

If you have Guts
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then Dare to be
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DIFFERENT!
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Chirag Saiya

So you have Guts!

Actually it does not require much daring to be different. It is quite natural that every human being will always be different from others in some way or the other and there is nothing so great about it because every human being is unique. But the **DIFFERENCE** which we are going to create is not that simple and ordinary!

Let's ask ourselves a question:

“Why do we have a subject called History in our curriculum?”

The main reason for this is the existence of a few human beings who create a massive difference by doing extraordinary things and this is what keeps them alive even after their death in the form of history!

In this book we have a great opportunity to be a part of the history, which does not require great efforts. It requires investment of around 30 minutes out of our entire life i.e. the moment whoever will finish reading this book, that person will be the next history maker. Believe me!

I also promise that the difference is going to be truly positive and value adding not only to our lives but also to the very existence of the concept of life on this earth.

It will be history in the laws of life managed by ‘Nature’. The lessons from it will be gifted by nature to all human beings including all other forms of lives by way of its blessings for peace and happiness forever.

The journey to create the difference ends at the last chapter and I request you to not miss any chapter in between to ensure that our journey of life does not miss out the final destination of peace and happiness!

The difference that we will create is for our own self from what we are. It is neither intended nor directed towards any comparative difference from what others are!

Different religions have beliefs in different names and / or forms of God (Nature).

Let's be God ourselves.

Sounds difficult?

Let's at least try and find out a solution to this.

Let us now start the journey to achieve the **‘DIFFERENCE’**.

Comparison

“Yes, I have proved it! I am more rich / famous / powerful / intelligent / good looking etc. than many others on this earth”

It is the comparison that a person does of his own self with respect to others.

‘Comparison’ is one of the biggest enemies of our life. Right from the birth till the last breath, during each stage of life, we humans just keep comparing one human with another and so on for various attributes of our lives like looks, education, sports, career, income, fame, social status, power, wealth etc.

Just think of an innocent newly born baby angel. When that baby looks around the world he / she does not know anything. We teach that kid to compare himself / herself with others. All parents want that their kid should be the best in all activities like education, sports, drawing, dance and music etc.

Parents keep troubling their kids by expecting them to do all those activities which they personally like or they themselves wanted to do but some how failed to do or what other kids of their age are doing, without understanding what their kid is actually interested in doing.

They even keep commenting on their performance based on their comparison with other kids. What parents forget is that even kids can compare their parents with other kid’s parents in all respect!

It does not stop over here.

The race continues during various stages of life like the career, marriage then again their kids and so on.

We all are always in a rush to reach the top in the form of higher education, income, social status, fame, power etc. as compared to others throughout our lives.

At the end we realize the damage which we cause to our precious time during the entire life when we finally have to stop or slow down out of compulsion due to our helplessness like old age, health problems etc.

We then realize that we keep running behind the things which matter the least to live a life full of happiness with peace of mind, complete satisfaction and good health but by then it is always too late and as we all know time can never be turned back.

However, the world will never stop running and at that time we feel sorry to see the rest of the world running the same way, in-fact may be at a much faster pace.

At this point we shout, “Hey all, wait, think and then run. Look at me. Why aren’t you listening to me? It is not too late. Come on, you can still change and improve” but

nobody bothers to understand the depth and real message of that cry and the story repeats itself!

Let's try to analyze the true meaning behind the term 'Comparison'.

It is the parallel evaluation of two human beings with respect to each other for any underlying criteria to find out 'Who is better than the other?'

Why do we compare?

We see so many other human beings across the world and we want to understand how we are different and better from them and so we compare ourselves with others.

Let's stop comparison and see the DIFFERENCE we will bring to ourselves.

We have lost control over our own psychology and emotions. We have all surrendered the importance of our existence as a human being on this earth by comparing ourselves with others all the time. We compare as per our own definition, knowledge and set standards for the same which is also influenced by the comparison done by others for us, on our behalf too.

