itself and keeps emitting that to the world. Unlimitedly, inexhaustibly. On the journey up to the summit, a person will get exhausted. There will be many a thought to give up. But the person has to keep looking up and to keep going higher. The very word "UPpreciation" by itself symbolises elevation. UPpreciation. Heightening. Rising. The more we appreciate, the higher we go. The higher we go, the more we grow. In experience, above everything else. In insights and learnings. Which we are then meant to share with the world. Every climber has a duty to share with the one yet to climb how rewarding the journey is. If one has not gone high oneself, then how is one going to inspire anyone else to do it!

Yes, going high in life requires effort. Lots of it. And that's the point most people are often scared of. But, you see, effort is its own reward. Zero effort equals zero reward. More effort equals more reward. Most effort equals most reward. But in the context that i speak of, all effort has to be superpositive. One could expect all the perks and incentives, but that is not superpositive effort.

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Superpositive effort means effort put in uplifting humankind, in adding value to humankind, in contributing to the beauty of humankind, in upholding the eternal source, the Universe, in which it is all born, and to which it truly and fully belongs. That's why uppreciation is superpositive effort. It is about making others feel good about themselves, to make them more joyous. For their own sake. Rather than your ego's sake. To uplift them, to show them the joy of being. It is not to be given — rather, it has to be recovered.

Give to enable. Rather than give to take. Ruminare on this insight deeply: *Give to enable. Rather than give to take.* Give uppreciation to heal hurting hearts, to nurse wounds, to balm weary souls. Give them praise to lift them. Praise them to raise them. Let that be your sole motivation: to praise others to raise others. Uppreciate, especially the higher in this glorious creation. If you are passing a road, and you see a beautiful house, express: "Wow, what a beautiful house!" Do it not because you love it. But for the pure joy of it. When you see a lovely car on the road, express: "Wow, what a gorgeous car!" Do it not because you want to own it. But for the pure sake of it. When you see a beautiful person, express: "Wow, what a beautiful person!" Do it not because you covet them. But for the pure joy of it. When you smell a beautiful aroma, express: "Wow, what a beautiful fragrance!" Do it not because

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you want to wear it. But for the pure joy of it. Start giving compliments for the pure joy of giving them. To reward the highest energy in that moment, in that exchange. When you do that, it is actually the Universe telling them through you: "Wow, well done!" "Excellent work!" "Keep it up!" You become the rewarder. Imagine if a chef has put in so much effort in baking a cake, and zero person ever appreciates it, how disheartened they'd be! How dejected they'd feel! The Universe wants to reward them. It wants to make them feel: "Wow, well done!" And it has chosen you to do it. It has blessed you. In fact, it trusts that you will fulfil its task.

Very few of us appreciate the role of the sun, the moon or the breeze. They are making an incalculable contribution to creation. It is our duty to reward them for it. Why should it just be parents telling their children: "Wow, well done!" Children should do it equally. In fact, even more so. Because parents put in a lot more effort in their children than children do in reciprocating that love and benevolence. We must tell them: "Wow, Mom and Dad, great job! Very well done. We are proud of you. We love you!" Who knows how much they've been aching to hear these words! I just imagine how much human craving we'd fulfil, how much suffering we'd mitigate, just through our appreciation! This very moment, tell your life energy: "Wow, life, well done! Phenomenal!" "I am super lucky

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to be expressing your energy this very moment!" If a mountaineer just keeps climbing and doesn't even stop to admire at the sights en route, when what good would that climb be! It is the moments in life, the smallest units, that must be appreciated the most. Life is in itself the biggest high — that's what i repeatedly remind myself and everyone who cares to listen.

Today, from this very moment, engage yourself to have the most loving relationship with life. See life as the most beautiful creature you will ever see, the most beautiful music you will ever hear. To live highly, express highly. Be highly grateful, highly loving, highly appreciative of that high itself. Respond to that high with a high. And the higher your response, the higher the reaction. And the higher the reaction, the more beautiful the creation. And the more beautiful the creation, the happier the creation. And the happier the creation, the more we have fulfilled the highest purpose of our life, and of our human species. Yes Thank You Universe for that.

## Chapter 5

# THE OUTSIDE

The outside is what we see and hear, touch, eat, smell, drink. The stars, the moon, the sun. All animals, birds, insects. The whole creation. The creation that the Creator has taken aeons to manifest. The creation that is bigger in its entirety than our collective imagination can comprehend. The creation that has infinite perfection in every iota of its being. The creation that is putting incalculable effort in sustaining and spreading, rather expressing, itself in every moment of its existence. Just like open-source software, faith should ultimately be open source. The Universe is the epitome of all. It is the ultimate source, and it is open. By putting my faith in the Universe, in everywhere, everything and everyone, i am putting my faith in the highest power there ever would be. I see my life flourish more than i ever imagined it to. Because the

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Universe is more than i can ever imagine it to be. Our devotion to openness is our ultimate tribute to our eternal source, our open source, the Universe. Openness to all ideas, openness to all possibilities, openness to the outside that we see gloriously all around us. Everything in the Universe is the source. In an open-source model, that contribution can come from anyone, anything or anywhere. It all adds to the richness, variety and abundance of the source. And, in the ultimate context, it all counts. To the whole, all its parts count. To the sum, all its components matter. To the eternal source, all its progeny sources matter.

The way i look at it, positive inspiration is the greatest faith of all. When we are positively inspired by the very act of waking up in the world. When we are positively inspired by the effort the sun is putting into its existence. When we are positively inspired by the effort of the bed on which we wake up. When we are positively inspired by the effort of the trees that give us oxygen. When we are positively inspired by the effort of the oceans that give us water. When we are positively inspired by the effort of the walls and the ceilings that give us shelter. When we are positively inspired by the effort of the lights that shine upon us. When we are positively inspired by the effort of the faucets and taps that bring us water. When we are positively inspired by the effort of the food

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that nourishes us. When we are positively inspired by the effort of the clothes that protect us from the elements. When we are positively inspired by the effort of the appliances that give us so much comfort. When we are positively inspired by the effort of the phones that connect us to the others. When we are positively inspired by the efforts of the parents that brought us to this world. When we are positively inspired by the effort of the friends that gave us companionship. When we are positively inspired by the effort of the teacher that gave us the gift of learning. When we are positively inspired by the effort of artists that gave us the gift of entertainment. When we are positively inspired by the sweepers and cleaners who give us the gift of cleanliness. When we are positively inspired by the scientists and inventors who give us the gift of innovation.

All of them are putting in incalculable amounts of effort. If we are positively inspired by that effort, then it'd give us more energy than anything else. Mostly, we're too engrossed in forms to be engaged by the formless. We are looking too much at matter to appreciate energy. But it is energy that creates matter, or if you insist, it is energy that recreates matter. Once you start accessing the energy of Superpositivity, then you will be able to create forms of inexplicable beauty. So, when i look at others, i don't just look at their forms. I look at the energy that drives them. I look at the energy that they are putting

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into upholding themselves. I look at the energy that is holding them aloft right now. The energy that is keeping trillions of atoms spinning inside them. You see, if energy was forever present, then every human being would have lived on forever. The body would have perpetuated itself forever. It would have never become ill. But at the time of death, that is what happens. Energy leaves this body. And once energy has gone, the body just becomes lifeless. In a few days, it is devoured by a host of elements. And matter dissolves into energy again. It returns to energy. The ocean of energy in which we are all floating.

When i look at the outside, at the others around me, i just marvel at the beauty, the power, the enormity of their infinite, immeasurable energy. I pay my tribute to this all-pervasive energy. I offer my devotion to this all-overcoming energy. Looking at others, or hearing others, i don't just look at or listen to their matter. I look at or listen to the energy that drives them — in fact, the energy that drives us all. When i say that energy is ever-active, ever-present, then i also mean that that energy is inside everyone. Inside everyone, everything and everywhere that is on the outside. Inside the outside is how i look at it. Looking at the outside, i actually look at their inside. And as i have beautifully learnt in life, that inside is the same inside everyone. It lives and resides in the same manner inside everywhere, everything and everyone. Just that the



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way they behave and express that energy is different in most entities. If people were at the same level of awareness, at the same height of consciousness, then they would express it the same way too. Like all stars in the cosmos express their energy in the same way. Whenever i am looking at anyone, in my eyes, i am looking at the world: "Wow world, you are wonderful!" "Wow world, i love your energy!" "Wow world, you are beautiful!" Whenever we open our eyes, wherever we look, we are beholding the world, its magnificence. By appreciating others, the outside, we are truly appreciating the world and adding to its beauty. By touching any part of the ocean, we are touching the entire ocean. By appreciating any person or entity or situation, we are appreciating the Universe and upholding its expressions. We are giving it a pat on its back: "Very well done!" "Beautiful job!" Remember the cake and the chef analogy i'd shared with you earlier? It applies to the outside world the most.

