



Presents

# Art of Altering Altitude by Attitudes

by

Dr. P.R. Subas Chandran, Ph.D.,



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This book is for those who.....

Are yet to write...

Wish to write...

Have been writing...

Continue writing... success stories

Life changing audios! Resolutions of rescheduling your humdrum routine life atleast an iota after reading this book? Confronting starting trouble like everyone does how to induce those thoughts into your memory system? The scientifically contrived technique, the 'Art of Altering Attitude through audio files', once listened to before hitting the bed (at the alpha hour) just for 18 days shows the way magical spell charms on you working miracles.

The pudding is in the eating. Don't have to believe your eyes or ears. For any guidance (for instance to get up on time with a smile or how to eliminate irritation, etc.) contact the undersigned; we will attune the content and facilitate you record; in fact, the tips are free of cost; the readily available piece, indeed. Service to humanity is service to Mother Nature.

**Dr. P.R. Subas Chandran,Ph.D.,**

Journalist,  
Motivational Speaker,  
Social Activist,  
Psychologist,  
Short Film Maker,  
Biographer,

Fulfledged Scribe for Inspirational writing to students,  
employees and every other individual of all age group.

Dedicated to

those shipwrecked forlorn friends wishing to sky their limit.



## FROM THE AUTHOR

### Art of Altering Altitude by Attitudes (AOAAA)

“ஆகூழால் தோன்றும் அசைவின்மை கைப்பொருள்  
போகூழால் தோன்றும் மடி.”

To exert is to venture. To idle out is to lose. It is upto one to decide  
(whether to venture and exert or idle out and lose).

**“Attitude, not aptitude, determines your altitude”**

Basing on the above principle, we have drawn a colourful canvas portraying how life and style could be redefined, to one's own advantage than succumbing to a superstitious state of 'this is my fate'. We demonstrate that happiness is one's birth right and have tried to prove the means to achieve. You may witness how the fountain of happiness springs up when a small twist - a simple and strong, adoptable and adorable - is engineered in the personality. We christened this twist as “Attitudinal Changes”.

It is anyone's right to change and we have explained how attitudinal changes can be planted in an individual's mind to generate a perennial flow of change which promises a visible and envious growth. You will find an interesting, innovative and invigorating interpretation to the key words of life and style.

Explore to experience something you have been longing for....Give a try... just a 45 minutes browsing of two-hour-intense reading may be a turning point...

**All the best**

(Dr. P.R. Subas Chandran)





## FOREWORD



**Dr. S. Gurushankar,**  
Chairman

### **Art of Altering Altitude by Attitudes**

Though I am a voracious reader of fiction and non-fiction, when **Dr. Subas Chandran**, known to me for more than a decade, approached for a foreword, I thought a pocketbook's content would be the most straightforward task to write. But I was baffled about where to focus my thanksgiving and what to avoid.

Attitude is life and life is attitude. A positive attitude alters your way of life. This is what the author emphasizes.

All the pages are spread with pearls of wisdom chosen from best philosophies and writers, woven to an ornament. Any learner and every reader, I would term this book as a life mantra.

If you apply even one of the best attitudes, the rest will join you effortlessly. I am convinced that learning has no age, and if you learn even a little small knowledge in the day-to-day journey, your purpose of being on this planet is fulfilled. I wish Dr. Chandran and the reader all the best.

(Dr. S. Gurushankar)



# About the Author



**Dr. P.R. Subas Chandran** is a non-clinical psychologist, biographer, social activist, short-film maker and live-wire-motivational speaker. He has penned '**Aakaasameehaddu**', a compilation of interviews with 72 women officers in Swati, a Telugu weekly. 'Why Modi should become the Prime Minister', a pre-poll book (2015) with **Mr. Modi's** message was a well received publication. The author of 'Who Wrote My Destiny?', the authorized biography of former Union Home Minister, **Shri. Sushil Kumar Shinde**. People from all streams approach the author for counselling. His favourite theme is Inclusive Life, where he wants to serve the communities by unlocking the hidden potential of executives, students, and the working class. The Art series by the Life Style Dynamics – from Art of Beginning the Day to Art of Ending the Day- is his latest venture.

