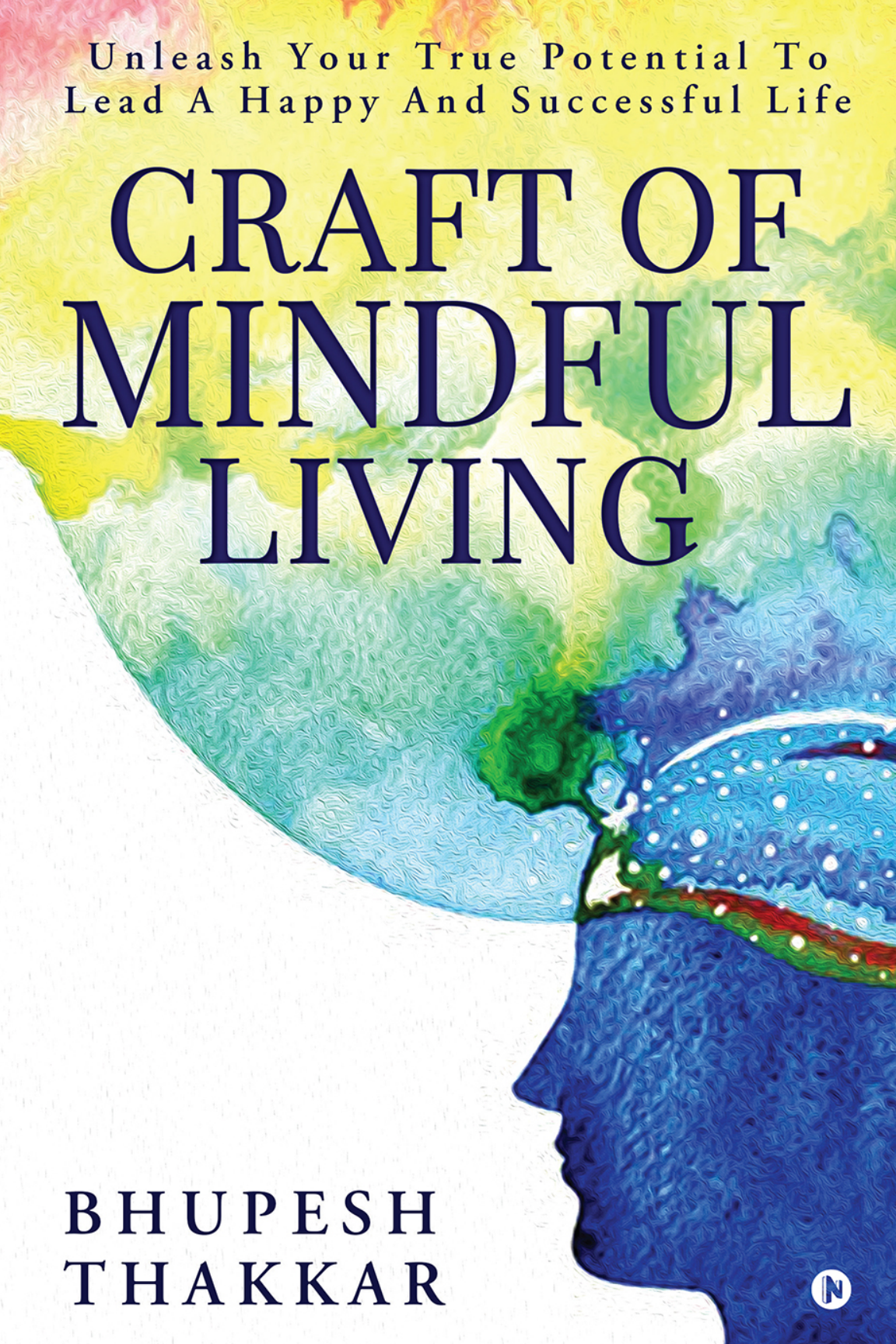


Unleash Your True Potential To  
Lead A Happy And Successful Life

# CRAFT OF MINDFUL LIVING



BHUPESH  
THAKKAR





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# INTRODUCTION

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Life is too precious and short to be wasted upon unwanted differences, struggles, and trivial fights. It is a beautiful journey between two destinations.

Imagine that you are on vacation and are travelling long distance by train enjoying en route, getting acquainted with co-passengers and seeing them off with a smile at their destination knowing fully well that they are not going to meet you again, and you live with the sweet memories of the journey—getting down at various stations, experiencing the local culture and lifestyle, then boarding again until you reach your final destination.



**The Journey of Life is the Journey Within**

Everything around you is so beautiful as life is temporal. There cannot be a better example than the experience that the world has gone through with the outbreak of the Corona Virus. I had started writing this book in 2019 with the intention of sharing my experience and my beliefs with the young and the next generation. Suddenly at the end of 2019 and with the beginning of 2020, the world came to a standstill. It started with the unfolding of the Corona Virus pandemic from Wuhan, China, known as Covid 19, and within a period of two to three months, it spread to more than 150 countries across the world.

Millions were affected with more than a million deaths. Almost the entire world found itself under quarantine, lockdown, and curfew, or cities were simply cut off from one another. The streets were quiet and the shelves were empty. The Corona Virus had made the world seem smaller and radar-less. It changed the way we work and live our life. The world will never be the same again.

I always see a ray of hope and look for opportunities in any hardship that I am in. The human race is intelligent with a thinking mind; it is resilient and emotional, always fighting the battle together. The society around us, the world, and the universe continuously keep on evolving. You have to be ready for accepting the change and adapt yourself to the newer world.