Take a lovely look at the world around you. There is so much good going on in every moment and experience. Regardless of which part of the world you are in, there's sky above your head, ground beneath your feet. There is air around you. There is breath entering you and eternal energy floating everywhere. Maybe someone is less than ideal, or seems like that but still we must appreciate that they are putting tremendous amount

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of effort just in keeping themselves alive. Countless souls have drawn energy just by kissing the ground underneath their feet. Countless souls have propped themselves up against the walls of many a place of worship. Countless poets have drawn strength just by looking at the light of the moon. Countless philosophers have found wisdom just by sitting under the shade of a tree or just by walking in nature.

The Universe has dissolved its existence in every iota of creation. There is zero place anywhere in the world where there is a poverty of growth, for the person who cares to look. At the "lowest" phase of my life scorched by seething limitation, i performed the most motivational activities of my life in a small town in India, Jammu. I performed over 100 Guinness World Record attempts, including the longest speech, the longest play, the largest greeting card, the largest underwater painting exhibition, and so on. I could feel the same energy in Jammu as i have felt in New York, London or other metropolitan cities i have lived in. I felt the energy of the Universe calling out to me. It was telling me: "If you can't see my energy in Jammu, how are you going to see it in New York!" "If you can't feel me here, how are you going to feel me anywhere else!" I feel blessed that before writing any of my books on the path of Superpositivity and motivating Olympic champions, i was made to activate

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that first in the small town of Jammu. So, today when i talk about it, i express it from the point of view of experience. I have lived it honestly. And researched it thoroughly. In the lab of practicality. As i looked around me in Jammu, with the eyes of superpositivity, i truly started to appreciate it. Before that, 15 years ago, i'd run away from it. Truth be told, i could not see any potential in Jammu. When my film *Challo Driver* failed and my marriage ended unceremoniously, i went back to my parents' house in Jammu, and i was nudged to relook. I was inspired by the Universe to wake me up to a powerful lesson: that i had been unappreciative of Jammu in the past. That i had turned my back to it. To its potential. To its power. Or, to the Universe's power that resided in it. And now was my chance to learn that lesson. And put it into practice. I had been giving a lesser value to Jammu all along. I had been telling it that it was less than any other "cool" place that i held in my mind's eye. And as it turns out, over the next 10 years, from September 2013 to September 2023, it was Jammu that enabled me to truly flourish.

It was in Jammu that i embarked on the path of intense meditation. It was in Jammu that i received the revelation of Yes Thank You Universe. It was in Jammu that i embarked on the path of Superpositivity. It was in Jammu that i was inspired to start Superpositivity Movement.

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It was in Jammu that i gave my first-ever public talk at my alma mater Presentation Convent. It was in Jammu that i spoke at 200 schools and colleges and motivated 10,000 students. It was in Jammu that i bettered over 100 Guinness World Records. It was in Jammu that i could serve my parents, be with them and learn the lesson of devotion. It was in Jammu that i wrote 30+ books on motivation. It was in Jammu that i created the Goal Is Gold Program for the Indian Olympic team and became India's first official sports motivator. It was in Jammu that i mentored some of the finest athletes in India to win 50+ medals for the country at the biggest sporting events in the world.

Above all, it was in Jammu that i truly understood the beauty of failure. It was failure that led me to Jammu, but it was Jammu that enabled me to see how beautiful failure can be. It was in Jammu that i truly learnt the lesson of unshakeable belief. It became a place where i believed i could do anything. And above all, go higher than anywhere. Over these 10 years, i truly learnt the lesson of love. What it meant to love unconditionally. To love the broken pieces. But it showed me so much love in return. It gave me back so much! Only when i learnt to love it.

So far, i had touched Jammu. But now i truly looked at it. Into its eyes. Into its heart. Felt its soul. Felt one with it. And see what it gave me in return! More than

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i can ever express. Today, my passion is to inspire people in small towns to have hope, to believe in themselves. Telling them that if someone elsewhere could do wonderful things, live an awesome life, they too can do it right there in their small town.

It was Jammu that taught me one of the most important lessons of my life: "It is never the town that is small, it is the thinking that is small!" And when we look at any outside entity and consider it small, we are actually relegating ourselves to smallness. We are seeing the small inside us, and projecting it onto them. If we see big outside, we are truly expressing the big inside us. You see, even in garbage exists the power to produce electricity. Even in waste is born magnificence. Every planet is born in the dust and waste of a star. In that planet is born so much more life than we can ever imagine. Only when you love the inside will you love the outside. And by the law of inverse, by loving the outside, we truly learn to love the inside. Give all your love unconditionally to at least one person or entity. Love with all your being. Open yourself up to the energy of offering your service, skill or personality to a person or a cause. True love is unconditional love, unlimited love, ever-growing love.

You see, most of us we have experienced positivity. When the weather is good, traffic is good, a feel-good movie, a feel-good book, a family reunion, a promotion,

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and so on. Those are the times when we feel good conditionally. Because of those circumstances. When we touch the pleasantness of the outside world. But when these conditions change, most of us desert positivity. We then start looking at the other side of the outside. And that's what adds misery to many people. "I love my job, thanks to that promotion!" So, it is the promotion, the incentive, that has brought about love. Most people get their "dream" job, and then a few years later, when they have plateaued, they start hating their job. The same job. Applies to relationships as well. People get used to their "beloved" and then years later, if something goes wrong, then they become bitter towards them. The same person. So these people were putting conditions upon the other. So long as the conditions are good, they will play along. But when the conditions change, they will change too. When you bring an unchanging, unconditional love to the world, to the outside, that's truly and fully uppreciation. Like the sun does. Which brings its true and full focus on loving darkness every moment of its existence, wherever it goes. You see, the sun doesn't touch it with harshness, or even tries to overcome it. I believe the sun unconditionally loves darkness — the outside. The sun doesn't try to reform it or change it or convert it. It simply touches it, caresses it, blesses it, with all its love, with all its light. It tells darkness: "I know you are who you are,

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and i love you for it, and i respect you for it." "You keep being who you are, and i will keep expressing who i am." This love relationship between the sun and darkness has gone on for over 4.6 billion years. Now if the sun was looking at the outside dejectedly, then the sun would have been disappointed. It'd have become negative. But then the sun looks at the outside not with the eyes of the outside but with the eyes of the inside. And that sun's true love. And purpose. Looking at the outside, we always have two choices: see it for what it seems. Or see it for what it truly is — infinite and unchanging. That is the truest way to express the outside. With love. With absolute positivity. Embracing the outside with the allness, the inclusiveness, the allowingness, the permissiveness of the inside. Loving the outside not from the outside but from the inside — which is the highest love one can give. Yes Thank You Universe for that.





## Chapter 6

# THE INSIDE

The one entity that every human being or every element in the cosmos most engages with is: the self. The inside. It is the soil on which every tree grows. It is the electricity that resides within every switch board. It is the energy that courses within the sun. It is the wisdom within. With most people, this is the sphere of their life they are most disturbed with or they are most affected by.

There are many people who have been able to establish a harmonious relationship with the outside world. They seem to be at peace with it. But deep within, they are tormented. Their thoughts, their beliefs are what disturb them the most. It is said that an average person has 60,000 thoughts a day. There is a constant deluge of thoughts going on inside most people. As the soil, so is the plant. If you really want to improve the outside, the

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most fundamental step is to transform the inside. By enriching the inside, we enrich the outside. And inside is where the greatest responsibility of every person is. Most of us complain that the system boxes us in, that others don't understand us enough. But the thing is: do we understand abundantly? Do we show sensitivity abundantly? To ourselves first? Edison had once said: "All creation begins with oneself." We give to others what we give to ourselves. If we give ourselves love, we will eventually give it to others. If we give ourselves gratitude, we will eventually give it to others. If we understand ourselves first, we will eventually understand others. If we respect ourselves first, we will eventually respect others. Because most people don't give themselves these gifts first, they are not able to give them to anyone else. Because most people are not appreciative of themselves, they are not able to give appreciation to anyone else.