He is one of the Senate members of the 104-year-old SNTD Women's University, Mumbai and a visiting faculty for National Forensic Sciences University, Gujarat. He is also a resource person for Meenakshi Mission Hospital and Research Centre, Madurai and Meenakshi Hospital, Thanjavur.



# ACKNOWLEDGEMENTS

This presentation reflects the Master who has sent a messenger to disseminate the message. A repository of creative people interspersed with worldly wisdom from mundane to spiritual fields is incorporated.

Thanks are abound to **Dr. S. Gurushankar**, Chairman Meenakshi Mission Hospital & Research Centre for penning scintillating foreword to make the pocket book efficacious who deserves a more than thanks for the all round support.

The author extends his due accreditations to **Mr. Sam Rajappa** and remains in gratitude to **Mrs. Latha Sharma**, Associate Editor, for making this book a possibility.

Also, applauds Google.com, Wikipedia, the team members **Mr. Sam Arackal**, **Mr. S. Manikanda Raja** & designing team of MMHRC whose contribution is immeasurable in publishing the pocket-sized book.

## Special adulations to the first reviewer

The author and his team gratefully acknowledges the angel's (name not to be revealed) immaculate appraisal, correcting, editing as well as amending, to have the book rendered nearly error-free.



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## NOTE

This book is a compilation of wisdom from myriad sources intended to benefit the general readers, certainly not experts. Most of them are suggestive, self-experienced that readers may consult health care specialist, should they find information not in rhythm with their expectation. Moreover, the write-up is governed by the British English Language/Grammar rules. Any reconciliation with the computer language be kindly overlooked. The author and the publisher bear no responsibility for abusing or misusing the indicative measures.

# A T T I T U D E

*"A consistent positive mental attitude is a force that enables the beholder to overcome even the deepest of hindrances."*

- Lincoln Patz.

## Attitude Alters Altitude

Hey! Crest fallen? Titanic sunken? What irks, what aches? Just look back what you are upto! Some time best friends, played in the mud and bunked school and accompanied you in your daydreaming, are now both professionally and personally more successful than you? Are you surprised where you must have gone wrong or thought that flashy people you see on TV are supernaturally gifted? Keep pondering over these questions. Till then, take a break to peek into the pages of this book. Probably, you will catch up with the solution. Cool.

We often attribute outlook to gene, gender, race, language or nationality, height, facial features. Colour could also be a reason, but the truth is, the only discriminating parameter and the secret to success is compiled below.

## An open secret to success



Into a secluded house,-surrounded by nature and its clamming warmth, gentle breeze gracing through the land, a young man seemingly curious and troubled entered the premises. From the look of it, he carried perhaps the most apparent thought we all have. He barged into the house stealthily with no forethought to disturb the tranquillity around. Reaching the central hall where he found a sage dressed in white clothes resting. The young man with a gentle voice called out, ‘Guruji’ and waited for the sage’s response. With a welcoming smile on his face, the sage nodded in approval. ‘I want to be successful in every stage of life without any fears, please help.’ Take a moment to guess what reply of the sage could have changed his life and perception about success.

“You know”, the sage started, “there are 26 letters in English alphabet. If each letter in the word, ‘SUCCESS’ were to be numbered, wouldn’t sum up to the Whole (100)”. “Guruji I don’t make out head or tail of what is told” replied the youth. “Wait let me elaborate” said the sage and continued....

“Success = 89, (i.e.,  $19+21+3+3+5+19+19 = 89$ )”

“You want the WHOLE ( $23+8+15+12+5=63$ )?” “Guruji.  
What do I need to do for that?”

“Attitude. Yes, ATTITUDE is  $1+20+20+9+20+21+4+5=100$  (100%).  
CHANGE!”

True! What we think of, become that. Attitude is the secret of success. Attitude singularly set is the decisive and differentiating factor between any two individuals. Shocking, isn't it? This is the fact to a great extent because we are just a reflection of our attitude. Let's look into the proximity (5ws-who, what, where, when, why and 1H-how) of attitude and why you need to develop the right attitude to live a life of your choice.

What is attitude? How can it impact everything we do? Where does it lie? When does it come to play? Who is stirred by it and most importantly, why we need to take care of our attitude?

