



The **FIRE** WITHIN!!

The Ultimate realization!!

Urvashi Mehta
NLP Forgiveness Coach

The **FIRE** WITHIN!!

The Ultimate realization!!

Unfold your true potential and identity.

Write your own destiny.

Contribute to the world.

by

Urvashi Mehta

NLP Forgiveness Coach

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To My Dear Readers

A beautiful gift for you due to your inner callings, I am inviting you to make your stay become blissful while we are here on this planet. Universe is so kind and full of love for all of us, hence it has given a privilege to experience this life.

The time is Now to realize it, in this moment, if it is not now it is going to be never. Allow yourself to experience it!! You deserve the ultimate ecstasy of this profound life.

Urvashi Mehta

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***Questions stimulates the cognitive process of
retrieving information from your own subconscious
with permission of your conscious.***

***Ask Great Questions to get Great Curiosity and
Guidance from within and from without.***

PREFACE

***“The Fire within!!
The Ultimate realization!!”***

This book is going to unfold a secret of all of the burning questions that we are holding all along our life. The book will allow you to reach your ultimate state of health, wealth and happiness by realizing the alignment of physical, mental, spiritual and karmic aspects of human life.

You will find deep understating of

why spiritual levels have to be aligned? Why are we suffering to the different areas of life? What is the solution of each and every issue in life? What is the need of surrender? How can we get the original identity of ourselves? What is the root cause of fear? How is it affecting to our life and health?

This book is going to bring you joy, ultimate happiness, blissful health, flourishing wealth, beautiful relationships, unlimited success, enormous money, eternal peace, and so on because you are going realize that you have the power to achieve, attract and re-design your ultimate life path.



Universe is very kind,
It sends messages through a person or
a situation who crosses our path!!

Urvashi NLP

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INTRODUCTION

There are multiple reasons to smile and be happy each day!

It is our own perception, belief, conditioning and situation around that we create a reason to smile. We are humans, most of the population in this world is driven by outer/ other peoples will. We don't have time for ourselves to realize that those smiles are temporary and superficial if it is depending on outside circumstances.

I want to give you a real reason for a smile every moment which comes from within, from soul. After realizing a person's original identity, you will not seek a reason to smile but you will become a reason to smile. Because your own existence and being here in this moment will make bursting and blasting in your own happiness.

The Secret of happiness and success is going to unfold here. If I make you realize the truth that you are master piece of the creator, and you were created out of his love for you!! You are a spiritual being experiencing a human life for a brief time!! your deep understanding of this truth will give a bright smile every moment of life no matter what is going on around!! You will realize your own powers how to decide your own path and manifest your own world!

Find your real potential within yourself that you explore your inner power and your purpose of life. You can shift yourself to the next level where most of the population is not ready to imagine yet. Once you do that you will consciously design your path with magical power. Universe has given a privilege to every human being to experience its power.

Be ready and allow yourself to unfold this magnificent moment where you are going to love yourself every moment. You are reading this book, is a sign that you deserve this treasure that will turn your life to create your own destiny the way you want!!

In this era where, human is thriving and flourishing like never before in human history. We have all materialistic world which is giving us comfort and facilitating our life which only could have been imagined as a dream. We have money in the bank accounts, big houses, branded car, cell phones, successful business, artificial intelligence and a huge list of our inventions.

We are becoming conscious of health and our spiritual life too. Humans have evolved so much that he rides car to go to gym to ride gym cycle which does not go anywhere. Lots of meditation and yoga are in the fashion now a days. Hence, physical health and mental health are crumbling like never before in human history. We are taking medicines to heal and suffering with side effects. We are doing meditation and still managing stress levels. We are calling ourselves the sophisticated people but have lost the vision and

consciousness of health, wealth and happiness. We have all what we ever wanted but still we are not fulfilled, we are feeling that still something is missing. This feeling of, what is missing as a true human, drives us towards spiritual aspect of life.

It is very important for us to liberate ourselves and understand what is the important aspect that we are not able to understand. If we sense root cause we will liberate from illusive attachments and meditation will work in no time. We will recreate health, wealth and happiness. We will have power to surrender to the Universe. We will realize that being human is super and start feeling blissful once again.

CHAPTER 1

Open Yourself for New Acceptance!

“Happiness can exist only in Acceptance”

– George Orwell

A New Identity!

It happened to me once that I was trying to fill a bottle with fresh water, I was pouring water in the bottle but water was not getting in the bottle.

Do you know what could be possible reason? Yes! You are right. I did not pay attention to it; I did not open the lid. Lid was tight closed and I believed that I am filling water in the bottle. Hence that action happened but I did not get results what I wanted. Can you think what happened next? I opened the lid and started pouring water, still I noticed that water started flowing out, instead of going in the bottle. What I

missed this time was I forgot to empty the bottle which was full of stale water already in there. I do know that I need a fresh water but If I don't throw old water and empty the bottle, would I be able to pour new water in there?

You are going to think, what is wrong with you Urvashi!

How can you do that without making space there!!

Exactly, that is my point here!!

I am going to unfold the secret of life, money, health, wealth, happiness and Universe's will. In this powerful book all the dimensions are unfolded without any boundaries, but I will only be able to deliver that knowledge to you if you open your lid and empty your bottle and make some space for the new.

I mean make yourself available by these two points,

1. Firstly, open the lid of mind by bypassing the filters of our perceptions and judgments.
2. Secondly, empty yourself of what you have gathered all your life from emotional perception, ego, believes, thoughts, judgments, what beliefs you have for yourself the way you are until now, means "Negative Emotional garbage"

Once you do these, you are empty and open to accept what I am going to explain here.

Here you go...

Keep in a mind that these three aspects decide your life and quality of your life:

1. Beliefs - that are collected in the mind all our life.
2. Rules - that we have set up for ourselves based on beliefs.
3. Values – that we have set up for ourselves as a personal standars based on rules and beliefs.

If we have right beliefs, we will set right rules for ourselves, this will create precise values and it will take us to the highest goal of life.

That decides the quality of life, and quality of life decides our health, wealth, happiness, success and fulfilment.

Beliefs create or destroy ourselves. They control our life and all the aspects because they are co-related within our mind, subconscious mind and core. If we set them right, we can change entire life and beyond.

In this book that is what I am going to do with you. I am trying to explain the truth of Life and Universe that will help all of us to try to change our belief.

This is the very first step where we change belief to create what do we want in our life. I have deeply experienced that law of attraction works when we reach to this state of mind. If we do that first step successfully, it is a sure-fire proof that we will be able to go to next level for success and happiness.

There are spiritual and scientific ways that exist, that can help to change our belief, no matter what we have gathered on the way in life from anywhere. Again, we need to understand that we have power to create our identity. Most of the population on this planet have their own identity in their mind which has been created by someone else. Now I want you to have keen and deep understanding what is being explained here.

What we have identified ourselves is our own image for ourselves within us, within our own mind. Have you ever

thought about it what has happened to us instead? It has mostly been decided, assumed or just thrown at us by perception of parents, school, friends, society, media, this world and so on. How we identify ourselves is a bunch of memories and expectations of all of these people that they have said to us in direct or indirect ways. Based on that we have made a self-image.

In addition to that, this is the world where information is blasting everywhere and every moment. Now most of the population is on Google, YouTube, social media, television and media gathering all kind of information, regardless it useful or not. The more information is eventually destroying people, since it creates more wrong beliefs which eventually destroy humanity.