Throughout the day, i express to myself: "Wow Vickrant, i love your superpositivity, and your ongoing efforts to improve forevermore!" "I love that you are immeasurably inspired and are ever-willing to pass that inspiration on." "I love that you are ready to give your energy to everyone as inclusively as you can." "I love that you pray before and after every meal that you eat." "I love that your capacity to develop new ideas and to see them to manifestation is becoming stronger by the day."

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“I love that you are filled with enormous physical energy and that you are harnessing it perpetually for the fulfilment of superpositive endeavours.” “I love that your enthusiasm grows every moment of your life.” “I love that you are forevermore respectful of the past, perpetually centred in the present and eternally optimistic about the future.”

When i look into the mirror, i see the allness of me: not just my strengths and flaws. I see the immeasurable effort the Universe has invested in creating me — in creating my hands, my eyes, my eyelashes, my eyebrows, my nose, my teeth, my lips. I see master craftsmanship at work that enables me to see beyond the ostensible. I see that the Universe loves me so much that it has given me a form that is so pleasing and aesthetic and goes beyond mere functionality. I see how my billions of cells have come together to make up my face, how my nerves are going on to lay a stream of blood and energy to keep my face animated and alive. I also applaud the effort that i am putting every day into upholding a form that salutes that energy. It is estimated that on an average we look at ourselves in the mirror 15 times a day. I reckon that throughout my life, i must have looked at myself 2,00,000 times in the mirror! But, how many times have i truly appreciated myself! How many times have i seen my flaws rather than my flourishment!

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You see, our interaction with the outside world starts with the way we look at ourselves in the mirror. If we are seeing flaws in the person in the mirror, then we will be seeing flaws in the people in the world. If we are expressing imperfection in ourselves then we will be largely expressing imperfections in others. If one can not compliment the sight that represents oneself, then one will have a hard time complimenting the sights that represent the world — the outside. I tell everyone that the mirror is a great way to reflect. And that applies, independent of how you or others tell you how you look. Some might say, you look wow. Others might say otherwise. Some might say, you should put on some weight, others might say you should burn it off. Hear respectfully to all of them but listen reverentially to the voice inside you. And this is where your consciousness comes into play.

Once you start the day with Superpositivity Meditation (as mentioned on page 31), you will start saying Yes Thank You Universe to what you see in the mirror and the energy that is seeing and creating that sight. As i shave, shower, brush or generally just behold the marvel of my form in the mirror, Yes Thank You Universe resonates inside me joyfully. And i say Yes Thank You Universe aloud, with a smile on my face. I say Yes Thank You Universe for how i am right now, physically, and Yes Thank You Universe for my ability to improve that

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physicality as well. I proclaim loving acceptance of myself and offer myself willingly to the improvement of myself as well. I embrace myself in the totality of being. And in the positivity of being as well. I believe that every human being has been sent to this planet for one purpose: to improve. Anybody who devotes themselves to that energy is doing a devotion to human consciousness. So, however much you know you are aware, know that this is just the beginning. More, much more awareness awaits you. But then at the same time, improvement can not be based on the soil of criticism. Just like a tree can not grow on toxic soil — it needs fertile soil to grow, positive soil to grow. Similarly, a balanced life can not be built on the foundation of criticism. It must be built on the foundation of appreciation.

When you freely start appreciating yourself, you will eventually start appreciating the world. When you observe what is awesome about you, you will eventually observe what is awesome about others. And by that, I truly mean when you salute the energy that makes you awesome, you will eventually salute the same energy that makes everyone awesome. It is always the mental track that runs inside people that builds them or destroys them. It is always the words that go on inside one's head that come out as the words one uses to interact with the world. Research has discovered that all negativity in a human

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being originates in the brain and gets trapped in the jaw. If your thoughts build your words, then your words can build your thoughts as well. By expressing words of uppreciation, they can change their thoughts to thoughts of uppreciation. I am a living testament to that.

When i received the Superpositivity revelation on 19<sup>th</sup> September 2013, i received the most powerful lesson of all: the power of four words to recreate my life. I started speaking these four words — Yes Thank You Universe, Yes Thank You Universe, Yes Thank You Universe, Yes Thank You Universe — over and over again. Tens of thousands of times a day. I realised that if there were 60,000 thoughts coursing through my head every day, and over half of them were not very positive, then i must neutralise that energy of negativity and reverse it by speaking vigorously tsuperpositive words. I started saying these four words like a chant. In fact, they became the Superpositivity Chant. Every morning, i'd say Yes Thank You Universe as soon as i woke up, and every night before sleeping, i invoked Yes Thank You Universe. And in between, i said Yes Thank You Universe tens of thousands of times every day. Truth be told, it was a lot of effort, or seemed like then. Whenever an unpositive thought started going on in my head, i started saying aloud Yes Thank You Universe, Yes Thank You Universe, Yes Thank You Universe. I zero allowed myself to give in to my thoughts.

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I had a powerful revelation: my thoughts are merely an aspect of me, rather than the full me! I am the ocean, and my thoughts are the tributary. The tributary doesn't need to tell the ocean how the latter should flow! I understood my responsibility towards my thoughts. I realised that it is my duty to express my thoughts rather than my thoughts' duty to do so. I realised how tired my thoughts must have got from doing so much overwork, how overwhelmed they must be! I realised that i had never really respected my thoughts, never given them much acknowledgement, let alone any rest. It is like i had forgotten to fertilise my field. I was squarely responsible for the crop that i had sown. My thoughts were the soil and positive words were the fertiliser they deserved to be suffused with. Every time i said Yes Thank You Universe, i was giving manure to the soil of my thoughts. I was giving nutrition to the aching muscles of my thoughts. I was applying balm to the sore nerves of my thoughts.

After a few weeks of practice, i started to palpably feel my thoughts enrich. Collision turned into cohesion. My inside began to change as i truly started to appreciate my life energy. My life deeply started to blossom. Every invocation of Yes Thank You Universe was dedicated to the inside. I realised that my truest inside is the life force that coursed through me. Rather than the thought stream that stood in between. And this is the only way that people

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perceive when they think about their inside: they assume thoughts are their inside. Or even "them". When actually it is the life force running inside them that is truly their inside. And the most important part of that inside is the breath that we are breathing rather than the thoughts we are thinking. Most of us are aware of the thoughts that we think but we are not even remotely aware of the millions of breaths that we breathe! It is the breath that truly connects our inside as well as outside. Our breath is the sacred link between the inside and the outside. And our spoken words are enveloped in the energy of breath. Every time we speak, we use the energy of breath. It is breath that truly goes inside and builds it fully, much more powerfully than thoughts. Words are the vehicles of breath. So, the words that we speak enter us much more powerfully and build our lives much more creatively than our thoughts. In order to strengthen our inside world, our true selves, we must start speaking superpositive words.

Throughout my life, i have used the art of affirmation (speaking positive words in the first person in the present tense) to develop qualities in myself or bring about improvement in areas where i was less conscious. My mode of operation, my magic for manifesting any quality, is very simple: speaking superpositively. Affirming something before it actually happens. With every quality you intend to develop, with



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every positive state you intend to manifest, proclaim this art: touch your inside by speaking affirmative, appreciative words repeatedly, and that would become your recreated reality. Also, every morning and night, and throughout the day, just collect yourself and breathe a few superpositive breaths. Inhale deeply, let Yes Thank You Universe resonate inside you as breath enters your body; hold inside, let Yes Thank You Universe resonate inside you as breath becomes still inside you, exhale freely, let Yes Thank You Universe resonate inside you as breath releases from your body; and hold outside, let Yes Thank You Universe resonate inside you as breath leaves you fully. As these superpositive words vibrate inside you, they will suffuse you with the energy of possibilities and the realm of connectedness.

Say Yes Thank You Universe out aloud as many times as you can as you perform the activities of the day. Every time we say Yes Thank You Universe, we express gratitude for the entire human race, for the very energy of humanity to have come into being, for the very understanding that we are being enabled to receive, for all the abundant blessings that we are getting to receive. We thank for the very opportunity to inhabit this form and this mind that all human beings are so privileged to receive. We express gratefulness for our very existence. The more we say, the more we express outside the

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superpositive energy inside us. With the appreciative power of Yes Thank You Universe, we reach deep inside us and express outside the same energy. We appreciate the inside as well as the outside. We touch the inside as well as the outside.