Attitude is a collection of information from the environment and experience, to transfer it to a situation as deemed fit. (Source: Oxford dictionary) In a nutshell, attitude is behavioural science. Please remember that attitude is what stored inside and comes out as and when response demands.

*Our lives so far, reflect our attitude so far.* - Author

Our focus here is to compose music of Positive Mental Attitude (PMA). If success means happiness, failure means pain; this is also nothing but attitude. If failure is a road map to success, then it is an attitude. If pain is the penultimate gateway to pleasure, then it is an attitude. Accepting or declining the happenings is a reflection of your attitude.

Building a positive mental attitude is like constructing a palace of your choice. Yes, you have many rooms for everything in your palace – success and failure, smiles and sniffles, hope and despair, pain and pleasure, rise and fall – finally living a king-size life is just a reflection of those above. I mean you are the producer or pulveriser.

The only disability in life – not physical but mental - is bad attitude. Weaker the attitude, greater is the loss of character resulting in confusion, doubt, escapism, blame-game leading to despondency. Do you know Helen Keller – a visually challenged and hearing impaired (differently abled), Oscar Pistorius, a blade runner, both always believed that their physical disability is not going to impede their journey to success. Don't you agree that it is the attitude that matters and not anything else?



## CHooSE YoUR ATTITUDE

Following a traffic rule and not following a traffic rule - before someone or some situation demands you to change. You are the boss if you choose, If you don't, someone else will be the boss. You have the advantage of choosing the right attitude before somebody imposes it on you.

# Anecdote

At this juncture, let me share a little experience that defines attitude. I had to attend an urgent call during an important meeting, and I answered it. I went back to the meeting but couldn't hide the minor disturbance. One of them noticed it and after the meeting, asked me what had happened.

“One of my friends, Mr R. P. Singh, IPS, is seeking some help to let out his house on rent.”

“Do so. What is the problem? Do you want me to tell someone?”

“No, Sir. I am a journalist. How do I find a suitable customer? It's not my cup of tea, and at the same time, I don't want to say 'no' to him. I am in a fix.”

“Subas, the problem lies here. Don't undertake responsibility (ability to respond) if you don't want and once you take it, go ahead in full swing. You will find some reward. Post an ad today.”

Accordingly, I posted an ad in a local news paper, the Deccan Chronicle (I learnt how to write advertisement content), responded to a couple of calls (learnt to present and close a deal), entered a brief lease agreement (learnt how to write) and ultimately ended with one Bas De Blok, a businessman from Netherlands.

He invited me for dinner, and while dining, he requested for an auditor. One of my friends a Chartered Accountant happily agreed to his task. Finally, the business head offered me a manager's post to look after his Hyderabad branch which I politely refused. I requested him to extend this offer to a friend of mine who was unemployed at that time, and he conceded. A few months later, he invited me to the Netherlands as his guest.



I toured entire Europe for a month. The crisps of the experience:

- More responsibility'! More work'! More reward!
- Less responsibility'! Less work'! Less reward!
- No responsibility'! No work'! No reward!

This incident demonstrates punch line message: "If responsibility is attitude, then reward is also an attitude". What Pilot Rakesh Sharma got Kalpana Chawla thrived for. To the former it was natural; the latter had to muster her might to reach the zenith. One was coerced; another was granted, All this is attitude. Accolades like excellence, achievement and bravery are not skills but an attitude towards that particular skill.

Excellence is a quality which is exceptionally good and so surpasses the ordinary standards.

Aristotle once said, "We are what we repeatedly do. Excellence, then, is not an act, but a habit."

# PMA

Positive Mental Attitude



I have P.M.A  
I'm positive  
I'm mental  
and I know  
I have attitude!

'Positive Mental Attitude' is not only the ability to see the bright side of the situation but the ability to see the invisible and intangible. Look at the half-full glass in one other dimension, which is old-school. What's trendy is that the glass is full with  $\frac{1}{2}$  water and  $\frac{1}{2}$  air. It is possible only when you try being optimistic. When you open the door, the 'fresh air thought' flows, you can see greenery, birds flying, trees dancing- life is full of colours and





joys. Once you close the door, you shut down vision, the foresight thereby lose an opportunity of life's challenge to experience.