In order to avoid that it is very important to find out, “who you really think you are!!” I want to rephrase this sentence since important word is just not enough, ‘I feel it is of immense necessity for an individual to find out who you are to re-create your life!!’ Otherwise, all the endeavors and struggles we made through life for happiness and success will be in vain, pointless and hopeless. All lesson we are learning through life will be without clarity and we will miss the whole point of life and existence.

Life has its own way to repeat the lessons until they are learned. If we don’t learn them, they will keep repeating in the patterns to make us realize.

You are not a mind nor a body. You are not what this world has told you. You are not what you have kept as a memory in your mind. You are not what people have expected you to be. You are not who will be dying with Death, nor born with birth. You get a body when you are born and give body back to nature when death happens. There is a long list of what you are not.

But I want to tell you that who you real are. You are an eternal being, temporary in this human body, experiencing human life for a particular brief time.

***“We are not a human being having spiritual experience.
We are a spiritual being having a human experience”
— Pierre Teilhard de Chardin***

We are made of energy, as science has proven, if we understand what metaphysical science has to say about existence is, we all are made of energy. This energy keeps changing in different forms with change in our intentions, hence this material world keeps forming on the basis of human intentions.

There are Nature’s laws, all the lives are driven by them. We can call them Universal laws too.

Now what are we made of ? We are made of five dimensions.

1. Physical

2. Energetical
3. Mental
4. Emotional
5. Spiritual

The rule of nature or Universe is we need to align all these five dimensions with each other to make life fulfilled and successful. If you pay attention to all successful and fulfilled people in this current world, they have aligned themselves with Universe. That is how they access the magical power to make their dream come true.

Didn't you ever think why some people in this world has ability to create history or do inventions, help humanity, cure themselves, showing the path to liberation, create enormous wealth and create millions of jobs for other people. Who are these people? Who have they become? What do we call them? How have they achieved those goals?

Scientist, Billionaire business man, revolutionary person, yogi's, sages, author, doctor, engineer, designer, architect, inventor, generator, author, writer, initiator, developer, originator, producer, director, maker, artist, teacher, healer, communicator, cook, etc. If they have achieved and change history, it is a message from Universe to all of us that it is a time to realize that how we can make ourselves available to go to next level.

To go beyond, we need to be aligned with Universe and there we are. Now, we have access to the Universal power,

knowledge and that Omni present or what scientist called is living enlarging consciousness, divine present.

We are going to make changes on all the five levels of an individuals. Why? Because they all are depended on each other. If we want to evolve ourselves, we need to lift from the current level wherever we are right now. All we have to do is, accept and allow ourselves for the deep realization what has been written in this book in every chapter and how they are connected with each other.

So, if we understand every chapter what it is delivering than we are bound to understand the next one. At the end of this book, you will have perfect blueprint of your own potentials and identity. Identity has direct impact on success and satisfaction.

Allow yourself, prepare yourself and empower yourself with a new identity of yours which is going to give you a real, purposeful life and contribute to this piece of life by realizing who you are!! Feel yourself within your body.

Essential take away....

1. Open yourself up from your own perception and beliefs
2. Accept your new identity.
3. You're an eternal being beyond this physical world.
Start experiencing yourself withing this body.

CHAPTER 2

Write Your Own Destiny!!

“The only person you are destined to become is the person you decide to be.” – Ralph Waldo Emerson

Be fearless!! Be awesome!!

Now you are aware of your identity, we are going to next step to realize that you are the creator of your own path. Universe has given that privilege to every human and every creature to decide and manifest your own life path. This is one of the secrets, which is going to dissolve the belief which we have carried most of the life. Fear is holding your power. It does not let you realize who you really are.

Let me explain...

"Fear is a consequence of being unconscious. Being fearful does not save us. Only by being conscious can."
-Sadhguru.

Let's understand this quote...

Fear is a state of mind where we feel that someone has control over us and what should happen to us. All our life we have fear of everything at some point and we let others to rule over us. We feel helpless in such a way that constantly that uncertainty is killing us every moment.

Fear creates such a state of mind where individual being losses their conscious sense and becomes blind followers. Fear is one feeling which is ruling the most of the world right now. This feeling is so blended in our day-to-day life that we do not realize how much damage it causes to us. We are losing health, wealth, peace, courage, goals and etc.

Types of fear

So now next question is

What kind of fear we are having in day-to-day life...?

- Fear of lack of worthiness.
- Fear of not being successful.
- Fear of failure.
- Fear of relationship.
- Fear of financial situations.
- Fear of losing what we have.
- Fear of others' opinions.

- Fear of losing health.
- Fear of being lonely.
- Fear of not being loved.

And so on...

Sources of fear

Now some very important questions. What does create fear? Where does it come from? Why do we hold it all our life?

Fear comes from our belief, our perception, expectations, society, world, the life style that we choose and self-expectations. We have gathered all of them all along the life, consciously or subconsciously. We keep them inside us. Mind has power to manifest the reality from our thoughts and emotions so it does re-create the realities from what we believed and what we have gathered in the mind until now.

We are surrounded by all distorted belief and perceptions that we are very far from the truth. It turns in the different form as anxiety and depression. On top of that we believed that stress is a common part of today's life. We have developed new ways to relieve stress. We are doing meditation, exercise, spa, and lots of stuff. That is excellent. We need to definitely invest our time and ourself for those activities. In addition to that what I have understood is we need to find the root cause and remove it. We need to identify the issues related to it and rather than giving instant gratification to ourselves, we should find permeant solution to it.

Fear is controlling our life and success. If we become free of this controlling feeling, we realize that I have power to get what I want in life and then we can write our own destiny. We can manifest the world of our own desires. Instead of living life where we only can resolve our own issues, we start contributing to the society.

That time is now, we need to realize now. If not now there will never be in the future. It is a time to realize who you really are? What you have got that can transform yourself in this very moment?

So ready to write your own destiny.

Let's start....

Now there are two ways to be fearless

1. Temporary
2. Permeant

1. Temporary Fearlessness:

We can become fearless temporarily by motivational videos, talks, by reading successful people's story and so on. They will keep us motivated for some time may be for some hours, some days or may be for a month or so. We get in a state and start working with motivation but again we lose that burning desire and start dropping the energy and hope for goals. The reason is fear stays in our subconscious mind. Our

conditioning is so deep with fear from childhood, parents, teachers, friends, society, school, university, workplaces, knowledge, media and so-called perception of the people who has made certain boundaries. Our mind is conditioned not to cross those boundaries. Even successful people believe that they are success full but deep down they feel they have not achieved fulfilment, so it is vice versa. Fulfilled people believe that they are satisfied with life but deep down they feel they have not achieved success. Temporary removing fear will mask our fear for a while but it never truly liberates us. Never allow us to think beyond.

2. Permanent state of being fearless

If we realize the spiritual aspect of life, as what it means to be human, why we are here on the planet, what is the purpose of human life, what is there beyond mind and body, what is there beyond this life, why I am close with certain people and hate certain. why? and tons of questions so on...

Let's understand that I am an eternal being temporary in this body having human experiences based on my own karma which leads to my destiny. I, the soul, within this body who holds the power to change my life and all around me. Being conscious of our own intentions, actions and thoughts, which calls our KARMA. Our Karma decides our destiny. We are the one who is responsible to choose right karmas to create beautiful and successful life. If things are not right in our life, we do have the power to change it right now, right here.

We are here to do things right in Universe's way. By being conscious, we can get liberation from this world and which can give us permeant freedom. Since we stop identifying ourselves with limited identity, we start experiencing freedom from this very world.

This understanding will take us to all the way from fearless State of permeant freedom.

We realize that universe has given power to us by doing right karma that we can write our own destiny. Once we know the truth hence, we can change the beliefs and our thoughts that mind can starts manifesting our path.