You see, the true self, the full self, the full inside is not the inside or the outside. It is a sum total of the two. It is a totality of the two. It is wholeness. Oneness. Completeness. Going deep inside us, we see that it is the same as the outside. Like two ends of a tunnel. When you are inside the tunnel, in the throes of it, and you don't exactly know where you are, it'd be the same if you emerge on either side of the tunnel. Where one enters, the other exits. Ultimately, the purpose of this book and all my endeavours, is to lead all of us into the realm of oneness. Expressing for the pure joy of expressing. Celebrating for the pure joy of celebrating. Loving for the pure joy of loving. Living for the pure joy of living. Improving the inside so that the outside improves. Let us improve ourselves, our inside, so that the outside will naturally reflect that. Let us fully, truly, unconditionally, appreciate the inside so that the outside will be appreciated forevermore. Yes Thank You Universe for that.

## Chapter 7

# THE SAME

We wake up to the same planet. To the same sun. to the same moon. To the same life. To the same nature. To the same Universe. It is the same Universe that has existed, is existing or will exist. Just that at different points in our consciousness as a collective human race, we have observed different aspects of it. But it has always been the same.

At its purest, sameness means oneness. The one that was, is and always will be. The one that is always showing us aspects of itself. The one that is always telling us aspects of itself. The one that is always touching us with aspects of itself. The one that is the source of everywhere, everything and everyone. By praising the same, we are praising the one: the source. And every entity in the cosmos flourishes only when it is connected to its source.

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And once one makes that connection with the source, then everything has to flourish.

Whenever you appreciate the same person, you appreciate the oneness that permeates them and the oneness that connects you with them. So, essentially, you appreciate yourself.

Earth receives the same light from the sun but never gets bored. It compliments the sun every time it receives its light. It has been 4.6 billion years that the same earth has been receiving the same light from the same sun, yet their love has grown, their bond has intensified, their relationship has strengthened. One could call the relationship between the sun and the earth the greatest love relationship in the cosmos. They find such pure joy in giving and receiving from each other that they are completely oblivious to this condition called ennui or boredom. They are totally immersed in their appreciation for each other, in uplifting each other. And that is the biggest reason why such bristling life and so many diverse, throbbing life forms have come to inhabit earth. Theirs is a relationship of appreciation — the highest relationship in the world. Where the complete emphasis is on enabling the other, on empowering the other. On fulfilling the other. On sacrificing its base energy for the other. Much as the sun wants to draw the earth closer to itself, it knows that it will hurt the earth and all its children if it does so.

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That's why it sacrifices its desire. For the greater good of the one it loves.

Appreciating the same requires rigour and an exacting discipline. It is easy for inertia to set in, to take things for granted. In a way, it's like a child. They get easily bored with a game or an activity, and then crave for it to change. A toddler's attention span is limited to a few moments at best. But as time grows, one learns to still oneself. One starts to find greater repose in the same activity. One's staying power increases. One can say that the skill an adult has is a much more elevated skill than the one a child has. Because that adult has repeated that activity multiple times.

In order to develop an optimal appreciation of the energy of sameness, appreciate the same person or the same situation for 40 days. If it's your spouse, tell them: "Wow, you look beautiful!" Do it for at least 40 days, or on as many occasions as you can. If it's the same bed, then say: "Wow bed, you are comfortable!" Appreciate even if you don't believe that thing to be true. You see, judgement is a subjective thing. What you find appealing, another person might not. And vice versa. When we are not looking at the beauty of a situation or an article, the problem is with us rather than the situation or article. One has to transcend one's own pettiness to see its magic.

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I've seen that appreciating sameness is the most difficult thing for people to do. Many people who appreciate strangers in an elevator find it difficult to appreciate their parent or partner. Those who appreciate the same are the ones who appreciate themselves and their life's sameness. Life is always the same even if it seems new, and those who embrace and appreciate that sameness are the ones who taste the truest elixir of life.

In day-to-day circumstances, sameness happens all the time: the same family members that you see every day, the same train that you take to work every week, the same car that you drive every day, the same phone that you use every day, the same utensils that you use for every meal, the same house that you've been living in for years, the same place of worship that you visit every day, the same shower that you step into every day, the same neighbours that you see every day, the same music that you listen to every day, the same TV that you turn on every day, the same parking lot that you drive into every day.

Typically, most people meet these samenesses the same way: with neutrality, passivity or even disdain. They resent being in the "same" relationship, being part of the "same" family, living in the "same" house, driving the "same" car, using the "same" phone. Now, the way most people respond to that sameness is that they take it for granted. Consequently, they are bored by it. And they

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stop responding to it magically. Love goes out of their living, and inertia creeps into their actions. The very hum of life becomes humdrum. They look at things but vacuously. They listen to things but listlessly. They move but unmovingly. They give but ungratefully.

Now, same does not mean static. Same means dynamic, incremental, growing, marvellous. If the Universe did not believe in the same, then it'd have created a new sun every day for us to look at. Or a new planet for us to wake upon every day. Or a new moon for us to wonder at every day. But you see the fact is that the Universe believes in the same. Powerfully. Affirmatively.

And that's how superpositive people respond to sameness: Powerfully. Affirmatively. Joyfully. Assuredly. They find joy in looking at the same. They find love in being part of the same. They are inspired by the same. They look at the sun and say, wow, if the same sun could vibrate with the same inexhaustible energy for 4.6 billion years, then there's so much to learn from it! They look at the moon and say, wow, if the same moon has been reflecting light for billions of years, then there is so much to learn from it! They look at the earth and say, wow, if the same earth has birthed trillions of life forms for billions of years, then there is so much to learn from it! They breathe air and say wow, if the same air has enriched

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life for billions of years, then there's so much to learn from it!

They look at their own life, and say, wow if i've had the same life for so many years, then there's so much to learn from it and to love it for! They look at the same parents, and say, wow, if my parents have tended to me for so many years, then there is so much to learn from them and to love them for! They look at the same house and say, if it has given me shelter for so many years, then there is so much to learn from it and to love it for! They look at the same car that they have been driving for years and say wow, if it has driven me to so many destinations, then there is so much to learn from it and to love it for! They look at the same traffic light and say wow if it has guided so many people, then there is so much to learn from it and to love it for!

Every time we compliment someone, appreciate them, we are actually appreciating our own life. Because the moment we meet or transact with someone or even think of them, they automatically become a part of our life. Because what really is our life? But an amalgam of all our breaths, thoughts, feelings, actions and experiences. So, whatever we are thinking, whatever we are eating, whatever we are drinking, whatever we are touching — a sum total of all that is our life. It is an inclusiveness of all that.



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Appreciating any of these entities somewhat or sometimes is appreciating your life somewhat or sometimes. Appreciating any of these entities often or many times is appreciating your life often or many times. Appreciating any of these entities always or every time is appreciating your life always.

The happiest people are those who respond to sameness with the approach of newness. They respond newly to the same person, same situation. Or they bring an elevated sameness to a person or a situation. If, for example, they have complimented someone for a dish well made, the next time they eat the same dish at the same table, they might give the same compliment, but they'd do it with even greater vigour: "Wow this soup is awesome!" Putting greater energy in the same expression: that is the key. If they see the same partner every day, they put even greater love and vigour into appreciating them: "Wow, you look awesome!" It is like the sun that does the same thing but does it with greater intensity every moment. Or the plant that does the same thing but does it with greater intensity every moment. Or the river that does the same thing but does it with greater intensity every moment. Appreciation is about noticing and expressing the same in the new. Or it is essentially about noticing and expressing the new in the same. Wherever,

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whenever and whoever we look at, we will find the same Universe. Find new ways to express that sameness. More importantly, develop, create and design new ways to express that sameness — rather, develop *higher* ways to express that sameness.

It's like climbing a summit. A climber uses a rope to climb a summit. The rope remains the same, but as the climber climbs higher, they become even more conscious of the way they are handling the rope. They apply a greater force on the rope with every upward push. Now the climber is pretty much using the same technique to ascend from the base of the mountain to the summit. But the force applied keeps getting greater. So, there is more energy applied to the same technique and to the same tool. Or, new energy applied to the same practice. And the result is that ascending the same rope, using the same technique, scaling the same mountain, the same climber sees new vistas. And experiences new joy on the same climb. That is the best analogy i can give vis-a-vis appreciating sameness. Putting new energy into every moment, into every transaction of life. Our planet does the same thing too. It spins on its axis. But does it exultantly with every nanodegree it spins. And proclaims appreciatively to the Universe. Rather than drudgerously, as most of us do. Uppreciating sameness is actually bringing oneself in alignment with the sun, the moon,

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the tree, the planet, the river, all of whom perform the same thing throughout their existence but with greater love, greater joy and greater energy. Or essentially, greater appreciation. Yes Thank You Universe for that appreciation forevermore.