If we want to compare ourselves with any given benchmark then let it be our own self. Why to restrict ourselves to others by comparing with them? Always compare our own past with our present and check whether we have improved or not to make ourselves better human beings than before and so on.

As per the opinion of a few people, comparing ourselves with other human beings to a certain extent may help us to understand what we can do to make ourselves a better human being than what we are. However, we all make the biggest mistake of doing 'MATERIALISTIC COMPARISON' based on man-made artificial benchmarks like income, expenditure, consumption, possession, social status, fame, power, wealth, nationality, religion, creed, caste, color etc.

It restricts our scope to be a good human being. It creates psychological / emotional sicknesses like anger, ego, jealousy, inferiority complex, fear, insecurity, stress and depression etc. It sometimes leads to acute depression which might influence the person to even commit suicide. Some may choose the negative path to be successful in materialistic terms which leads towards the destruction for all.

What we forget is that the life is a journey only till death and we never apply for either! There are many characteristics specific to each life and we never know the reason for it. Many attributes of life are simply in-born and many other factors continue to be ruled by laws of life as defined by Nature throughout the life, which we humans can hardly understand or predict or change! Just look at the various forms of lives around us having different attributes and we will get our answer.

Years will pass by, we will all grow older and the final destination for all is the same. The final achievement is not what we feel it should be. The materialistic achievements during the lifetime are temporary and limited to a particular life. What remains forever is the SOUL.

Have we ever thought what can be the real and permanent achievement for the soul, which is far better and meaningful than all these temporary achievements as defined within the human made artificial structure of economy and society? It is the control over our own mind and self-discipline.

The real happiness lies in satisfaction, which can be achieved only by spreading love and happiness to all who are living on this earth. Materialistic Comparison will never allow us to do that.

[Next time when you compare ask yourself the following questions:](#)

1. What am I comparing?
2. With whom am I comparing?
3. Why am I comparing?
4. What real and permanent value will it add to my life and that of others?
5. Will it harm anyone if I remain Neutral and Indifferent to the comparison or will it help to achieve Peace and Happiness for all?

Your SOUL will give you the best answers!

Jealousy

“I will prove that I am better”

What are we fighting for?

We should try to live a meaningful life and not destroy it by becoming jealous of other humans. We all are God's (Nature's) representatives and not enemies of each other. We are social animals who have to live together to ensure that all lives on this earth live a life full of happiness out of peace and good health.

Let's ask ourselves a question:

“Has any one of us filed any application form before taking birth to decide on various attributes of life which are in-born including other things which are ruled and controlled by nature throughout our lives?”

Is it our own decision to be born in a particular form? Can we decide when do we want to die in advance? Why some forms of lives are animals / birds / plants and some are human beings? Why some are dark in color and some are fair? Why some are physically strong and some are not or say even handicapped?

It is all about the laws of life governed by nature which is based on our own actions / deeds till a life according to which the next form and attributes of life for our soul is decided. This is known as 'Law of Karma' which is based on the principle of 'Action-Reaction'. This continues till we, the individual eternal souls, achieve Salvation / Moksha / Nirvana.

Jealousy is the out come of comparison as discussed in the previous chapter. It affects our psychology negatively and hurts our ego. It generates negative energy and so we may also become evil and act negatively, which is harmful not only to others but also to our own self.

If one can control the emotion of jealousy then that person can achieve peace of mind. By controlling jealousy we can achieve highest level of satisfaction from our lives, which finally leads to happiness. It is also good for both physical and mental health.

God (Nature) will feel happy to see that there are so many humans who are happy to see others happy by spreading love in the form of helping others and taking care of each other including other forms of lives.

There will be new rules set to run the world based on mutual help and co-operation, which will allow each one of us to live a happy and meaningful life rather than being a part of the blind rat race of materialistic competition out of jealousy.

Nature will feel happy for running this world. Nature will bless all with balance in life where each human has peace, happiness and complete satisfaction in his / her life.