We always avoid doing new things out of fear of committing mistakes. The moment you think, "I may go wrong", the doors start closing on you. Had the fear haunted Thomas Alva Edison, Isaac Newton, Wright brothers and Einstein you would not have witnessed many inventions. So, commit a mistake to re-invent yourself. I go to an extent to clamour: "Committing mistake is your constitutional right, sorry birth-right, but make sure not to repeat the same mistakes." For, you can only MISS once TO TAKE, NOT ALWAYS! [i.e., Miss to take ONCE is error; taken to Miss always is unpardonable perpetration].

*Miracles start to happen when you give as much energy to your 'can attitude' as you do to your 'fears' -Guruji*

The picture here illustrates a lot of discomforts (leaking roof, wife and six kids, three pets, congested house, one bed with only three legs) which doesn't in the least hamper happiness. All it needs is the mental make up with a right attitude towards life and happiness. "If something is lost, nothing is lost; even if everything is lost, there's still something to go." Let not your approach be frozen, because the more accommodative and adaptive you be, the better your uniqueness is. Accept everything as an experience as T.S. Eliot, a famous English poet says: experience is anything and everything like the speck of dust on the spider's web.

Winston Churchill, the world renowned wartime hero had to appear for an entrance test to qualify himself for the first form. Unlike in his political career, he



was quite ignorant to the brave new world, then. Whatever he had remembered studying did not occur in the question paper. Still, he did away with that New Zealand map and sought admission. Being a great orator, he was expected to deliver a speech. There was pin drop silence in the entire auditorium. He rose, looked at the audience for a few seconds in silence then pronounced the golden proclamation: “NEVER, NEVER, NEVER, EVER GIVE UP”, then, dismounted the dais. This profound message is quite symbolic in determining one’s personality.

“Dimwit commits the same mistake; astute commits new mistakes. Which side are you on?”

Writing the success story after thriving and reaching great altitude does not determine to rest on laurels but pushing way forward through great attitude accomplishing great altitude. Eventually, who thinks ‘I Can’ is the Winner. (Author)

How to imbibe the right attitude? It’s done by being SMARTER. It’s just not a word. Confused?

- S** – Simple. Keep your approach simple.
- M** – Measurable. Quantify and qualify your steps; be calculative
- A** – Attainable. The first wobbly steps of a child teach it to march past the hurdles in life, later.
- R** – Repetitive. Repeat any action till it becomes your Character
- T** – Time. Success delayed is a failure/Failure turned inside out is Success- Edwin Bliss.
- E** – Evaluate and document. Only 2% of the world’s population controls the rest of the community, they all have the habit of documenting their actions.
- R** – Re-evaluate/Retrospect. Why? Who else can do it? It’s your life!



## Where can you find the right, educating attitude?

It can be found anywhere with anyone, everyone, at any time and every time. Perhaps that's why people say 'Life is the best teacher'.

Once there was a king, who wanted answer for his three questions: Who is the right person to be met? Which is the right action? Which is the right time to perform any act? A wise hermit showed him that whomsoever he met at the present moment and whichever action he was engaged in with the person. Live, live in the LIVING PRESENT for, past is past; and, the future is naught. The wise learn (observe through seeing and hearing) from others' mistakes whereas fools never learn even from their own mistakes. What label do you want to tag yourself with?

Let's go back to **Mr. Sushanth** who is in a fix in-front of his in-laws, and look how his attitude to learning helped him, "Mr. Sushanth is tensed about the dinner meeting with his in-laws for the first time, at a five-star restaurant. On his way to the restaurant, his street-smart mind is questioning everything right from "Why did I marry this woman?" "Why my in-laws are overhyped?" The next one is worst, "All these years! I couldn't learn how to use a fork, knife and spoon?" Apparently, his introspection did not prove to be too helpful.

The moment of truth be brought to light, he, along with his wife, reached the lavish corridor, with a poker smile he met and greeted his in-laws. Settling at the table next to his wife, he still could not find a proper way to deal with the situation. He wanted to give up and admit to his in-laws or at-least to his wife that he never knew how to use fork and knife but could not muster courage. Though he could order something from the menu where he didn't have to use the cutlery, his nervousness had turned the words in the menu into Greek and Latin, but blurted out, "I'll have what my wife has".