## Chapter 8

# THE NEW

Every moment is the same yet it is new, suffused with fresh possibilities — the possibilities of improvements, of increments, of becoming better. That's what NEW means: Now Energetically Wow. Now is regenerative. Like our body. It is the same. Yet every cell of it is constantly recharging, regrowing itself. In one second, the body produces 10 million new cells. They are the same in nature yet new in scope. They are born to do the same thing yet freely so, improvingly so.

The same road in front of my parents' house in Jammu gets a fresh coat of metal every three years. So the same road becomes a new road. The same television set broadcasts new episodes of the same show every week. The same kitchen produces new meals every day. The same garden bristles with new foliage every morning.

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The same tree is laden with new fruit every season. The same plate witnesses a new dish at every meal. The same phone receives new calls every day. The same computer enables a new site to be surfed every day. The same pen creates something new every time it interacts with the paper. The same wall gets a fresh coat of paint every few years. The same car gets a new wash every morning. The same bathroom enables a new shower every morning. The same floor gets a new sweep every day. The same refrigerator gets a new batch of vegetables every few days. The same sky gets a new set of clouds every few days. The same earth gets a fresh infusion of sunlight every moment.

Every new person we meet is the same universal energy, only manifested in new beings, in new expressions of that energy. Every conversation that you hear is the same universal energy, only manifested in new sounds, in new expressions of that energy. Every scene that we see is the same universal energy, only manifested in new visuals, in new expressions of that energy.

It is the same universal energy speaking to us, forevermore anew. The same air gets charged with new molecules of oxygen every moment. The same sky gets dotted with new stars every moment. The same river gets suffused with new molecules of water every moment. Essentially, it is the same energy but new *expressions* of

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that energy. Or, it is like the same book with newer, revised versions. With every new version, there's an upgrade that happens — an improvement that is made.

Life is like that. The same text undergoes a revision, an incorporation of what is latest. The most current facts and figures, each of which adds to the readership experience. It enhances the value for the reader, so that they enjoy it optimally. The book never loses its value. Always retains it — in fact, it becomes better. More enriched. More beautiful. More substantive.

Same with life. It never loses its value. Always retains it. And in fact, becomes better. Like a currency note. Even when crumpled, it doesn't lose its value. Always retains it. And in fact it becomes better. It goes from one vendor to another, from one merchant to another, from one hand to another. Every transaction is a new one. With the same debit card, we make new withdrawals from the same ATM that dispenses new currency notes. The process is the same, the product new every time. The notes that emerge from the machine carry the same value yet bear a new number and freshness. They carry varying degrees of newness.

This book was written at new places: cars, houses, parks, restaurants, coffee shops. The same activity was engaged in a host of new places. The same spirit was captured in myriad new spaces. I was on a road trip across

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the US when this book was written. The same trip led me to receive new experiences: monuments, residences, offices, roads. Now, the same roads that were routine for others were new for me.

New exists to spur us, inspire us, give us momentum. New is a chance to experience even greater splendour of life than one has ever done before. New is an opportunity to taste the magic of life even better than one has ever done before. I have had deep uplifting spiritual experiences in life. Experiences that have brought me greater bliss than i can even begin to express. Experiences that have shown me a much higher realm than i ever thought possible. Experiences that have made me more united with all than i ever realised. Experiences that have given me greater energy than i ever thought myself capable of. Experiences that have generated more positivity inside me than i knew existed.

It is the same experiences yet new every day, in fact improving every day, fresh every day, more joyful every day. Within me, they keep growing forevermore. Every new experience gives the incentive to build upon a previous me. Every new occurrence gives me a new opportunity to go higher than i have ever gone before. In fact, in its purest sense, newness is an effort rather than an event. Every effort is in itself a new occasion.



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Whenever i say Yes Thank You Universe, whenever i focus on Yes Thank You Universe, i feel more alive than ever before. I feel the same superpositive energy coursing through me newly, incrementally. And increment is the newness i am talking about. The chance to become better. The occasion to rise and put one's best foot forward. Each one of us has erred in the past, committed mistakes. New is a chance to redeem ourselves, to correct our unconscious deeds. I believe the only reason new exists is to enable us to be better, to reach out to the ever-growing potential inside us in a fuller, more engaging way. It is a chance to manifest the abundance of the Universe latent in each one of us in a more dynamic, robust way than we have ever done before.

New is unique. New is original. New is appreciable. New is complementary. New is fresh. New is replenishing. If a glass has water, it will not be fit for consumption beyond a few days. It will have to be consumed or emptied and replenished for it to serve the same purpose. The same garment worn for weeks on end will not stay very clean. Now the same kind of garment can be worn but it should always be a fresh change. A monk could be wearing the same kind of orange robe but it should be a fresh change for the monk to keep feeling hygienic and clean.

When the same family member performs a new action, emit the energy of appreciation to them.

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Compliment your parent or partner when they make a new version of the same dish: "Wow, this pasta tastes divine!" "Wow, you are looking amazing in this dress!"

New is if you have ever slipped. It is a chance for you to reclaim some footing. It is a chance for you to recoup some momentum. Look at the same sun with some new energy: "Wow, i love the energy you are emitting." Drink the same water with some fresh energy: "Wow, i love the way you are replenishing me!"

Every new person you meet is a new opportunity for you to exercise that newness. This keeps you alert, agile and active. Above all, it keeps you alive. It makes you receive every person with openness. Everywhere you look is an opportunity for you to exercise that newness. For example, the sky: "Wow, you are infinitely beautiful!" This is an amazing opportunity for you to experience that newness, regardless of how often you have seen it in the past. That even applies to the same sound you've heard in the past. For example, the temple bell. You may have heard it thousands of times but it is still a new time every time you hear it. So, appreciate the newness of that experience. It truly is a blessing to enable that energy to come about freely, generously. The newness of life is happening every moment. Every new flight is an opportunity for you to appreciate the magic of flying. Every time you see your partner is an opportunity for

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you to appreciate the magic of a relationship. Every time you hold a new book is an opportunity for you to appreciate the magic of reading. These are palpable moments of newness — the moments that pulsate with an obvious lease of newness. Every new movie that you see, every new restaurant that you go to, every new party that you attend, every new hotel that you check into, every new gift that you receive — the very fact that you are a recipient of all this is phenomenal. Count your blessings, thank your stars for the sheer privilege that you are receiving. Only the luckiest have the honour of that gift. Every instant, life is culminating for two people on this planet. Anyone could be among them. The fact that we are still being given that gift is phenomenal. Be newly alive to every newness. Yes, *be newly alive to every newness.*

Give respect to every newness. Show love to every newness. Embrace every newness with your sameness. Embrace every newness with your sameness. Be same yet new. Be ever-accepting of the new. Because that is how our planet is of every new species that is born on it. That is how the tree is of every new bird that perches on it. That is how every flower is of every new bee that sits on it. That is how every cinema hall is of every new movie that plays in it. That is how every blackboard is of every new lesson that is written on it. That is how every mobile phone is of every new text message that is sent from it.

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That is how the fan is every new time its switch is flicked on. That is how every TV set is to every new channel that is added in its repertoire. That is how every oven is to every new dish that is baked in it.

All these entities respond to newness. They bristle to them. They welcome them. In fact, they invite them. In order to optimise their energy, they have to be used and reused anew. All these entities appreciate their usage and the ones that initiate that.

New does not always mean exciting. But it always means challenging. It means enabling — enabling us to experience the joy of becoming better, of tasting the nectar of growth. True work begins when one has reached one's optimal potential. That's when one has tapped one's acme, one's ideal and reached the purity of one's truest expression. That's when begins the journey from truest to fullest. An inspiring journey that keeps getting better every moment. This is a journey about giving back, about enabling the fullness of improvement. To go from trueness to fullness. To the optimum of maximumness. To the oneness of greatness. To the greatness of oneness. To the filling up of the highest energy of the Universe. Like the sun has found its truest purpose. And it reaches out to the fullness of its potential.