See the brighter side of Covid 19. Nature came to its original form—clear sky, clean air, sparkling river, migratory birds flocking in hoards, and wild animals moving on the roads in the towns, villages, and cities near forests. Just imagine if we maintain discipline in our life, how beautiful the world would be to live in.

No human being is immortal. What are we running after? Why are families disintegrating? Where is the world heading to? Are we not suppressing our emotions and becoming emotionless robots? Can't we go back to the good old days where families stayed together, united in small villages and towns?



Well, that's not possible. You cannot take the world into a reverse gear; you have to be part of this evolution.

What is required is to take charge of your life and decide as to how you should be living it. It is purely your choice. Make life simple, easy, and memorable so that when you get down at your final destination, the people you left behind will remember you by your deed, actions, and the joyful moments that you shared with them.

This book is an attempt in this direction... to make you strong enough and guide you towards the ever-changing world. I am sure this book will stir your minds and hearts.







# BELIEF IN GOD: FAITH OR FEAR?

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I started my career in 1984 and my first job was in a company whose office was located opposite a religious place at Dadar in Mumbai, India. I used to be quite surprised seeing long queues of young girls and boys in front of the temple early morning, especially, every Tuesday. What was it that made them stand relentlessly for more than four to five hours in their early 20s, I wondered?

## **Was This Faith in God or Fear of Something?**

To understand this issue, we need to go a little deeper into the human mind.



Although the human mind is like a computer, processing information it receives and sends messages back to the body, it is not a robot. Unlike a robot, human beings experience emotions through their brain, and fear is one of the most basic human emotions. Fear is generated in the mind and spreads through the body due to the basic human instinct of survival and acceptance in society. The body accordingly makes the adjustment and prepares for defence. The responses generated by the body out of fear may not be in

the best interest of a human being. For the body to generate a pragmatic response, one has to understand the type of fear and how to overcome it.

## Fear of Failure

All of us at some point in time in our life come across this fear—the fear of failure. We set certain goals in life, which is a dynamic and continuous phenomenon. While trying to achieve these goals, we always think:

*What if I am unable to achieve these goals?*

*What if I am unable to clear my exams or secure a good position?*

*What if I am not able to get this job?*

*What if I make losses in business?*



## Fear of Unknown

All our actions that we take today is towards achieving a better tomorrow, what we call destiny.

(Destiny and whether we can control it or not will be discussed in a separate chapter.) The fear that generates today for securing a better tomorrow is what is known as the 'fear of unknown'. It is the fear of anything, which is beyond our control and outside of our comfort zone.



*Our minds get agitated with thoughts like “What will happen if I...?”*

## Fear of Image Loss

Over a period of time, we create a certain perception of ourselves—what we perceive of ourselves and what others (society) perceive of us.

The idea that one has of one's abilities, appearance, and personality is known as self-image. It is the mental, physical, and emotional state of self. All human beings would strongly like to protect his self-image as it is this self-image that he is eventually identified by.



**All these fears lead people into inaction and prevent them from giving their best, eventually, holding them back from success. Hence, when a person is unable to overcome these fears, he falls back upon an external help such as standing in long queues in front of a temple.**

#### Ways of overcoming fear

- Ignorance leads to fear. So, try and acquire knowledge of the subject that creates fear in you. Once you acquire the required knowledge, suppress your fears with the knowledge that you possess.
- Believe in yourself, have self-confidence and have an attitude that says, "Yes, it is possible and I can do it."
- Remember always that fear is your only enemy, which is standing between you and your success.
- The most effective way to overcome fear, which I have practised and have been successful to a great extent is to identify any activity that you fear the most and make it a point to do it first. Having gone through it once, that fear would be gone forever. It should, however, be remembered that whenever you perform the same activity again, fear will always try to come back but that will be a temporary phenomenon, as you have learnt to overcome it.

That brings us to a more complex question—idol worship, which is the topic for my next chapter.



# IDOL WORSHIP

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Idol worship is the practice of worshipping God in image form. All human beings worship idols in some form or the other as he thinks that with his faith in that particular image, he can sail through and surpass any type of crisis that comes his way without causing any harm to himself or others. He derives the strength to deal with the situation at hand and; therefore, experiences peace and happiness.

I have been observing my mother for more than two decades who sits in front of the temple in my house for hours praying for the safety, security, and betterment of the entire family.



Over the years, she has developed a habit of communicating with God, complaining to him, requesting him, and also thanking him.

What is it that makes a person have unflinching faith, trust, and confidence in idol worship? No human being is perfect and every individual will have certain strengths and some weaknesses, which varies from person to person. Often the strength of one person may be a weakness for the other and vice versa. Our weaknesses again inculcate fear in us.

In our society, God has been projected as an entity who is full of strengths and no weaknesses. This philosophy has been ingrained into our lives to such an extent that we rush to the temple or pray to God to overcome our fear resulting out of our weaknesses.

Almost everyone looks up to someone they love or respect, who they consider a strong person possessing qualities that they think they

themselves lack. He would therefore like to be in the company of such a person whom he considers as a strong person, as he derives his comfort, solace, and confidence in the presence of such a person.

Each human being creates an aura around himself, either positive (which is based upon his strengths) or negative (which is based upon his weaknesses).

When a person is in the company of a person who creates a positive aura, his thoughts mature, he gains confidence and an attitude, which contributes to his development yielding better results.



Hence, instead of rushing to a God or a temple for overcoming your weakness, be in the company of a person in whose presence you draw your confidence—maybe your parents, a family member, a friend, a colleague, or a teacher (Guru).

This “teacher (Guru)–disciple” relationship originates from the fact that “there is something missing in me, which I find in him”. This



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