Nail-biter! Food arrives. Everyone is ready to eat. He gets up, excuses himself to the washroom. After a few minutes he joins the party and starts using the fork in the left hand, a knife in the right hand like a pro. What's up? How has he learnt so quickly to use the fork and knife? Simple, when he left the table, he slowly walked by other tables and observed carefully how they were using the fork and knife. "Oh, lord! My attitude to learn new things has saved skin," is what he said to himself.

We often find ourselves in similar situations, don't we? Mr. Sushanth despite excelling in the tap of his quirky on his mobile phone, he did not learn dining etiquettes until a tough situation challenged him. Thanks to his learning attitude, he could preserve his honour in front of his in-laws. This is very important.

Our attitude is inseparable from our lifestyle, so developing a healthy attitude demands all-the-more to have a better lifestyle. If we do not apply what we discovered then what is the use of discovery at all? Including this book, it's utter waste of time.

What does it mean by Learning? It is an attitude to go a step ahead. It is also a process of acquiring knowledge'. Learning/learnt is an immeasurable trait. A qualitative change in day to day life in every sphere is the reflection of a learner.

**It is your attitude**  
**Not your aptitude**  
**That determines your altitude**



# Example

A chef (cook) may excel in his career learning many cuisines. How can he make his life more qualitative? Earn handsome money to expand his lifestyle? More learning? Apply the cooking strategies in day to day lifestyle? Example: He keeps salt in a salt container and so does with pepper. In a nutshell, he keeps everything in its place. He implements the learning in his other matters too. Placing things in order will help him to retrieve things easily. (Don't we suffer from retrieving our mobile/keys/ sewing needle etc?) Learning must bring about some qualitative change in one's life and style.



From the two way technique we can acquire knowledge: (I) Self-regulated Learning (Zimmerman concept) and (ii) Others-Imposed Learning. While the former keeps the learner happy going, the latter can cause heartburn/ill will & rubbing edges. Imagine yourself on the zebra crossing when Red signal lighted, and policeman detains to fine you; this could be learning imposed by others.

HOW TO BE  
A  
SELF  
REGULATED  
LEARNER



Ask yourself the most profitable question in the world – What’s in it for me? The most compelling of learning is happiness. You will have to force yourself when your heart is to frown; especially, to your boss when you know that your invaluable proposal is treated subservient and his subservient, superior. I have already mentioned that environment and experience shape our attitude. What one gets from them? A new experience? A different kind of knowledge? We may thus conclude: happiness and learning are two sides of a coin. For example, you might have seen many children when they are asked to exhume a ball hidden by elders and the reaction when they find it. The child jumps in joy, clapping its hands saying that he/she found the ball as if it has invented Newton’s fifth or sixth law.

In India, education (learning) is a fundamental right like Water but happiness is par excellence. It’s your birthright! Not just in India but across the globe. Then who are we? We are not only the products but also processors of Happiness!

*Happiness is derived by doing anything and everything, anytime and every time, anywhere and everywhere with anyone and everyone as long as that thought and deed don’t harm self and others, even remotely, now or later.* - Master Sriram.

Before proceeding further, there is a question lingering in your mind whether I am a product of happiness? Undoubtedly 100%! Beyond an iota of doubt, you are born out of joy – engineered by your parents.

Parents couldn’t have crafted you out of lament. It could only mean procreation. You are undoubtedly a by-product born out of ecstasy. (Keep other negative thoughts at bay) If this is what you are, there is another surprising fact for you to know.

You are one among the 40,00,00,000 participants who pushed aside the remaining 39,99,99,999 who were racing to fertile. You won such a great race. You are unique. There is no other person like you in the class of 7.5 billion people. Yes! You are born out of happiness for happiness.

*Let none script your attitude; you be the master of your attitude because you are for it.* - Author

**What are those easy, adaptable and enduring skills of attitude?**

Believe 

You can do it with Love, Gratitude, Self-Acceptance, Self-Appreciation, Association, Humour, Role Model and Tuning in body, senses and mind to right attitude.