At its best, truest is purpose. And fullness is projection, projection of that purpose, playing out of

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that purpose. The better you play that purpose, the more you live it out and the more you are able to live your life fully. The reason most people live unfulfilling lives is that a) they never realise what their truest is and b) they never try to live it fully.

Every new moment of life, every experience therein, every situation that occurs, has a potential to improve our quality of life infinitely, provided we centre ourselves in the fullness of our consciousness, in our superpositivity. Reaching out fully to the truest magic of life perpetually is the basis of all awesomeness. Igniting that truest spark inside oneself fully, keeping it aflame fully, welcomingly, helpfully, thankingly, appreciatively is the source of eternal light. Keep the truest light in you fully aglow, work towards improving its wattage, come what may. That is the most beautiful life.

Give truly, give fully. Give in true spirit to the fullness of your potential. Give your truest love in the fullest way possible. Give your unlimited potential inexhaustibly. Give your endless energy infinitely. Give your deepest approval totally. You might not like the boss in your office. There are two choices: either you resist them or you approve of them. The former might create unpositive energy while the latter frees up energy to either coexist positively or enable more positive creation to happen. The fullness of your actions enables you to feel

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the magic of life truly. The fullness of your own awareness enables you to be truly unaffected by the world and its many vagaries. Free yourself truly of all unpositivity fully. Activate your own potential in an ever-growing way. Shower your truest blessings upon others fully.

The truest magic of life is to live it fully. And living anything fully doesn't mean only living the "good" parts. But the ungood parts as well. If you have a tree in your lawn, you don't just receive its flowers, fruits or seeds. You also receive its shadows and falling leaves. Sometimes you meet people who naturally inspire your enthusiasm. Those are the times it's easy to live out your fullest enthusiasm. Those are the people who naturally bring out the best in you. Then you meet people who test you through their base level of consciousness. Those are the people who on the face of it succeed in dousing your natural enthusiasm and fervour. But if you keep focusing on your fullness to give, like the sun, the people or situations enable you to grow much more than you otherwise would. It is our highest thought that we are able to appreciate fully the truest nature of people, places, things and situations to their fullest, to their purest, without any corruption whatsoever. Whenever we appreciate a creation, we actually appreciate its creator. It's like you look at a painting and say: "Wow, beautiful painting!" The painter standing next to you feels fulfilled,

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feels elated. You don't necessarily need to say: "O, you are an amazing painter!" In praising the painting, you are actually praising the painter. The painter knows it. And would happily invite you to see their other paintings too.

Or, let's say, you are invited to someone's house. At the dinner table, you praise the host: "Wow, this dish tastes yummy!" The host feels great. You don't necessarily need to say, "O you are a great cook!" In praising the dish, you are actually praising the maker of the dish. The cook knows it. And would invite you to taste more of that dish or encourage you to have more.

Life is like that. When we appreciate anywhere, anything or anyone, we actually appreciate the Universe, the creator, the maker of it all. And like the painter or the host who give us more reasons to be appreciative, the Universe too gives us more reasons to be appreciative.

Appreciate the new in everyone: the new thoughts, the new inspirations, the new ideas, the new initiatives, the new resolutions, the new pledges and above all, new efforts. Every morning, more than 8 billion people all over the world put in a new effort to wake up and start constructing their lives all over. Just the effort to get up and reinvolve the energy, to muster the energy to express the life force that resonates inside them is beautiful, is remarkable and must be appreciated. Every person that revives from a failure is demonstrating new vigour, new

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resilience and that is appreciable. Every enterprise that shows resurgence from a fall is demonstrating new fortitude, new buoyancy and that is appreciable. Every action that exhibits rectification from a mistake displays new commitment, new resolve and that is appreciable. The very effort of effort is appreciable. The very energy of energy is appreciable. The very commitment of commitment is appreciable. And the thing is: all this is renewing, becoming new every moment. Nothing is static in this world. It has to be reborn every moment. Even an atom is not static. It has to be reborn every moment too. So, even when we appreciate the same, we are actually appreciating the new. In fact, every time we express our appreciation, it is a new occasion. The previous one is gone. New energy has emerged in us. And has enabled its expression through us. So, we must feel new every moment of our lives. It's like a new life every moment that we are fortunate to live. By the age of 70, one has lived 2.2 billion seconds. It's like 2.2 billion lives in 1! Very few of us actually think of it that way but the reality is: we get to live 2.2 billion times (or more) in this single earthly lifetime. Each of those lifetimes is unique, beautiful, invaluable, immeasurable, extraordinary, spectacular, unlimited. Each of those billions of lifetimes has billions of possibilities in it.



## THE NEW

Here's a way to look at same and new: Same is the creator. Absolute. New is the creation. Absolutely marvellous. In upholding the creation, we are truly and fully upholding the creator. I firmly believe that what the eternal Creator truly wants us to do is to praise the creation: new and evolving every moment, every experience, every situation. So, essentially, we must start to appreciate every new moment of our life in order for us to appreciate the experiences that unravel in those moments. By doing so, we fertilise the soil (of moments) on which the crop (of experiences) manifests. The more fertile the soil, the more abundant the crop.

By engaging in a robust love for every new moment of your life, you will be engaging in a dynamic love for every experience that shows up in your life. Loving and appreciating the newness of every moment of your life will open you up to the very magic of the life experiences that are going to constantly greet you.

Creativity flows from the new. Every moment is an invaluable opportunity to be expressive, to be creative. Optimise it. Make it unlimited. Create unlimited energy in every new moment, in every new lifetime. Give more every new moment than you have before. And appreciate the very opportunity to do so. The way I live, every moment is a festival. Every moment is a celebration, a joyful occasion. I am immeasurably immersed in enjoying

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every new moment to the fullest. Every moment for me is my birthday. And i feel superawesome on my birthday. I party. And i express my uppreciation for all the guests that have come to the party. To me, every moment is a party that i am hosting. And all the situations, all the elements in that moment are the guests who have come to the party. Naturally, it is my responsibility as a host to thank all the guests, to make them feel welcome, to make sure they all have a great time. The more welcome i make the guests feel, the more they will settle into the party, the more at ease they will feel, the more they will enjoy and the more joyful the atmosphere will be.

To enable that joy is my biggest goal — and also my biggest responsibility in life. Yes Thank You Universe for that.

## Chapter 9

# THE DESTINATIONS

Our life is like a river working its way towards the ocean. It starts from a point and it has to culminate somewhere. That is what makes the journey meaningful and rewarding. For a river, regardless of the mountain it has originated in, the goal is to reach the ocean. That is what it has to work towards. That is its continual motivation. Ongoing. Without the goal, the effort would be diminished. It brings out the best in the river.

En route to the ocean, a river endures so much. It falls, meanders, cascades, brooks and goes through such a variety of climbs, valleys, plains. Snow, mud slides, all come and join it somewhat abrasively. Humans dump their refuse in it. Clouds offload themselves into it. Industries dump their leftovers into it. But the river flows through it all, bears it all because it has its sight firmly on

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its goal: reaching the ocean. That applies to every entity in the cosmos.

Because the planet knows its destination, it endures all hostile elements in space. Because the sun knows its destination, it endures all the difficulties in reaching its light to the earth. Human beings are also designed to experience that. Life can often seem hard or difficult, fraught with challenges. Without goals, people lack the motivation to have a rewarding life experience. They become completely devoid of energy, resigned to fatalistic outcomes.

Now imagine a rose. It knows that one day it is going to perish. But before that happens, it knows its goal: to emit fragrance. It fulfils it, regardless of what happens, whichever place it is growing in, wherever it is placed: a vase or a bouquet. It endures the duress and the hardships en route the journey. The rose bears all the elements happily. Because it is focused on the goal.

Destination has two aspects: goal and purpose. It is purpose that leads us to the fulfilment of a goal. Celebrate every destination that you have arrived at in life. The big ones as well as small ones. Yours as well as others'.

You see, every movie exists so that it can be completed. Every book exists so that it can be completed. Every song exists so that it can be completed. Every meal exists so that it can be completed. In its purest sense, destination is not an ending but a completion. It is truly a

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fulfilment. Every journey that starts must come to a fulfilment. Every life that is born must come to a fulfilment. And that is the truest meaning, the pure purpose of destination: fulfilment. Satisfaction. Such a beautiful word! That comes with a truly positive connotation.