Destiny is not written by Universe, or some other person. Universe does not write our fate, a predetermined state. When we start thinking that someone up there who holds the power what should happen to us that is where we start fearing everything in life.

“What goes around comes around”

— J. B. Hixson

It does not mean we need to be fearful of karma. All it means is we need to start living in awareness of kindness, forgiveness, empathy, love, respect, acceptance, gratitude and selflove towards every human being, everything what we have in life, every moment, every breath, nature and so on....

When we become grateful and thankful for what we have, we start living in grace which brings liberation, freedom.

True freedom of life is the ultimate purpose of human incarnation. We all have privilege to make our stay blissful while we are here on this planet for this brief time, called human life. Because we are spiritual being who are here in this body experiencing human life for a flash of time.

Fearless....unlimited possibilities of life and beyond.

“Life begins where fear ends”

— Osho

Essential take away....

1. You become permeant fearless.
2. You are responsible for your own KARMA
3. You are the writer & creator of your own destiny

CHAPTER 3

Let's Understand Mind & Ego

“I’m neither the Mind, nor the Intellect, nor the Ego, nor the Mind-stuff”

--- Swami Vivekananda

Mind has phenomenal power to re-create your biochemistry and hence it has miraculous strength to create new path for us. All we need to understand is difference between mind and ego. We understood how to remove fear, so next step is Let's give direction to the mind. Mind is phenomenally powerful dimension of human body, but when it comes to Ego, it kills everything, it creates suffering. The quote is referring mind as Ego.

“The mind is a beautiful servant, but a dangerous master”

— Osho

If we understand this quote in spiritual way, it is very beautiful to realize the root cause of our unhappiness, why we are in the fear and not be able to achieve what we want.

Someone ask this question that, why in this era of the world where human being has achieved an enormous success in every area of life, and still, most of the population on this planet is in the pain.

All kind of pains - physical, mental, financial, success, and so on.

Everyone is suffering everything,

if we have job we suffer, if we don't, we suffer.

If we are married, we suffer, if we are not, we suffer.

If we have kids we suffer, if we don't, we suffer.

If we have lots of money we suffer, if we don't, we suffer.

If we have knowledge we suffer, if we don't, we suffer
so, what is the cause and why is that so.....

To understand.....

This is an example that you are the owner of the branded car, a red Ferrari. You got this car just few weeks ago. You are going in the car for important deal of your life which you have waited for all life. Reaching on time, without any obstacles on the way, is very important. At the same time, your safety as well as, car are important for you. Now you are sitting in the back seat, your driver is driving car. You gave him instructions to follow all rules. Now after some time you have slept in the back seat in deep sleep that you are not going to wake up any time soon and driver knows about it. So now, he is free and is not following your rules, he abuses you with his driving skill, speeding, putting breaks so hard. He broke all

your rules, now your safety and life are in his hands, not in your control anymore. Your servant has become your boss and you the boss has become servant because you are victim of his act.

Let's under this episode...

The driver is playing a role of your ego and you, the consciousness, who is really a boss, is sleeping and letting ego to drive your life. This is the root cause of suffering of entire humanity on this planet.

Ego is selfish. It creates and expects unrealistic aspects. When we are saying our life is not happening our way, why, because someone whom you hired for your facility, which is called ego, has become your boss. He, the driver, has got his own rules. Answer is that our life will not go the way we want because it is in control and rules of ego, not ours anymore. Ego has got its own perception, prejudices, all kind of fears, boundaries which were created by society and so, there is already a lot more chaos than we could imagine.

This is the reason that we decide to do work on our goals but still we fail at some point. We do make vision, take resolution every year, draft the plan, goggle the things, watch all types of videos on YouTube which could possibly help. But still at some point we get lost. Because the fundamental issues of minds are not cleared. First, we need to clean up the garbage of all negative emotions and identity from mind. There is understanding of our own real identity which would help us

to find out what is the low point of our perception and how do we raise them up. What are my limited beliefs that I am not able to go beyond?

It has happened with all humans that our life is in our ego-based mind. Fear and all perception are controlling the mind. We are suffering our identity and attachments. This stage will never give us freedom but always we go to a pit which is bottomless. Pit means we don't know where we are going but we are going which leads us to darkness.

So, let's be aware of what is happening to our mind.

What do we say about life in day-to-day conversations?

Life is not easy.

Life is a struggle.

Life is hard.

Life is not fair.

We hear these phrases, we say them, and we believe them.

We think that we are enjoying our possessions but actually we are suffering them. If we were enjoying, then we should have been blissful by now. Since we have achieved the new era in the humanity, we should have been the happiest, most healthy, and ecstatic human generation on this planet at this moment. However, we all know that we are not. So, let's be brave and take charge of our happiness and ask this question, why?

We are living life in the mind, we are functioning with mind, mind is ego, it functions with ego. Whatever is based on ego,

which leads us to attachments, attachments tie us down. If we are tied down, life will become prison and it will create suffering and misery in all areas of life regardless how much we have achieved in this materialistic life.

Mind where our ego lies is ruling us and that is why we have been attached to all kind of suffering which is leading us to the life which feels a trap, not a freedom. Ego is dependent on outer world for happiness, worthiness and satisfaction. Ego is attached with possessions and expectations. We are attached with all we have in our life. It is beautiful and amazing to have them. Actually, it is privilege to have them, but we cannot control them or possess them mentally and emotionally.

What is attachment, is described in Chapter-6

Our misery and happiness are solely depending on all of these outer aspects. When we call that I own them, they should behave my way. We start expectation towards each and every one, which will never be fulfilled since they are individual matter.

When we think that our happiness is depending on them, they control us. Any actions and reaction of theirs, will bring us misery. When we call them, they belong to me and they should be my property, they must behave my way, its attachments.

They are part of our life. Their very existence is to make this life facilitated. Our life is not what we possess, but how we feel within us. It is pure and free of everything. It doesn't need

to be depended of anyone to be happy.

Be sure of this understanding that being detached does not mean we should not have those beautiful emotions with anyone. Emotions are powerful phenomena which we are privileged to experience.

Detachment is very misunderstood word throughout ages. We understood being detached means not having any feeling towards any person/situation and martials stuff in life. Being detached means I am in love, but I don't own, I adore, I care, but I wait, I set you free. I am totally in compassion.

We do enjoy life with what all we have but we do not depend on them for our happiness. We give them the best of us without expecting anything in return. we achieve true liberation from this very entire world. It actually creates compassion towards every life around us.

“Darkness is the absence of light; Ego is the absence of awareness” — Osho

At this stage, we start evolving our self though consciousness. Being conscious means aware. Aware of our own action, feeling towards other being, using materials but not identified with them. We take charge of our destiny and actions without blaming someone or Universe itself.

Life is our own making, but this miracle happens only by being conscious, being aware of every moment, and letting

mind/ego use as tool, using ego only when it is needed, otherwise take charge of yourself.

Why meditation is so popular in this era of humanity, because it is a technique to silence the ego and find the peace within. Once the mind is silent, we have higher chances to be aware. We will be able to stop that mental chatter which is always on for most of the population, which is most of the time unnecessary. When we achieve this state, we become the finest version of human being.

“When we learn to be silent, we will be home, anywhere we go.” — Osho

Let's go learn how to silent the mind-ego in the next chapter.

Essential take away....

1. Ego is selfish
2. We are suffering due to ego.
3. We misunderstood attachments and detachments.

CHAPTER 4

Be in the Present Moment

“The point of power is always in the present moment.”