Belief/faith with clarity is the ubiquitous weapon in the world. Use this tool to build your attitude, which shall represent a new Avatar of you.

*If you believe you 'can' or if you believe you 'cannot', both are correct because 'can' and 'cannot' are not just adjectives but the watchwords of your life journey.* - Henry Ford



Please see a big description of the picture of an elephant tied to a wooden peg on the ground. Didn't a thought cross you why such a mammoth-sized animal resigned to chain tethered to a wooden peg? Read this story.

A baby elephant, capable of mobility, is tied to a wooden peg firmly fixed on the ground. Like any other animal, who loves freedom, it tries to free itself. To be free, it keeps trying again and again with all its strength but fails and the rope grapples the ankle, few months pass by and it finds that it can't move. He tried again, not freed so far, but hurt on the ankle. A few years have passed like that. Still, no luck. Now the baby elephant grew up and gained its muscle weight and natural strength but sadly is still around the wooden peg.

Wondering why, in spite of its innate ability to quickly break free, the delusional elephant has conditioned itself that she cannot break free from the bonds. Hilariously look at it; to me, it seems like a joke, but the gullibility of the elephant has limited its growth, freedom and comfort, just like our minds. That's the power of our mind and our belief-system. We need to re-orient our minds to our benefit; otherwise, you can't break-free the shackles easily, give reasons and suffer. You can live your life on your terms or survive with what is thrown at you.

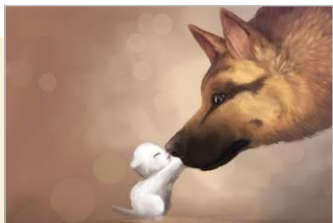


## Belief in love

We know most of the students say “I hate mathematics.” For argument sake, a dog won’t come to you if you

don’t love it, your partner won’t come to you unless you like him/her. How will mathematics come to you?

Approach everything with love. Disseminate that love from you to all around. Attribute everything to that untainted love.’ If you are the epitome of love, radiate love; it will come back to you proliferated.



## Believe all for good

Once a couple had a difference of opinion because the traditional wife

had kept the most important file in the altar and the husband was delayed for the important meeting. He shouted at the idiocy of the orthodox. When he reached the office he got to know that the meeting has been post scheduled and to be held in the air that he had to take the call. It was a blessing in disguise because he has never flown by air and with such important people as that. So believe all is well and all for good.



## Gratitude

The world's most powerful word is love, and gratitude seasons it making love the ultimate energy of

human beings. Did you ever think of the 6% of the world's population that suffers due to subjugation (physical/mental/emotional)? If you are not one among them, then you are one of the privileged. Yes! If you have a square meal, thank one million little children who die by the cause of unavailability of food. If you have a place to sleep, then appreciate more than 20% of the world population sleeping on the pavements/platforms.

If you have a rug to protect you from biting cold, thank your stars that you are not among the population under the care of platform. If you have 10 litres of water to bathe (I do with 10 litres) lucky that you are not one of the three billion whose access to clean water is preposterous. Yes! My dear, you have a million reasons to render gratitude for all the unlimited privileges of boons and bounties you are surrounded with. The moment you started being grateful (showing gratitude) the body secretes a chemical "Catecholamine/Dopamine/Serotonine" that soothes your body and mind.



## Self-acceptance

Asked your how abouts and the present status quo, If you say 'yes, All's well' then go ahead with self-acceptance. If not, await the message

ensuing. We always compare ourselves with others and belittle our stature. By remaining a crying baby (for not having fair skin, being short or tall, obese or thin, rich or poor) you cannot come out of your personality. Yes, the only option open to you is first to accept yourself as you are. This acceptance will open up novel doors of opportunities to generate a new faculty which will surpass the so-called setback.

Charlie Chaplin had a frail frame. He accepted it, and then a new faculty of a great comedian emerged. Helen Keller's self-acceptance brought her accolades worldwide. Try, you can become successful when many could not.



## Self-appreciation

It is awareness of all the good characteristics in us (body, soul and mind) and appreciating them that leads

us to the zenith of success. You already have an 'Award of Uniqueness'. If you incline to read this text, it means that you have good eyesight and a definite sense of understanding. Not only this, as they say, all great things start at home.