The next time you feel jealous ask yourself the following questions:

1. Am I feeling jealous? If yes, for what reason am I feeling jealous?
2. How and why this feeling of jealousy came in my mind? Is it helping me or hurting me?
3. If I remain Neutral and Indifferent to jealousy then will it harm anyone including me or will it help all to achieve Peace and Happiness for all?

Your SOUL will give you the best answers!

Competition

“Oh no! That person is ahead of me. Now let me see how he / she continues to be there? I will pull him / her down and will go ahead of him / her”

This is where majority of us spend our precious time. The terms comparison, jealousy, competition sound similar to each other but in reality they have their own independent existence and impact.

As we said when we compare we feel jealousy and then we start competing to find out a solution to our jealousy!

With whom are we competing? Other humans like us. Is there anything great about it? What are we going to achieve out of it? It may be higher income, status, fame and power etc. than a few others, for a limited time period. All these just satisfy our ego.

Nature manages the life on earth and tries to balance out things over here but we make it difficult for nature to spread its blessings equally to all; to spread love and happiness all across the globe to all forms of lives.

Too much of competitive attitude makes our thoughts, speech and actions negative. It makes us feel good when others lose. We become selfish, narrow minded, short sighted and negative.

The real competition is competition with one's own self.

Let's try competing with our own self and see the miracle! We will achieve higher satisfaction, happiness, success and peace of mind. Instead of competing we should try to help others. Care for others including all various forms of lives. Respect all and it will redefine the principles on which we govern the life.

Life will become more meaningful and worth living. If we can control our extreme competitive attitudes then the rules of the game will change and we will all give birth to a new world where every living creature will be happy. It will benefit all and will ensure the same for all coming generations, which will make the earth best place to live forever!

Extreme competition can never help us to add any real and permanent value to our lives because we define the need of competition within the human made artificial boundaries of 'Economy' and 'Society' based on material benchmarks.

Do we compete for humanity and to achieve spiritual goals? No, Never. We devote all our time and energy just for 'MATERIALISTIC COMPETITION'.

We should have much more valuable goals to be achieved which stay long term, say even permanent rather than competing to achieve only materialistic short term temporary goals.

The next time you feel like involving yourself in extreme competition, just ask yourself the following questions:

1. If I was to die in a few days, which are the goals which I would like to achieve by then?
2. If I am going to grow old, get weak and finally die one day then which achievements should be given more importance and priority in my life?
3. Where am I investing my limited time and precious energy of life? Is it worth living that way? Is it going to add any real and permanent value to anyone including me?
4. Do I need to change the way I am investing my time and energy to make my life count and make it more meaningful than what I can think of?

Your SOUL will give you the best answers!

Ego

Here comes the main cause behind all the enemies as discussed in the previous chapters i.e. Comparison, Jealousy and Competition.

We have lost control over our own mind. We have become slaves of our own psychology. We have forgotten that each living creature, including us, is a similar and an individual eternal invisible SOUL which is separate from our current form of life.

We have surrendered ourselves to our ego and have got influenced by human made artificial environment around us, which teaches us the concept of ego and the inhuman ways to protect it.

We have taken ourselves far away from the principles of life as defined by nature. We are causing harm not only to ourselves but also to the very concept of life on this earth. Our efforts are directed only towards 'materialistic' and 'show-off' kind of goals and we are wasting our time and energy in areas that matter the least to live a meaningful and value adding life due to the ego trap.

The fact is that the moment we win over our ego and attain neutrality and indifference from human made materialistic environment we become the most powerful and constructive human being in this world in any manner.

Ego does not exist in reality. It is just a psychological sickness, which gets influenced by the human made artificial materialistic environment within which we all live.

To free ourselves from the slavery of ego we have to connect our mind to our soul and start focusing on the true facts of life. Ego can be for looks, voice, physical strength, art, knowledge, money, power, fame, status, wealth etc.

We have forgotten that the true principles of life are managed and controlled by 'Nature' and material life continues only till death.