– Louise Hay

Tomorrow never comes, it is always today! This is one of the beautiful quotes which helps me find my inner peace whenever I am stress out with this hectic life schedule.

Why is it important to realize about present moment of our life? Because we have achieved the peak of successful era of human life but still, we are feeling that we are missing something.

The biggest situation this world is facing right now is, we are very much aware of our healthy diet for the body, we care about our financial status, we care about big house, branded car, beautiful/handsome/loving loyal partner, or so on. It is absolutely necessary and privilege to have them in life. Because life is about balancing all the areas of life. If we are little less in any of them, we lose the fulfilment.

We go to gym, go for run in the morning, put ourselves on schedule diet, read tons of book about how to be fit, watch all kind of videos for health. It is great that we are doing that. But do we care enough for our emotional health? We are not even aware how to take care of it. We don't think about our inner world.

Why?

We never knew that emotional health is as important as all other aspects in the life. Since this has happened, whole lot of people on this Planet are suffering with mental issues. People have all they want in their life, most of the people have reached at way better stage which they have desired at one moment to become in their life or earn in their life.

In entire human era, this is the best time where we have arrived where technology, quality of infrastructure, new innovation, medical technology and information technology, is in best mode which human life never had it on this planet. We have better jobs, lots of people have found new ways of making money, Individuals are becoming independent. Obviously, exceptions are always there. But there is no doubt about it that we have reached the peak of human era.

So now question is why we are still feeling that something is missing, we are not happy from within. It is time to stop, pause the mind and have a glance of deep understanding that what it is here which is very essential that we are missing. Something is that we are entirely over looking at life, a true drive of

human life.

***“One who has reached the Inner Peace, will never desire
anyone’s attention or validation for their being”***

– Urvashi Mehta

All we are missing is mental peace, we are not satisfied within. We need outside world for approval of our life. Most of the population is on the social media sharing their perfect life and people are getting disturbed with them even if they are doing good in the life. People are stuck with past memories either good or bad. They are stuck with an imagery future, either we are comparing with others or expecting to happen in future or has happened in the past.

It means mind has entire past memories which we have lived, does not matter if it is good or bad. We are attached to both of them. Mind has imagination power and based on our desire and insecurities, mind keeps imagine whole picture or a series of picture which we call our future, which is not our reality yet but at the same time, our suffering is growing by attaching to it. Past is just a memory and future is just an imagination so only reality, is a present moment which is right here right now, at this moment where you are breathing. It is just a fraction of moment to realize that we cannot control future and past cannot be changed. All we can take charge and be responsible of that present moment, awareness of present moment.

We forgot to live in the present. Therefore, we have missed whole point of being aware. We lost the life, energy. We have

left with idea of living life. We are thinking for life somewhere it is going to happen in the future or it has happened, still were not got over with it. But we forgot that life is happening now, Yes Now, in this moment, when you are reading this book, this line, this word. This moment is going to shift your life because you are going to realize that you are in the living moment, celebrating your life right now.

Why is it necessary to realize? The time is now to realize. It is Now or never!!

New fashion and new trend which has developed that people are keep saying is, live in the moment. But actually, there is no other way of living, all we have is right now, this moment where each breath we are taking. That is all we have moment to moment. There is no past, no future. If we start realizing then that magic is right here right now, where we can get liberation from this very world and every moment of our life.

It says about present moment, where we are supposing to be living. All we have is present moment, there is no past and no future. Yes! you read that right.

Again, same question arises why mind does not take instructions. Because we have identified ourselves with mind-ego. Ego is built on past memories, beliefs, perceptions, expectations. Unless we cleared this emotional garbage out from mind, we cannot be fully at peace within ourselves.

Mostly everyone is driven by ego/mind, not by awareness. That is the cause of all human suffering. Since we are not

aware of our nature of existence and who we are, it leads to suffering.

One of the living yogis has said so beautifully, which has given me power to see this world form another dimension is....

“Pain is inevitable but suffering is optional”

– Haruki Murakami

So now, it is up to us what are we choosing for ourselves. If we become aware of every action and thought, indeed we become conscious of each moment.

There are different ways to be in the present moments. Many meditation methods are being used to calm down the mind. My understanding is that, first, accept the spiritual aspect of human existence and then start doing mediation. It will be effective in a way that we could have not imaged possible power lies there, in the moment of realization, within ourselves. All we need to do is, we have to hold that awareness each moment. We are free, we have freedom from everyone and everything around us. That is the true nature of every soul. That brings eternal peace within us. Let's experience this peace.

Eternal peace is our natural state. Once we reach that state, we are at home, Welcome to home!!

Essential take away....

1. Life is in the moment

2. We forgot to live in the moment due to on-the-go life.
3. Stop living in the painful memories and imaginations, both hurts.

CHAPTER 5

Understand The Universe's Will

“The Universe will start to rearrange itself to make it happen for you” – Rhonda Byrne

We suffer all life by thinking why particular things have happened in our life. We feel victim for certain circumstances and be in that pain all the life. We carry burden of those toxic people and toxic events throughout our life. We repeat those incidents in the mind and in front of people thousand times, actually by doing that we are increasing the pain. This anxiety is affecting health and happiness all along. We blame them for giving pain to us and creating uncertainty. We ask ourselves why this has happened to me though I have been good all my life, I have never hurt anyone.

So, let's take deep dive and find hidden treasure which is definitely going to bring end of all suffering. Yes! you read it right!!

"When we identify ourselves with limitations, we suffer this in this world instead of enjoying it!!"

– Urvashi Mehta

Let's talk about Life... What do we call life or my life? Life has a different meaning for all of us.

It is a combination of all

- these facets.
- Health
- Money
- Relationships
- Career
- Success
- Spirituality
- Liberation and so on....

All of these facets are part of life, they facilitated life, they are not the life. Life means what is breathing and throbbing within us. That is a pure life. We, humans, have created different features to make life more delightful and experienceable. We have mistaken over a period of time by thinking that they are the life. We have attached to them and now it is so overwhelming due to imbalance of all these sides which is affecting life.

No matter how much we are successful in all of these above facets, being wealthy, healthy, beautiful relationships and so on. There comes time in life at some point which brings

unhappiness, doubts, illness, not having enough money, bitterness in ourselves as well as in our relationships. One rainy day or a word of someone, a nasty thought which we have picked up from social media can ruin a day. Eventually, this type of attitude in life becomes habit. If it lasts for some days or long period of time, we are going to depression. That depression brings all kind of disease. Science has proven that 90% of the human issues are psychosomatic. It is created by subconscious due to depression. We are taking medicine, doing yoga, exercises, meditation and possibly whatever we could do. Still, we are helpless and not able to cure the issues fully. So, we think someone has control over us. It feels that we cannot resolve them. We lost everything even after we have achieved what we ever wanted in life.

We feel that we are lost in the mid of life, do not know what to do, no advise works, no faith works, even after all wisdom that we have achieved in this life, we failed at some point in life. That feels storm which is wiping out and wrecking our soul. Why do we feel that? Because, that one situation or a person or a place which starts giving us hard time through their actions, words or outcome of the togetherness. Whatever we do to fix with them it just does not works.

We start complaining to Universe if he is doing right, we blame him for doing wrong things to us. We question to karma theory if it is really in place and working. We will scream why only good people suffers and the bad ones enjoy life.

We question about Universe's existence too. This is the very

crucial time of life because we would be the one going through storm and the rest of the world seems fine. Friends, family will give advice, will not make sense and we find irrelevant most of the time and at a peak of our soul screams why me. What is my fault?