Getting to the fulfilment of a journey is not just reaching. It is rewarding. The contentment one feels. The nourishment one gets. It is like eating a meal. Either one looks at it as nutrients. Or as nourishment. The former is just vitamins and minerals, proteins, carbs, fats, but the latter is much, much, much more. It is a synthesis of all the above. It is a union of all the above. In fact, the way that i best understand destination is: union. A union of everywhere, everything and everyone — all that one has undertaken.

Every moment is in itself its own destination. It could be one's last any moment. If one looks at it, one has the opportunity to reach over 2.5 billion destinations in one's lifetime. Every moment requires us to breathe, our heart to beat, blood to flow, our brain to work. Every moment, 7000 trillion trillion atoms are completing their orbit, whirling inside our inner cosmos. Every moment, there are 7000 trillion trillion destinations reached within us! Every atom is completing its destination inside us. Every atom in fact is expressing itself trillions of times in that moment.

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Our destination is not just our mind. Or the goals we set therein. Our destination is the sum total of trillions upon trillions of destinations that are accomplished inside us, as i write them and as you read them. Every word that has emerged from the pen that is expressing itself on the paper that i write upon is a destination accomplished. There are so many destinations that are concurrently being accomplished! A thought is emerging, pen and paper are working in beautiful synchronicity, my left hand is supporting the weight of the device on which i am writing this, the pen is meeting the paper, my fingers are aligning themselves beautifully on the paper and from that engagement is emerging a beautiful assemblage of alphabetical creations, each of which is a destination accomplished in and of itself. In fact, every letter that i write on this paper is composed of millions of points. There are millions of microscopic contact points that are being established between my fingers, the pen and the paper. And each of them is expressing itself perfectly. Each of those millions of contact points is a destination fulfilled in and of itself.

Every breath that we breathe is a destination fulfilled. It is in fact the greatest destination that any human being can ever accomplish. Every time life force activates itself outside the body, a destination is accomplished. Every time that life force enters our body, a destination is

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accomplished. Every time that life force stays inside our body, a destination is accomplished. Every time that life force exits our body, a destination is accomplished. Every time that life force touches the trillions of atoms in our body with its replenishment, with its sustenance, a destination is accomplished. Every time that life force emerges from within the body after completing that purpose, a destination is accomplished.

Every time an organ inside the body fulfils what it was born to do, a destination is accomplished. Every time the heart beats in response to that life force, a destination is accomplished. Every time our limbs move and express thankfulness in remembrance to that life force, a destination is accomplished. The opening of the eye is a destination accomplished. The closing of the eye is a destination accomplished. The eyelashes, eyelids and pupils make a beautiful concert for vision to manifest and are a beautiful destination accomplished. Every time a sound is born, a beautiful destination is accomplished. Every time our ear responds to that beautiful sound, a beautiful destination is accomplished. In fact as i write this, the pen is not just writing, it is also producing sounds on the paper as it flows and segues across its span. Each of these sounds is a beautiful destination accomplished. Every time my hand takes a contemplative pause while working, is not a gap or a break — it is a beautiful

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destination accomplished. Because in that pause resides collective creativity. Creativity collecting itself in order to express itself even more fluidly in the next opportunity. That gap is a metaphor for our life as well.

This book, you see, was not just written in the 112 hours that i engaged in to write it over 45 days. But in the 1,080 hours that occurred in those 45 days. Or, in the 3,64,000 hours that i had experienced by then on this planet. Or in the 1,31,67,00,000 seconds that i had experienced on this planet before that. Each of those was in itself a destination accomplished. And each of those destinations led to those other destinations being accomplished. Every experience that we have in our life emerges from the previous experiences that we've had. Each of those experiences is a destination. And it is complete in and of itself. Like every wave of the ocean is a result of all the previous waves that have preceded it, every moment is a beautiful result, a magical manifestation, of all the previous moments that have preceded it. That is why it is extremely important that we become conscious of the energy that we are emitting in those moments. Let us always remember that what follows is a result of what has flowed. It is a realisation so powerful that i am going to repeat it for emphasis. *What follows is a result of what has flowed!*



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Now the beauty is that the flowing is occurring constantly. And we have the superconscious ability to step in any time and recreate that flow. So, the moment we start doing that — reintroducing a new flow — then what will follow will consequently be recreated as well! The implication is that the flow doesn't have to be a certain way or a fixed way alone. In fact, the word Flow is dynamic. It is ever-morphing and ever-open to creation. You see, if the Universe, the master flower, was closed to creation, then new life forms, whether in the form of a star, a planet, a particle, a black hole or a human, would not have emerged in the physical cosmos. Only one fixed preformatted form would have prevailed and perpetuated. But the very fact that billions of new forms and species are emerging as I write this and you read this, attests that creation and recreation is the order of the Universe.

To the Universe, every species is a destination fulfilled. Every organism within that species is a destination fulfilled. Every life expression within that organism is a destination fulfilled. As we exercise our superconscious choice to recreate the flow of our destinations, we must observe the same example. Let us be detached superpositively from our destinations. Let us rise above each one of them. It is like how friends or beloveds embark on their respective journeys. They look at each other lovingly, then embrace each other, and then let each

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other go. If they were to keep holding on to each other, then how would they enable each other to grow! They have to bring the fullness of their being into their coming together at the moment and then letting each other go. They have to celebrate their coexistence at the moment and then allow other coexistences to happen as well.

Live each moment fully, allowing it to be a destination in itself. Savour the enormity, the expanse, the beauty of each moment. Every morning, as i wake up, that in itself is my destination. I believe the previous night has got fulfilled. Sleep has accomplished its purpose. And my way of arriving at every new destination, every new completion, is that of enthusiasm. I feel absolutely energised by the thrill that a new goal has got fulfilled. So i see my life as not just six, seven or ten goals that i have set, but as billions of destinations (moments), each containing in them billions of destinations (points) that i am arriving at continually. Now just imagine the level of fulfilment i feel at each of these experiences. What an awesome collection of fulfilments my life has become! Imagine if i were to just feel it five or six times — how much i would be short-changing myself! That's what most people do. They just scrape through life, trying to fulfil their six or seven big "dreams", missing out on the chance to experience those billions of fulfilments! And most people in fact don't experience even six or seven also!

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To them, life is verily about being meagre. About just surviving. They are too wrapped up in the minutiae of existing to enjoy the miracle of being. And being in itself is a destination. That's why most people live such unfulfilled lives. Because they are not feeling the fulfilment of a trillionaire, they are pining for the fulfilment of trinkets: those five or six things which, if they get, they presume will make them happy. Ultimately, what about the trillions of things they have already got or are getting! They keep waiting for five or six things in life to be fulfilled by, but what about life itself! When all one does in life is to sleep and wake up and eat and then go back to sleep again, how are they going to experience the magic of so many beautiful destinations en route!

Whatever you do, you can experience the pure joy of fulfilment, of a destination accomplished, if you right now, take a deep breath. Inhale consciously, hold consciously, exhale consciously, hold consciously. Now proclaim joyfully: "Wow, my breath is beautiful and i am loving it!" "I am enjoying every breath that i breathe as part of this awesome life!" "Every breath of mine is pure and complete in and of itself!" When we allow this devotion to our breath, our attention starts to suffuse our highest creative energy into it. It is beautifully said: "Energy flows where attention goes." And the moment our attention starts flowing towards what a magical

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destination, what a fulfilling destination, every breath of ours is, then that's what it magically becomes.

The most enlightened beings, in the ongoing march of human evolution are the ones who have understood every breath for what it truly is: an ocean of bliss! The purest and the strongest destination that can ever be reached. Most of us are chasing other destinations continually because we have not understood the power and the magic of this most wonderful of all destinations. Once one has experienced the ultimate destination, then other destinations will be fulfilled as well.

Now you see, i am expressing the joy of my ultimate destination: complete oneness with my life force in every breath of my being. But then my other destinations automatically emerge from it as well: i write books, i travel the world, i am in excellent health, i meet awesome people, i motivate Olympic athletes, and new, creative ideas shape up within me unlimitedly. Each of these destinations that i am blessed to experience emerge from experiencing the ultimate destination i spoke about. You see, from the top downwards is how brains work, how clouds work. Once we have experienced the ultimate, the unlimited will be taken care of. I believe there are unlimited destinations to be experienced in life, but they all emerge from experiencing the ultimate destination.