The moment we become egoist we no longer remain humans but we get converted to living materials. We lose respect and love of all our well-wishers. We feel that 'good' is 'bad' and 'bad' is 'good' and we realize our mistake only when we grow old and less useful and are left alone, because materials are liked only till they are useful. At the end we realize that we have actually lost many things, which matter the most and what we have achieved by then seems to be of no use. Think about it!

Ego makes us rude and activates our anger. It makes us think and act negatively. We become selfish, rigid, short sighted and inhuman. We may harm others happiness. We lose control over our own thoughts, speech and actions, which may hurt others and invite troubles for our own self as well.

God (Nature) feels sorry for such humans but God (Nature) may find it difficult to help them to cure their sickness because those who are egoist are not ready to help

themselves. As per the laws of life by nature, represented by our belief in God's blessings, can help only those who are ready to help themselves and others.

The moment we become egoist our development stops there itself. In fact it deteriorates the quality of our life. We lose peace of mind and happiness. The evil minded people take advantage of people who are egocentric for their own benefit and when the time comes to repay they turn their back towards the person in need.

At the end egoist people find themselves lonely having no real satisfaction and happiness in their life. At this point they feel guilty and try to bond with their true well-wishers again who then forgive them but then such humans never come out of their guilt-trip till the end of their life for what they have done to others.

To ensure that we are not egoists learn to say [“Sorry”](#) when we know that we are wrong and try to improve and see to it that the same mistakes are not repeated in future. Learn to say [“Thank You”](#) when we know that some one has helped us and do try to help others when possible.

Accept the law of nature that each life on this earth deserves equal respect, freedom, peace and joy. Also understand the fact that no one can get all happiness in the world alone and that happiness is a feeling, which increases only by sharing it and not by owning it. Last but not the least, always remember that the laws of nature rule our life and life is not going to be constant or permanent the way it is today.

[Next time when you feel ego ask yourself the following questions:](#)

1. Who am I?
2. Why am I the way I am?
3. Am I egoistic? If yes, Why?
4. Is ego helping anyone in any manner?
5. If I do not be egoistic then will it cause any harm to anyone in any manner or will it help all to be happy?
6. Will everything remain the same as it is today?
7. Will I never grow old?
8. Will I never die?

Your SOUL will give you the best answers!

Anger & Tongue

What is 'anger'? It is an emotion where we do not agree to or like a happening and so we react to it to express our disagreement.

Anger ill impacts our thoughts, speech and actions. The one, who gets angry, thinks negatively, makes use of improper language, tone, volume and body language. If it goes beyond control then one may also become abusive and may even cause physical injury to himself / herself and / or to others.

Remember that all humans think, talk and act differently because each one of us has got unique psychology and emotions. However the laws of nature always remain true and one may choose to accept it or not but that does not change them. Nature has got enough power and also responsibility to control and manage its laws.

There are many things in life which are either white or black though few humans get confused by mixing them and calling them the gray shades of life. That is where the problem lies; we all expect everything to change as per our beliefs and opinions. We come across so many differences in opinions throughout our life in almost everything we think, speak or do.

Nature ensures that the world is ruled as per its laws of life and does whatever is necessary to bless us and so also to punish us.

On any happening ask your self just three questions as follows:

1. What is the real impact of any given situation, fact or event on me and others?
2. Do I need to react to it? If yes, then what response is going to be beneficial to me and everyone else, which will also ensure peace and happiness for all?
3. Am I wrong? If yes, then how should I correct myself, which will add quality to everyone's life? If not, how should I handle it for the benefit of all?

The reaction that causes harm is called ANGER and the response that helps is SOLUTION. Thus anger is never the solution to any problem. In fact it increases the negative impact and complexity of the given problem, making it difficult to solve.

The most funny thing about anger is that many a times it is subjective and conditional i.e. we first judge the person whom we are angry with and the situation we are in and then decide if we should express our anger or not.