This is the time where divinity comes in play, a divine power. That point of time is demanding to understand about a conscious, divine and constants enlarging form which is around us, within us and filling each space in this universe, which calls Universe or a formless substance which is proven by scientist.

The existence of universe is blessings for us since it has divine will to help every human on these planets to always flourish and get to the next level.

When we face certain circumstances in life which is the sign of our karma and at the same time universe is at its divine, will clear our path with certain toxic situation or people, sometimes we are not ready to give up those toxic people, so universe plans certain storms to come in life and create a situation that naturally they go away or we give up on them. Most of the time we fail to realize that it is not mid of the mist, one door close that does not mean life has stops for us. Universe has plan to open a new door, new opportunities for us.

In fact, Osho Rajnish says that God is the source of kindness that he would only close one door when he has opened a new

one for us. He has already planned a better way, a better path for us. That is us who lacks faith in him. We lack of devotion in his will. IT is the divine reason that we find ourselves lost but all it takes us to look around and to realize which is new door that is going to bring new opportunities for us.

Why we have certain sayings ...

"The bend in road is not end of the road!"

"Whatever happens is for a reason."

"God knows what to do"....

"It is not the end yet if everything is not well."

All dot connects in the end of life and we realize why we came to the planet. This is so powerful statement for me.

“Not all Storms come to disrupt your life, some come to clear your path” – Anonymou

We think that the storm, in the life, is giving suffering but actually it clears the path so we can walk with better vision and leaving all toxic people behind

So, get up, Smile, a big smile and tell yourself....

A divine declaration, a meditation....

"Universe that I have come to know and I except your bigger plan for myself. I understand you want me to take new higher levels of life and you do not want me to get stuck at older way of life. By sending this storm you are clearing my path. I am grateful for your grace. Thank you."

Essential take away....

1. Stop feeling victim.
2. God knows better what do you deserve.
3. Your pains are the doorways for new opportunities

CHAPTER 6

What is Attachment?

“The Root of suffering is Attachment” – The Buddha

Why we are not happy with what we have?

Because people are not asking this question to themselves!!

If they ask, there are high chance that they will get liberated from their very own unhappiness!

I want you to hold on this question and the answer that I am going to explain here, you are about to open a new life for yourself at the other end of this answer if you allow yourself to accept it!!

We are conditioned by this society, which is ruled by their opinions, that makes us happy or what we should achieve. This is like a rat race of success that people are attached with. Everyone is running after something that their subconscious is conditioned with. My point is, we are here on this planet and

this very material world is created for us to enjoy it and experience its vastness, but we have identified ourselves with it, attached to it so instead of enjoying it we are suffering from it.

A beautiful story of Buddhist monk, it explains beautifully what is an attachment?

This story is an amazing example to understand what an attachment is or what is being called attached to something or someone.

Once there were two Buddhist monks, one was master and other was disciple, going to their monastery. They had little long way to go, which was going through a village. There was a huge flood and they both were still walking through it. They both saw a young woman, was struggling to cross the water and she was not able to go to the other shore of that water. As no one was around, that young woman requested these two monks if they can help her to reach where she wanted to go. So, the master told disciple that lets help that young woman. Disciple got little heisted because in Buddhism, monks are supposed to maintain a distance with woman. But in this case his master who knows all the rules was telling him so he kept quiet and followed him. As water was very heavy, master finds only way to help that woman is he lifted that young woman up and took all the way through water to the next shore. Disciple was astonished with this situation but being with master, he kept quiet. Now they both started walking to their own way. Master was quite but as usual he was in his state that like

nothing happened.

Disciple was walking with him and just observing him quietly, but inside his mind he was blasting with those thoughts, what just happen a few minutes ago. He was thinking that they are not supposed to touched her and still master did. Why did she ask for help when she knew that we are monks? why master had to lift her? Why was this happened. Why master did not say that we cannot help you because you are woman? His mind was constantly thinking about that. He tries to keep himself silent but he could not. Now they both walked so far and it was a quite long time. He could not be silent anymore. He just jumped and asked question to the master. He asked that Master, please tell me “why did you help that woman? we are monks and we are supposed to maintain distance. We are not allowed to attached with that kind of influence. Please explain.”

Master smiled so gently and replied that “I left that woman to the shore of the water, but you were caring her all the way here.”

He smiled again and kept walking.....

This is the difference between attachments and detachments.

What we need to learn from it...

Stop attaching/identifying your selves from the world's identity.

Detachment does not mean we need nor to have feelings. It

means we definitely have to have compassion, respect, faith, and responsibility for every creature on this planet. We are here to experience the beauty of the humanity and planet, it is just that our happiness and misery are totally not dependent on outer world. We should be independent from them and choose consciously either we want to be happy or sad.

Essential take away....

1. What we are keep carrying in the mind all life is an Attachment
2. Attachment takes away power from us and it creates illusion of possessions

CHAPTER 7

You are God's Perfection

“Respect yourself and love yourself because there has never been a person like you and there never will be.”

- Osho

What an ironic statement is, because if we see the depth of spiritual meaning of this quote, it is the first important lesson of our existence.

When I read first time this sentence, I got goose bumps because I realized what was missing in my understating which was hindering my journey within. I was trying to find that gap which was keeping myself away from that eternal peace which I was looking for. I was not able to access that dimension until I realized the immensity of this quote was going to bring for myself. Now a days, we hear that love yourself, if you do then only you can heal.

I want to emphasis that until we understand spiritual aspect of our existence, we cannot love our self truly. In normal flow we understood, this sentence as just that love yourself or love

for only yourself. But actually, self-love is very shallow understanding if we do not realize the higher insight in which we indeed love our self and every life around us. To have vast and deep realization, I had to ask myself certain questions which are very simple but with vast depth as....

Who am I?

Why have I end up in this particular place/life?

Why am I here on this planet?

Why am I the way I am?

Why have I certain people in life who creates happiness or misery in my life?

Is there anything after this life?

What does happen after death?

What does happen before birth?

What am I doing between birth and death?

What is the purpose of my life?

Now you are thinking that I am out of my mind and that is why all these questions are floating in my mind, or they are even related anyways with this self-love thing?

The bright side is yes, they are definitely related to each other. Our self-enquiry should become burning desire to know the truth. In general, the base of all of these questions is “what is the nature of my own existence?”

You, me and everyone around us is unique and connected to the entire cosmos. Whatever we called nature, the only power, is connected with all of us. When we realized that there are

three identities

1. Creator - of this entire Universe
2. Creation- entire Universe
3. Creature - all of us

All is one. In short creator, creation and creature is one, just a form is different. We are identifying ourselves with this form which is creating illusion.

Yes!! you read it right. We are one, we are a part of bigger identity, we are a part of huge and very complex matrix. But the good news is we are not only a part of it, but we are it, we are of it, we are each other, we are one other, we are one.

Let's elaborate this.....

One of the great Yogi in this living era, he explained so beautifully that lets imaging we are the bubbles. There are bubbles everywhere. Every bubble think that they are separate and individuals (It is entire deep topic to talk about why they are individuals). They look like that they are independent from each other due to their physical look. But when the bubble burst, the air, which was in the bubble, is merged with Universal air. The bubble was thinking of its own separate existence but that air has totally integrated in the air of Universe, that no bubble can identified with its own separate existence when the physicality is vanished.

The significance of these is to understand that due to physical body, an illusion is created that all lives are distinct and detached but at higher levels we are always one, just one

because we are carrying that one energy which is universal. This is not philosophy and cannot be discussed because it is an universal truth. When we make our self-available to the truth then only, we have privilege to accept it. Now at this stage, we are ready to love with real gut to ourself and everyone around us, we do not need validation from anyone at intervals to remind us that why to love ourself and others around us for real reasons.