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Once we learn to behold and enjoy every breath that we breathe as a destination in itself, then all else will joyfully emerge. Breath should not be just a function of our lives but the very fun of our lives. It should not just be an appendage but an age by itself. It should not just be a step in the ladder but the ladder by itself. It should not be just a building block but a building by itself. It should not just be a means to an accomplishment but an accomplishment by itself.

Every breath emanating from the collective breath pool of the cosmos, contains in it the wisdom of the ages, the destinations reached by trillions of organisms before us. When we breathe in, we also breathe in the fulfilment of all those destinations that reside in that pool, and when we breathe out, we also breathe out our addition to those destinations. It is our contribution to that collective destination pool.

It works like the asset base in a bank. Every cent that any creditor deposits adds to the asset base of the bank. It grows with every cent deposited. The more fulfilment we feel, the larger the collective fulfilment pool grows. The more appreciative we are of every breath that we are breathing, the more the appreciation pool of the world grows and the more uplifting energy there will be for humankind to draw from.

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At the same time, we have to celebrate the more visible, ostensible destinations we have arrived at too! Let's look back on our lives and notice the landmarks: birth, marriage, travel, promotion, a car, a house, a collaboration. Every person has had in their life achievements or destinations that they can draw pride from. Appreciate them fulsomely: "Thank you for coming into my life. I feel so blessed to have experienced each one of you! The gift you have bestowed upon me is that of experiment, evolution, entertainment and enlightenment!"

As i was voyaging towards each of those destinations, i was invoking the higher energy of the ultimate destination. I was breathing more conscious, more powerful breaths. I was speaking words of affirmation, of encouragement to myself, inside as well as outside. My thoughts were getting suffused with the energy of possibilities and with the potentialities of expression. I was driving myself into greater, more enhanced states of focus and clarity. Clear is a sibling of clean. The more clear we are, the more clean we are. And the cleaner we get, the more productive we become, the closer we get to the Creator. Even today, i design goals and destinations in my inner realm all the time: the meditation i am going to do, the chanting i am going to perform today. All these are destinations i strive to reach every day. Hardly a day has gone by in my life without me

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setting a destination for myself. A positive destination — what has now become a superpositive destination. Now, i am constantly engaging myself to see how much i can uplift myself consciously every day, how connected i can feel with the Universe. It starts not as a task but as a resolution. And that is how every destination is with me. A resolution. A pledge. A certainty. Just like the sun believes in its unshakeable commitment to reach its light to the earth somehow, i believe in my unshakeable commitment to reach my light to my destinations somehow. With the power of the Universe and thanks to my fidelity to its true essence: Yes Thank You Universe.





## Chapter 10

# THE JOURNEY

Every life is essentially a journey. In fact, in its largest sense, a journey is the sum total of destinations. People think that destination is the finality but i believe that journey is the finality. Once all the destinations of life have been fulfilled, it is the journey that truly inspires. When we look at the lives of those who have inspired us, we don't look at just their achievements. We behold their life in totality: where they were born, where they schooled, who their parents were, where they grew up, what they studied,, what sports they played, who their friends were, what food they liked, where they lived, who they were married to, what work they performed, what their aspirations were, and so on. All of these put together compose a voyage, a journey. And that journey is what drives us and defines us.

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When we look at an explorer, it is not just the ports they touched but also the ship they sailed on, the comrades they chose, the route they followed, and so on. And that is the greatest thing about journey: it is the sum total. Every breath is a destination and the sum total of all those breaths, a collection of all those breaths is what we call life. Every moment is a destination and the sum total of all those moments, a collection of all those moments is what we call life. Every word in itself is a destination, and the sum total of all those words is what we call a book. As you read this book letter by letter, word by word, line by line, you are actually accomplishing destinations, Even completing this book will be a destination. But what ensues after you have read the book, after you've placed it back on the shelf is a journey. An experience that stays long after the destination has been accomplished. And that is truly what every human life is as well. Long after a person has completed their destination on this planet, their journey lives on — in the remembrance that others have about them, in the thoughts and words others use to describe them.

Destinations in the human context are finite, but a journey is infinite. The Universe expresses its destinations in the cosmos as stars, planets, meteors, galaxies, black holes, and so on. But its journey is much greater, much bigger than any of these. Its journey is a

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sum total of all those destinations. And yet is much more. The momentum, the energy it has gathered en route, is much greater than the experiences that it has had in the cosmic realm. In that sense, every experience is a destination too. It is finite. It happened. Or is happening. But one day it will cease to happen. But the journey will continue.

On a road, markers in the form of milestones are made. They announce the arrival of a place or experience. Where the traveller can stop en route. But then the traveller must get up and go towards an expression of that energy. From one experience to another is a journey. The ability to express lasts much longer than any expression is experienced. A driver who re-embarks after refuelling at a gas station is saying that they have faith in their ability to embrace the journey rather than just an experience. And that is why we must keep going through our experiences in life nimbly, joyfully. Every now and then pause and say: "Wow my life is beautiful!" I say to myself often: "I love the journey of my life forevermore!" At every point in my life i am conscious both of my destination and my journey. I intend to make every destination count in creating my journey. If i keep making my destinations beautiful, my journey will automatically become beautiful. If i keep enjoying my journey, i will automatically enjoy my destinations. Every destination counts. It is an integral part of the process. Without every

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step, a ladder is incomplete. So, i focus on celebrating every breath of my existence, and the journey flourishes on its own. As i flow from one destination to another, i am superconscious of my journey — the energy i intend to leave the world with.

Most people think that their journey is from their birth to their death. But i believe that a journey continues forever. In fact, long after a person is gone from this mortal form. In fact, most of that journey is lived after this lifetime! Imagine someone who is 70 years young. Even 100 years after they are gone, people are talking about them, reading about them, thinking about them. That is the truest meaning of the word Journey. Buddha lived to the age of 80 years. But even 2,600 years after he left, we are still talking about him, thinking about him. We are keeping him alive in our memories. So, his journey is not 80 years — in fact, it begins every time a person thinks about him! It is an ongoing journey. So is the journey of Christ, Mohammad, Krishna, Nanak and all the enlightened masters that have ever walked upon the earth. Even our elders, who we remember after they are gone, are still carrying on with their journey. I believe thought is an immeasurably potent energy, as powerful as form. So if someone lives in our thought, it means they are living in form as well — inside us! Which, as we have discussed earlier, is as important as the outside.

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I place superemphasis on the energy i intend to leave the world with. And that is why i am creating the energy of superpositivity all the time. I know that energy will live on. And that is my truest journey. Not my journey as Vickrant Mahajan. But my journey as energy. The energy that will live on, like air, water, fire, sky, earth. I admit that i was not very conscious of it while growing up, and i committed a lot of mistakes, but as i embarked on this path, i started to improve my actions. I started to make my destinations more positive and my engagements with those destinations even more positive. Each of those destinations is sacrosanct to me. I overlook nothing. In fact, i immerse myself in everything, everywhere and everyone. The magic of life's journey is that it keeps growing every moment. Every thought we have, every action we perform, every word we speak adds to our journey, contributes to our journey. It works like a bank account — charges are happening, whether we realise it or not. When we are unconscious, it increases our debit balance. But when we become aware, it increases our credit balance. They are reflected in us positively. They contribute to our growth consistently.

Every thought of positivity, every breath breathed with positivity, every act performed with positivity, every word spoken of positivity beautifies our journey. And there are two benefits to emerge from that. The journey

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in this lifetime is awesome. And the journey after this lifetime is awesome as well. People who indulge in unconsciousness negate the journey of this lifetime and beyond. And people who listen to the voice of consciousness elevate the journey of this lifetime and beyond. I call it the herein and the hereafter. The herein becomes beautiful. And the hereafter becomes beautiful as well. The herein is what we live entirely for ourselves. And for our immediate families. The hereafter is the legacy we leave the world with. The heritage that we infuse the world with. The former is what we benefit from before we are gone. And the latter is what the world benefits from after we are gone. The truly conscious ones place an equal emphasis on both: the herein and the hereafter. By virtue of their journey, they join all dichotomies, all polarities. They fuse the past and the future, the lows and the highs, the outside and the inside, the same and the new and all the destinations of their life into a continuously magical experience: their journey. They joyfully proclaim: "The journey of my life is a festival that i will keep celebrating and improving forevermore."

Yes Thank You Universe for that.

## About the Author

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

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

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

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

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