If the opposite person is more powerful, in any manner, then we tend to be polite and try to adjust and react accordingly. This may also result in a situation where we vent out our frustration and helplessness on other innocent people by getting angry on them unnecessarily. Thus we get angry provided we know its consequences and do not feel scared of opposite person's further reaction on our anger, when we are sure that he / she is less powerful or strong than us. It is like cheating one's own self! So it is always better to remain calm in any situation, with all people, to the maximum extent possible!

Mind and Tongue play a very important role in managing anger.

Just follow following two golden principles and things will be fine:

1. Try to control your tongue and keep your mouth shut when there is no real need to speak out, especially when you are angry. Choose to speak later when your mind is calm. It will not only help to resolve the problem but will also save everyone's time and energy.
2. Stop thinking about the situation over and over again and do not make any hasty decisions when you are too much excited out of anger. Wait for some time; say a few minutes, a few hours, a day or two or even more and then think with a calm mind and decide what should be the appropriate action that needs to be taken and then finally express your response.

I am sure that what we will decide to communicate then will be different from what we must have thought of communicating when we were angry! It will benefit all and bring out the actual solution to the point of concern.

Thus the main factors to be taken care of are to manage mind and control tongue to deal with anger and its consequences. Let's speak reality and rationality, only when required, to the extent required and where required. While communicating we have to be very careful in deciding the language, tone, volume, body language that should be meaningful and value adding to spread love, care, respect, peace and happiness!

Those who can control anger are liked and respected by all. Such people achieve maximum peace of mind and happiness in their life which generates positive energy in them including their surroundings. These people represent God (Nature) and they are here to do the honor of spreading the true secrets of peace, success and real happiness which is represented by the thought called 'Blessings of God (Nature)'.

We do accept that we all may get angry in some instances even though we may try to control it by trying not to express it at least. We also know that it is not that easy to control and manage anger. But it is not impossible! Let's do our best to try it out!

The next time you are angry with someone ask yourself the following questions:

1. Am I angry? If yes, why? What is my plan of response? Should I change it to bring a solution and avoid anger?
2. What, Why, Where, When, with Whom, How am I going to communicate?
3. Do I really need to communicate what I want to communicate? Can I avoid it? Can I postpone it? Do I need to re-think before I communicate?
4. The language, tone, volume and body language that I am going to use are for what reason and are they appropriate or do I need to modify them to be more positive, soft and polite while communicating?
5. Can I make my communication short but still complete and effective?
6. Can I think, communicate and act differently to ensure Peace and Happiness for everyone?

Your SOUL will give you the best answers!

Fear & Insecurity

It is the out come of all our enemies as discussed till now in the previous chapters.

They do not help anyone, rather we ourselves start feeling fear and insecurity because of them. Those who try to understand and respect the laws of life governed by nature can become neutral and indifferent and can learn true spirituality that helps us to keep away from fear and insecurity.

When we feel insecure or scared, what do we do? We simply create the same for others and thus it creates a chain reaction where everyone gets trapped into the feeling of fear and insecurity and thus the very concept of life itself losses peace.

We just keep struggling for happiness. We try to own it. But the reason why we fail is that we do not know the basic fact that we never shared it and just tried to own it.

There are many ways in which one feels 'fear' or 'insecurity'. Broadly they can be divided into Personal and Social areas of Fear and Insecurity as follows:

1. Personal including Family Life:

These are the areas related to personal and family life i.e. relations with parents, brother, sister, spouse, kid, relatives, friends etc. The issues which many of us face are loss of trust among family members / relatives / friends, splitting up of families, quarrels, cheating, divorce etc.

Just try to think the reason with a relaxed mind, why all these happen and what is our contribution in its occurrence and also resolution? We all are humans and if we fail in running our lives with peace, happiness and good health then our life itself is a failure and then no materialistic achievement or anything for that matter is of any relevance to anyone.

Without having the peace of mind life sounds just a waste. We feel depressed. Say for example many young people are not ready to look after their parents when they grow old but they forget the fact that they were not ready or smart enough to earn huge pay packages or make profits right from their birth. They have grown with the time and with their parents love, support and help and soon in a few years they will be in the same situation as their parents.