One of the finest human beings on this planet has said a beautiful message to human being...

“Be, do not try to Become. Find Ecstasy within yourself, it is not out there. It is in your innermost flowering” – Osho

To reach to this state, we need to understand that inner peace which comes by understanding of oneness, which brings eternal love for our self and others. That state is God, that energy is called God. That is Universe. That is love.

***“Tat Tvam Asi” – “I Am That” – “Thou Art That”
– Chandogya Upanishad***

Essential take away....

1. Creator
 2. Creation
 3. Creature
- All are one

CHAPTER 8

Shift from Compulsive to Creative Life

“A rat race is for rats. As a Human Being, you can consciously create what you want, without being driven by Social Compulsions.” - Sadhguru

Living compulsive life shows that we have not worked enough on ourselves.

All our life we live every moment in compulsion, either we act compulsive or we reciprocate the compulsive consequences. The reason is, we do not realize that “what is that base of our existence in the first place?”

Why were we born here and what is the ultimate purpose of this life? Why are we always in cycle of pain and pleasure? Why are we constantly chasing happiness, success, health and money? Why are we not be able to sustain that state of blissfulness of ourselves?

Your logical mind is going to argue that we cannot sustain that in this world because world is that way. We have belief that world is cruel place to live, Life is not fair. It is very hard to be happy and earning money. Life is a struggle. God is never fair. He punishes for our karma and so on....

Take a pause and think about it that how many times we have spoken this kind of sentences or we have believed them deep down in the mind.

We have this level of conditioned mind and due to that we are focusing the consequences. We have never truly understood that purpose of this creation or the creator God himself. If we ever allow ourselves to realize that divine intention of him, we are bound to shift ourselves and we can liberate from unkind consequences that we face.

The outcome of this entire realization is that we are bound to flourish at all the levels of life. You can achieve your goal and contribute to this world.

Do you want to be successful businessman? Do you want to expand your business and multi dimension? Do you want to create a new history? Do you want to achieve the best health? Do you want to heal yourself from diseases? Do you want to create and maintain a beautiful relationship? Do you want to be in the service to the world?

All the answers are going to unfold here.

I want to take you to the new intensity, a new level, a new

dimension, a new approach of life where we really fulfil a purpose of human being.

Let's understand, what do I mean by that?

This cosmos, planetary system, earth, nature and every creature on this planet were created by Universe, that power who runs this entire creation. This entire existence is expression of Universe out of his love for us. That is why it has called creation. Every molecule to atom to macrocosm is called creation.

Universe is creator.

Every molecule to atom to macrocosm is called creature.

Every creature and this world are creation.

So, what I understood is that we are the creation of Universe due to his love for us. If we realize how amazing and phenomenal this creation is, if we look in the binocular or we look through telescope, we can realize his artistry and brilliance. It is immense enough that cannot be figured out by human in one life.

We need multiple lives just to understand his intentions. The Creator is simply Genius, an engineer, designer, architect, inventor, generator, author, writer, initiator, developer, originator, producer, director, maker, artist, scientist, teacher, healer, communicator. He is expressing his love through all this titles and he has created this Universe.

He is a lover, husband, father, son, daughter, wife, mother,

every title of relations we hold. He is expressing his love.

You must be thinking.... Hey! What does this have to do with creation and compulsion?

Let's understand in very simple manner. I want to correlate to day-to-day life.

When we express ourselves Universe's way, it will call creation. Universe's way is love. When we are full of love, If I have enough love for myself than only, I can give it to someone else. Myself is whole, entire, complete, filled with devotion and kindness for myself and every creature around me.

This the state where we are ready to express our soul. This realization has to be experienced in our life to understand the real nature of our soul. When we are compulsive, we cannot be able to express true human essence. This is the secret of our existential purpose on this planet.

We have lost our original identity over the ages. We forgot to fulfil our real purpose. We are facing the dilemma, a setback as well as all calamities and a mess that has been going on this world due to losing our soul expression and due to lack of love and kindness.

It leads to depression, anxiety and all mental issues. We are in this materialistic world and we need to juggle every day to meet priority which gives millions of compulsions that we need to manage no matter what. By these compulsions, we

have forgot our original identity because most of the population on this planet have soaked themselves in materialistic identity.

You are most probably thinking that “what is the issue of enjoying material world? Is it not humans right to enjoy?

I want to emphasize here that, of course, this very world was created for every creature to enjoy this life, thrive, and make it way blissful than ever anyone could imagine. We definitely need to enjoy every facet of this world!!

The moment we realize that I am an eternal being, having human experience for just for brief time on this planet. When we understand the Universe’s creation and we deeply realized that we are a pure creation of his intention, his ecstasy, he was enough kind to give this physical experience to us for this piece of life, we would start looking at this bigger matrix through his eyes.

This realization takes us beyond the physical world. This is a deep dive in the creation itself to find out why we were born in the first place. We will experience an intellectual and spiritual shift.

We are having some hobbies and we think that they are the creativity. Yes!! they are. But I want to look at it from the spiritual angle, from higher identity for creation.

This is one of the secrets, when our life purpose becomes

creation, our intention for living life becomes creation, that is where we can express our soul state.

When we shift ourselves from compulsion to creation, real shift happens and life starts blossoming on this planet.

You and me, we are that golden flower, who has privilege to blossom.

Let's not remain the seed only but nurture our soul and become that golden flower.

"Don't acquire the Esoteric Knowledge. If it is needed for your growth, it will come to you in its right time, and then it will be an experience." – Osho

Let's blossom together.

At this stage we are ready to conquer the world in a way that we always wanted to be. Without being evolved in spiritual manners, we cannot be successful. There is nature's law which applies to take life to the next level.

So, let's open the mind and heart of ourselves to expand ourselves to receive the enormous health, wealth and happiness, and make it worth to live here for this piece of life. Look within yourself which power are activated now in yourself that can take you to the new heights.

Essential take away....

1. You are the creation of creator's artistry and brilliance.
2. You are grace of his intentions

CHAPTER 9

Emergence of the Powers

We humans love the power. What power do we already hold within ourselves that we have never realized. All we have to do is that we need to awaken them within ourselves.

Powers to be awakened within ourselves...

1. Learn to detach yourself at the right moment when situation demands.

By doing this we take control of the situation and we are totally in conscious sense of not being a victim of them. We come out of that mental muddle, the drama which goes on in our mind for all life long. We get power to focus on what we need to do at that moment instead of being victim, blame and guilt. Most powerful words that stay within me...

“Who has reached to inner peace, will never desire for anyone’s attention or validation for their being.”

– Urvashi Mehta

This is the state which gives us power to reflect positive energy for ourselves and the people who is in the need. Spirituality means power to be detached with full of compassion. It is not in the terms of negative aspect. I understood that if we are detached from the current situation which gives us power to look at the situation without entanglements, without judgment, without putting personal biased. This will help ourselves and the all the people involved in the situations.

It is demanded by nature since human has always seen things with their own perception, we have no choice, if we want to live at the next level, it has to be done.

Now we are curious to know how does it work?

To develop this dimension within ourselves, we need to meditate everyday 10 to 15 minutes in the morning to take our awareness within ourselves instead of outside. We are in tremendous need of switching our focus to the dimension which takes us within ourselves. This will develop a strong sight of an individual to take control of his own life and take right decisions while completely involved with life. This is a power which will allow us to navigate through life, untouched yet fully engaged and not entangled with worldly attachments.

Now, after my explanation, some of us have question that “What would be the life if we are not attached, aren't we here to enjoy life?” Sounds like life will be life less!!