People make mistakes and teach wrong lessons to their kids, which destroy not only their lives but also messes up the core values of mutual help and co-operation. People are becoming selfish due to short term and materialistic vision for life.

2. Social Life:

These are the areas which fall under the human made artificial structures of Economy, Society, Caste, Religion, Country, Government, Law etc. The problems of huge population, excessive pollution and waste, global warming, depletion of natural

resources etc. are caused by whom? Who is causing wars and terrorisms? Who is supporting inequality on the basis of religion, caste, creed, color, status based on materialistic benchmarks? Who is responsible for corruption, frauds, theft, scandals, kidnapping, rape and all such social, economical malpractices etc.?

It is only we humans. So are we the one who is facing it or causing it? Remember that Nature is the final ruler. It is nature that rules life, which we have to accept and so also respect.

Why are we born and why do we die? Who has produced all natural resources, which we enjoy for our consumption? It is Nature. We have to take care of nature and also try to manage the life on earth in a way which ensures sustainability of life with ever increasing peace, happiness and good health for all.

Nature has defined principles on which the cycle of ‘...birth-death-birth...’ of soul into various forms and characteristics is going on and on. It is based on the ‘Law of Karma’ i.e. principle of ‘Action - Reaction’. The soul can win liberation by achieving Salvation / Moksha / Nirvana at the end of a human life by clearing Karmas balance (Actions / Deeds), which trap the soul into material pleasures and pains in various material forms of lives on various material planets Viz. Earth, Heaven and Hell.

So now we have to decide whether we want to make our life meaningful or destroy it by following the wrong directions. Let’s make a joint and collective effort and unite and contribute to change the way we all think, talk and act. We should all have a joint long-term vision, which goes even beyond this current form of our life.

By allowing the concept of fear and insecurity to be there in this world we are also causing the same for ourselves and for that matter for all generations to come. Remember that we are social animals and so it is only mutual caring and sharing which can help us.

If we become narrow minded and have only a short term vision by becoming selfish then we are putting our own self into trouble because every action has got a reaction.

Let’s unite and make our world the best place to live in forever by removing the existence of ‘Fear’ and ‘Insecurity’ from everyone’s life.

“By the way, what is that?”

Peace & Happiness

This is the only and final goal which we all have to achieve.

All that we have discussed so far is aimed at achieving Peace and Happiness. We have to ensure peace and happiness including good health not only for we humans but for all forms of lives spread across the globe.

All psychological and emotional enemies like Comparison, Jealousy, Competition, Ego, Anger, Fear and Insecurity are taking away peace and happiness from our lives.

We feel happy only if we feel satisfied. The root cause of all problems and worries associated with our life is 'DESIRES'. Desires are innumerable and never ending and hence we are never ever satisfied.

Many of our desires are merely psychological. These desires are influenced by demonstration effect and they do not play any role in adding the real value and meaning in our lives to achieve peace and happiness. In fact many desires are harmful to our 'Health' as well.

We all are caught in the 'Trap of Desires' which has made us inhuman by getting biased only towards excess materialism. Desires are ruling our lives by controlling our mind. All problems associated with our lives which are discussed throughout this book and also several other problems are a result of the Desires Trap.

Desires lead to the need for 'Consumption' and 'Possession'. Lot of our Consumption and Possession are avoidable and it will not harm anyone in any manner; in fact it will have a positive impact of increasing real peace and happiness for all forms of lives across the globe forever with sustainable growth and everlasting success.

It is really very challenging to control desires. The best and most easy solution to win over our desires is to follow the practice of 'Taking Vow / Oath against Desires' i.e. Taking Vow / Oath to keep away from 'Consumption' and 'Possession' caused by our endless desires.

It is very simple, just close your eyes, concentrate on your breath and connect your mind to your SOUL i.e. the real you and your thoughts and instruct your mind that "I decide to avoid Consumption / Possession of XYZ" (i.e. what ever you can decide to avoid, in the manner possible by you, which may restrict it completely or to a certain extent or for a particular time frame).

If you believe in any particular name and / or form of God (Nature) and even visit any particular temple then take such vows / oaths while praying to the God (Nature) in which you believe, may be when you visit the temple.

This will add to your confidence and also your determination to follow the vow / oath and will help you not to break it by controlling your conscience.

If you do not believe in any particular name and / or form of God and / or visiting any particular temple then just be confident of your inner self i.e. the soul and be committed to it for the vow / oath taken by you.

In fact this is the real approach by those who know true spirituality and the real God i.e. 'Nature'. Religion i.e. believing in any particular name and / or form of God including temple, prayers, rituals, rites etc. is just a stepping stone to reach to that level of maturity and understanding about the truth of life! The real temple is the 'Body' and true prayer is 'Meditation' for the final ruler 'Nature', which is termed as 'God' i.e. each individual eternal 'Soul' which is an invisible living energy!

Just try it and see the magic the moment you promise yourself to win against your avoidable desires. You will become your own king by having control over your negative psychology and biased emotions. You will have complete control over your mind and hence on your thoughts, speech and actions.

You won't be a slave of the outside artificial environment functioning within the trap of desires and nothing would influence you anymore. You will feel great. You will feel the power of self-independence. You will get relief from the feelings that trouble you unnecessarily. You will feel real peace of mind and true happiness.

Now that desires can not trouble you any more, you will get FREEDOM from DESIRES! It will be helpful not only to you but also to the very concept of life on this earth to achieve the final goal of success, good health, peace and happiness forever.

Let's do a small exercise (Please be 100% true to your self):

1. List down the things Consumed / Possessed by you.
2. List down your desires.
3. Divide this list into Necessities, Comforts and Luxuries.
4. Estimate the time and efforts required for the entire process in consuming / possessing them and its implication on the nature and other lives on this earth.
5. Now check what real value does it add to your life and decide whether it is worth the time and efforts you need to spend on it?
6. Is there anything which has no real value but we still consume / possess it?
7. Is there anything which actually harms us and even other lives, in whatever manner, which we consume / possess?
8. Can we still think of a life which is much more peaceful and happy even without such consumption / possession?
9. Will non-consumption and non-possession add any value to the nature and its laws of life to ensure peace and happiness including good health for all?
10. Finally based on the above analysis classify desires into Avoidable and Unavoidable and check whether we can contribute to avoid the problems and worries associated with the concept of life on earth, as discussed in this book, by controlling our Consumption / Possession needs?

Once we are through this exercise, we will find that we can actually do without many things including those, which we are already consuming or having possession of. However we selfish, short sighted, egoist, confused and misguided humans are causing huge harm to nature and its laws of life by our excessive consumption /

possession, which is creating imbalance in the world in all manner. We should try to consume only to the extent we need. We should try to control our desires because they are endless!

We should try to own our psychology / emotions by controlling our mind. We should not allow the artificial extreme materialistic environment to influence us. We should not think only about ourselves and also for this life only. Let's have a broad and long term vision for life.

We have to ensure that earth survives and continues to be the best place to live forever. It will not only help our next generations to come but will also benefit our own self during the journey of our soul in various lives, in different material forms, having different characteristics, until we achieve Salvation / Moksha / Nirvana.

We should also try to restrict our consumption and possession to Veg. items. 'Vegetarian' is the best way of living because it is less painful and sinful.

The scientific and logical reasoning for the same is that the life of living creatures like animals (including fish) and birds (including egg) etc. used for producing Non-Veg. food and other consumables etc. have got more SENSES like touch, taste, smell, sight and hearing including POWERS to think and walk, fly etc. due to various body parts.

Whereas living creatures like vegetables i.e. fruits, plants (including milk) etc. used for producing Veg. food and other consumables etc. just possess the body i.e. touch sense and they are not gifted with other senses including power to think and different body parts by nature.

It may not sound that easy to become complete Vegetarian immediately but we can at least try to inculcate it in our day to day life. We can start with consuming Veg. food and then gradually shift all our needs to Veg. goods or at least try to restrict our consumption of Non-Veg. items for Non-food products which are made from animals / birds that have died out of their natural death.