Do you have that question? What is it the need to withdraw?

This is my understanding that why it is called power for ourselves. When we identify ourselves with limited identity, we lose the eyesight to look at every situation or person as independent opportunity or lesson of the life. We end up looking at them as our perceptions, judgments or our expectations are which gives us either pain or pleasure. If they give pain, we are sad or depressed. Even if they give pleasure, will be only for short period of time because they are fulfilling our expectation and that is the reason, we are happy with them. Both ways it is temporary results.

If we have a bird view or we call third eye dimension to look at to this world, we will understand why particular people are that way or why that situation has occurred or what is the need of that current situation or how we can take next step to resolve it. We definitely need to withdraw ourselves at that point of time to make ourselves evolved to the next level. You are not a crowd, you are a leader, a leader of your own life. Take responsibility and walk like you are writing your future, it is in your control.

This will bring a next level freedom and it is an assurance of happiness and one will enjoy boundless satisfaction, joy and peace with flourished life. It gives us understanding that we are totally free-spirit and self-sufficient to live this life.

2. Unleased and release what you are holding from ages.

What it means when we say set yourself free. Feel that you don't have boundaries. Here are powerful lines from my side to you....

“Life is always fair; It is We, judging it though our Perceptions as Good or Bad” – Urvashi Mehta

We keep holding certain pains in life as a past memory, guilt, expectations and some personal image and many more. By holding them in mind or heart, we only create suffering for ourselves and others. In addition to that, we create lots of negative perception for future events and people based on our painful aspect which we are dragging every moment with us. Since we cannot let it go, we are suffering with mental illness as well as physical illness. As a result, we cannot have peaceful life which is the basic need of life.

So, what we have to let it go....

Past – painful memory, people, situation, old own patterns, negative setbacks. Forgive them and let it go.

Guilt- if we have made mistake, we hold that guilt over the life. I could not do enough. How do I got the failure? how could I make some one's life miserable? Forgive yourself.

Expectations - family, friends, their behavior, their thinking, their approach could not be as we expect. Let it go.

Self-image - We have created our self-image in our mind and

expect people should treat us in a certain way. That idea should go away.

Judgments - All what we have for all of our life, is judgement for people, including ourselves, without considering the truth. We have made some judgments. We are very judgmental about every person and situation; hence it is very shuttle that most of us don't realize that our lives are driven by those patterns. Let them go.

Once we release them, we will be light, adjustable, adaptable and flexible. We will be easy and lovable to ourselves and others. We will resolve most of the issues for current life. We will be ready to welcome new path and will gift ourselves peace, health, wealth and happiness. We will be powerful in the world because we have the soul power now to go beyond life since we have resolved pending issues for this life.

3. Accept every aspect of life.

When we say I cannot accept or cannot tolerate, we are creating boundaries of limitations for ourselves.

“Deep Acceptance of every aspect of Life gives Freedom!

This state of Acceptance is called Surrender!”

– Urvashi Mehta

We have judgments that we can tolerate one person but not others. We have our own criteria who can fit in there regardless what is truth. We feel we tolerate one situation because it has our expectation attached with it, but at the same time we cannot tolerate next one. We are manipulating ourselves. Since we do that, we never realized our powers. Our acceptance level is very low which is known as low tolerance in today's world. That is the reason we have lost our soul power.

We need to create higher level of acceptance for our own self first. Since we have judgments and not enough respect and love for our own self, we cannot give it to others. That is why it has said that

"We cannot give someone what we don't have."

We must create deep level of approval for own self. The soul who loves himself only will be able to love rest of the world. Who will stop self-abuse, emotional abuse for himself, will not create any negative energy for rest of the world. Now, this only person, will have power to see real world as it is, without judging it.

Whatever energy we create within ourselves, we will end up having that kind of power. Hence, we only see world with that perception window. If our own energy becomes pure and positive, we can see this world with that purity. The beauty is every soul has power to nurture and give love. If that is developed within an individual for himself, that innate power

comes with it to nurture and love this world with same intensity.

Now there is no question of tolerating someone. This is a state where we do not tolerate the world, but we accept it deep down. It brings state of liberation, freedom, fear less and embracement to the existence!!

4. Accept the truth behind the scene

Let's understand this....

We all have expectations, desires and judgments for everything and everyone. Since we are driven by them, we are totally depending on other people's behavior, their thinking and their intentions. This patterns of us deplete our own power. I would call it soul power.

Research has shown that EQ is as important as IQ. IQ can land a job but EQ can sustain it and make through it to success. IQ can take us to give us idea to build a new business, but EQ can take you to highest level through all odds.

EQ is emotional quotient.

IQ is intelligent quotient.

It is proven scientifically that only 20% success is depending on the IQ. Any successful business is due to 20% of idea, planning and execution of leadership but 80% of success is depends on EQ level of leadership.

This rule applies to any relationship and other aspects of life too.

In 1990, Peter Salovey and John D. Mayer presented a framework about Emotional Intelligent. They proved it when emotions run high in individual, it changes the way our brain function. It affects to our identity, use of own ability, decision making, all kind of skills, communication with own self and others, stress levels at work and personal, anxiety, conflict, challenges. It does effect on empathy, kindness, respect, focus, tolerance, acceptance level, positive sides and negative side, of all the aspect all life. So, no matter how much we have intelligence, yet we need to realize how much EQ is important. It is affecting to our mental and physical health. We do need to remember that 80% of the human diseases are psychosomatic. It means that they are related to emotional issues. If we know the key to resolve them, we are going to be healthy and wealthy in no time.

An American psychologist, Daniel Goleman, who helped to identified emotional intelligence with these five elements....

Self-awareness

Self-regulation

Motivation

Empathy

Social skills

Base line is that we do have to realize, we need to emerge the power what we are holding within ourselves and how we can achieve that goal.

We need to sit with ourselves in the morning, close the eyes, focus on the breath, just you in the moment, nobody is there, no outer world. Your consciousness is awaking within you when you take your awareness inside you. The power lies there. All the answers are lying there whatever answers you are not able to find in this world. The creator is there within you. All he wants you to calm down from inside. Once that happens miracles start in your life.

Once we calm down from within, accept as it, and what we will realize first that our expectations from ourselves and from everyone around us decreases. Hence, the soul power increases, power to accept increases. We become stable within ourself. We get to know our power within and that leads us to get stabilized to the inner world. Hence, the outer world enriches by itself since it is a by-product of our inner balances.

“Go within to realize you are the master piece of this creation.” – Urvashi Mehta

To be noted that Universal acceptance does not mean we have to accept untruth or injustice or wrong people in life. We don't have to accept wrong behavior of the people around; it does defiantly not work that way.

We do need to correct that negative behavior or people, but if it is not in our control, we simply have to accept it the way it is instead of keep suffering about it and over analyzing it. It does deplete our power and create more pain for ourself and

we reflect that pain to world. Once we let it go, we do realize that it was more about others internal drama and reflections.

We Get the power to realize the present moments the way it is and we smile....

If you are aware of your purpose of life, you will naturally and organically be in schedule by your inner self because you will have keen realization of having brief time!!

Essential take away....

1. We learned to calm from within.
2. We hold all the powers to create health, wealth and happiness.
3. We understand the importance of emotional intelligence to create huge success in single life.

CHAPTER 10

Gratitude and Devotion

“Gratitude becomes love. Love becomes devotion. Devotion becomes surrender. Surrender becomes faith. Faith reveals the Divine.” – Mahatria Ra

This is the highest form of living while we are in the human body. Gratitude and Devotion is the state of mind which allows our body, mind and soul to fall in alignment with The Universe which brings health, wealth and happiness.