However, the use of this discretion is challenging because it is really difficult to ensure its authenticity of being a 'Non-Living Non-Veg. item'. However that will help us to start avoiding Non-Veg. items and gradually shift to the Veg. life. But at any point of time the best life can only be the one which is complete Veg., which is much more challenging.

Do we decide our birth / death and other external attributes? No. So are we in charge of our lives or is it bestowed upon us by some unknown power, which is in charge of it? It is the laws of life by nature, an automated eternal system that manages the same based on 'Theory of Karmas' (Deeds / Actions). But we humans have limited memory power to remember our past and complete facts of life and so we can't remember the same until we reach to the stage of 'Omniscience' by practicing Meditation for self-realization and also by practicing Sacrifice and Forgiveness for reduction of Karmas.

However we can at least observe and understand the world around us consisting of so many various forms and characteristics of material lives, which is the proof of Nature's Laws of Life on its own!

Human beings are not the only ones who are living. We agree to the fact that all animals, birds, trees etc. are living creatures. So now who decides that who will become what? Even within a category of life, who decides that someone will take birth with physical disabilities and someone will not? So by that sense each individual soul gets the opportunity to visit all permutations and combinations otherwise it will be justice to some and a huge injustice to others. So by that sense there does exist a concept of 'Re-Birth'. Obviously yes, otherwise what happens to a body on death? Why it stops functioning? It is because life is not that body. Life is the soul which was running that body which got transformed to some other body on death of the previous form of life until we succeed in achieving salvation.

The place, form and characteristics of each new life depend on our own conduct till the previous life and so on, based on the principle of '.....Action - Reaction.....' which is referred by the term 'Theory of Karmas' based on the laws of life by nature.

The one who can control desires can succeed to reach closer towards the ultimate goal of Salvation / Moksha / Nirvana.

This can be achieved only at the end of the material life as a human being because humans possess additional power of thoughts and vision as per the laws of life by nature. In simple terms salvation is a state of life in 'Spiritual Space' where the soul does not depend on any body structure to survive and thus there is no further death attached to it. It is the body which takes birth, takes breath, food and water as may be required to live and finally ends with death and not the soul.

The soul is the driving force that keeps moving from one body to another till it achieves salvation. Thus it relieves the soul from the trap of karmas and thus from the slavery of birth-death cycle forever and hence all related pleasures, needs, formalities, worries, problems and pains etc. associated with it.

It is so logical that we all have to pay back for everything we do as per the law of nature of 'Zero Sum Game' of life by suffering the equal amount of pains and troubles which we cause to other lives, in different lives lived by us, to pay for everything we did till that day and also for things which we continue to do. This continues till we do not have any balance in our Karmas account with nature. If we succeed in closing our account of material pleasures and pains then we achieve salvation. It is the highest level of peace and happiness for our soul from its freedom from temporary material lives on various material planets i.e. Earth, Heaven and Hell.

Let's unite and create a massive DIFFERENCE in our own self! Let each one of us decide "I want to become God". 'To be God' is just 'To be Good'. It is really challenging. However we may not leave everything and straight away become MONK / SAINT. That is not an issue at all. We should live to serve others in a selfless state of 'Mind' by devoting our soul to Godliness while managing our material needs.

Let's try to represent the essence behind the thought of 'God' i.e. 'Nature' by being 'Good' i.e. Natural (Spiritual) in its true sense. That is better than wasting the precious birth of our soul as a human being. Let's at-least try to get closer to our final goal of SALVATION and allow our SOUL to continue the journey in search of the ultimate peace and happiness from its FREEDOM FOREVER!

Thank You

The views mentioned in this book are not influenced by any religious beliefs. They are the natural laws of peace and happiness and the role of psychology in our life leading towards the most wonderful goal of winning FREEDOM for our SOUL.

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“Happiness can not be owned, share it to feel it”