In another words, I will explain that this is the God’s intentions that we start living his way.

His way is love, giving, kindness, empathy and purity.

It should blow your mind if this question has become your desire to find out what is missing. Hold on my friend and allow yourself to read this. You are definitely entering in another world by what I have experience, I am sharing with you through this book.

Why in current era where this physical world has achieved the peak success in every area of material world but still, we are struggling with stress and anxiety which has become so normal in day-to-day life and creating anonymous disease that humans are suffering.

Why? Because we have lost the fundamental values of human lives on this planet.

If you have achieved how to be great full for every moment in your life, keep that state alive and walk your life.
You will be untouched, organic and highest version of life with real purpose.

We learned to calm down from within. We hold all the powers to create health, wealth and happiness. So next secret is applied devotion in every aspect where you want to achieve.

Let's shift your life to the next level to make thriving and prosperous life, through devotion.
Let us try to understand - What is that phenomena which is right here right now, all it takes to realize just in a moment.
So, what is the secret?

“If we shift the spiritual levels, then all the levels of life are bound to shift, this is the secret.” – Urvashi Mehta

So, let's start, it is time to fly....

When you sit in meditation for certain continuous time, there time comes where you will be stable within, calm within, egoless state, fearless state, total in compassion and kindness. You don't talk even in mind but you feel a silent state where you experience a state where a true intention of creator and creature are colliding in one. That state become prayer and devotion for yourself.

When you are sitting still, tears are flowing from both eyes with joy because words are not able to describe those feelings, you are trying to tell the Universe that power which runs this entire Cosmos (you can mention whatever you believe in) that I only want you and nothing else because that is the only thing is worth in life, a burning desire like child is crying for candy with all innocence. From this stage you, your life, your surrounding becomes prayer. This state is where you can manifest your desired life, enormous money, blissful health, beautiful relationships, creating new ways and history to serve this world.

Now you can command Universe for what do you want. Now your desires and Universal will make any dream come true. When we deeply understand that I am spiritual being having human experience for a brief time and I am an eternal being, I am not a body nor a mind. From that moment, we can achieve the state of real prayers and devotion.

Miracles starts happening. Life shifts to another level. Our spiritual, material, physical and mental lives start thriving. This is not a philosophy which can be discussed for ages and

even after that everyone would have their different understanding. This is pure science which was developed thousands of years ago, for us, for entire humanity to follow and not just survive here on the planet but to realize that we are here to thrive, to flourish at all the levels.

Now tons of questions are floating in mind after this realization...

How do I reach that state?

Why should I reach there?

When will I be there?

Am I already there?

I would sit and ask these questions to myself, if I really have burning desire to find out those answers.

If you are here, reading this, it is a sign that you are aspiring a new level in the life. It would be unfair if I try to fit detail description about all these questions right now since it is huge in itself.

You will know when you are there or we need someone who can just give us guidance. You will know when you are there. You do not ask for it, you do not demand for it, just be in that state, it is a state of mind, heart and soul.

When we let go control on over life and situation, we realize that we do not control but we do not blame either Universe or person or situation. But still, we take responsibility of everything what is happening in life and then we truly surrender.

But now a big question arises that surrender to who?
To the life, to the situation, to another person???

It's not the war that we are defeated, and we are surrendering to the winner. Saying "Hey, I cannot fight anymore so I give up." No, no... big no to this understanding.

What I understood is surrender to the Universe, the power which runs this cosmos, saying that I do not control anything, I trust in you and your timing. Things you have decided for me are the best and they are coming in my life at a perfect time. I devote myself and my life to the higher power, and yet I am responsible for my every action, each word what I say and every thought what I think. I am taking charge of myself, my role which is given to me for this life. I am going to fulfil every moment with devotion with my actions.

"Let it all go and see what stays" – Osho

A true human life starts after this stage of realization. When we start living in this state of realization of every moment, miracles happen. Life will become phenomena, our family will start thriving, business will flourish, health will be at best, relationships will make sense, we will know where we are headed and why. We will no longer doubt our journey on this planet. We will have all the answers we were struggling for this life.

This is the highest form of life and real human life which one can live right here, right now.

Essential take away....

You learn a secret to manifestation of goals and dreams.

CHAPTER 11

You and me are the Same Essence of Higher Source!

*“...Oneness is the secret to Everything”
– Swami Vivekananda*

You and me are the same essence of higher source! Life is celebration of that oneness.

The Final lesson this life is going to unfold in this chapter. This is my realization and understanding of final dimension of every human will have to reach to the point where he can transcend himself to go beyond life and meagre in the Universal consciousness.

Why did we come to this planet and what is the purpose of having human body?

The explanation is totally base on meta physics. We all are one but illusion creates individuality due to time and space. It means if we take off the space from this existence, time will

be vanished at the same time. Because time exists due to space, space creates distance. The dimension of time exists due to space. So now think what happens if space and time has completely removed by the creator. All of us, and every single creature and entire Universe will be merged in one. Hence, the baseline is we are not an individual if we look from the third eye. But Creator was very kind enough for all of us that he allowed us to experience his materialistic world by his way. He wanted all of us to embrace and express love in his way by coming here for an illusive brief time.

This is the true purpose of this existence.

Let's understand from individual human perspective, how we are conditioned to think? When we say we should love each other? We should have compassion for each other. We should have empathy for each other. We should have kindness for each other. How do we reach that state when we say we should have it?

Let's understand....

If we don't understand why and how to bring that state, it will end up as just another temporary idea of human mind. We need to have deep realization of why it is necessary to do it.

My point is when we realize we all are same, one from same source, having human experience on this planet, the day we realize the oneness, life becomes celebration of the oneness.

When we say we should love each that shows, we are still in compulsive act. We must love each other that shows still and again we are in compulsive act. I want to remove that compulsiveness by writing my explanation.

My understanding is We love each in a state of choice lessness. That state should come by only realizing of our original nature of eternal being of supreme source. As soon as it comes, we start living in that state as natural as breathing.

You are going to ask me why even we should do that.

Here is the reason since human mind doesn't except if it is not in its own benefits or beliefs.

If we want to have permeant freedom, health, wealth, happiness, money, even liberation from this very world, to enjoy every moment in true human essence and from every aspect of life, then we definitely have to change our beliefs what we have conditioned from ages.

Once we change the beliefs and deep realization of the truth, we have the power to love everyone and celebrate every moment with that purpose why we are here!!

You will be untouched, organic and highest version of life with real purpose.

You have your purpose of life. From this point every Human has open his horizons to create and make every moment

meaningful as a result of his own soul mission on this planet.

Now we have the secret how some souls have power to create history on this planet in a single life.

Essential take away....

1. You are a reason to smile from within.
2. You are an eternal being, untouched, organic life.
3. You are a soul with a mission on this planet with brief time
4. You are the hope, vision and goal.

Blessing and love

Thank You!!

Thank you for reading this e-book!!

I hope you feel inspired by the concepts that I have tried to showcase here on basis of these many years of experience, reading various authors, listening various philosophies, I have developed my own viewpoint which has guided many of my clients.

In this short Book, that I get every now and then, I have tried to help you with a brief review of how differently I look at problems and how I can change your perspectives towards your problems and relieve Stress, Anxiety and Depression by simple techniques that can help you change your perspectives towards your life and your decisions.

I really hope you get all the Success that YOU deserve and desire!!

And I know YOU ARE MADE FOR IT!!

Stay connected!

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The Blissful...
Discover Yourself!
Discover Life!