Self-appreciation emulates you to appreciate others for their own reasons. Start with self-appreciation, which results in appreciating others. The great sense of energy for self and others is “Patting.” Think for a while; how did you feel when you were patted on the back? How others, for instance, your spouse or children, smiled with joy when you appreciated them wholeheartedly.

## Humour

Man without humour, is like a heart without soul. Humour is the most energising quality

that can change the pattern of life. Use any software or borrow, but, make it a point to be humorous as and when you get an opportunity. You should be humorous on two occasions. When you're alive and when you're dead.

Albert Einstein used to get scolding from his first wife Mileva Maric for being late to dine. On a particular occasion, when his friend visited him, he got all the more delayed. So she got wild and poured the pitcher of water on his face. “Usually it thunders; but today, it has rained/poured”, so commenting Einstein smilingly wiped his face and proceeded forth. It is this attitude of Optimism and the sense of humour that has set Churchill and Einstein apart.



## Association

We mean here living and non-living things, be it in any form. Association matters and it does a lot. Assume you are entering a garden of Jasmine. The fragrance of jasmine is all over. You won't only inhale, but your attire and body will enjoy the scent. It will also unfold the nostalgia that you have had with Jasmine. In other words, the influence of association always plays a vital role in the day to day life. Now place yourself in a funeral ceremony. Your body and mind would be dull, inactive; you walk and talk in a low pitch. No Jokes! Isn't it? Choosing an association is like picking food from a buffet. "Yes! A velvety wheat halwa is a wrong association to a person with diabetes."



## Role model

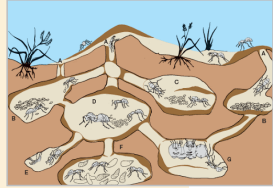
You are always in search of icons who can modify or re-orient your attitude because you're convinced that without altering old self, you face resistance in your path to progress. If so, where can you search and how do you get best illustrious models? Who can reform your old habits? You know very well that you are a carbon copy of your parents and ancestors. Some of your physical features, characteristic traits, etc., reflect your forefathers. If that is so, then update your attitude with that of successful role-models. It is the pastness of the present and the presence of the past complementing each other that cannot be overlooked.

In other words, these role-models must have used their best attitudes and made their journey successful. Adopt and apply those examples, who used some of the techniques to make their journey fruitful and worth sharing.



## An ant

Guru means a light that removes darkness, facilitating a person to continue his/her journey. In other words, the light guides you to achieve your goal. During our life journey, we may cross a small problem and then what do we do? We stop our trip with an illusion that the end has come. Look at those tiny ants which teach us great lesson that is usually not taught in any school of thoughts.



Dr.S.Chelappa, a retired IAS officer and I were sitting in his garden discussing the attitude of people towards roadblocks in their life's journey. He was expressing some displeasure in his life. I thought for a while and decided to demonstrate what attitude meant. I asked him to look at the ant that was crawling on the table.

I first took a stick and blocked its path. The ant took a right turn. I took another stick and blocked its way again, and the ant took another right. I did the same for the third time and the fourth time and the ant kept taking turns.

It also tried to escape through a small gap there was, which I noticed and shut it. In spite of trying to block its path, the ant never gave up. It kept taking turn after turn and ultimately, to our surprise it just climbed over the pencil that was used as an obstacle. There we are!

We were stunned for a few minutes and looked at each other. Amazing! Incredible! The ant continues to inspire us in the form of a guru. Chellappa and I saluted the ant in amazement for teaching us the art of overcoming the obstacles imperturbably.”

## Tuning in your body and mind



This is also an attitude to care your own body and mind. There is a reason to have it mentioned it at the end. Body and mind are the service providers that execute all our tasks. Healthy body and mind produce healthy lifestyle. Observe carefully that I used the word ‘and’ not ‘either-or’. Without any one of them, whatever we discussed so far is no good.

## Body

(The physical being) – It’s always sound mind in a sound body. A well-maintained body is a vehicle to carry your task and better the prospects of the future. Like disproportionate income is stored disproportionately at disproportionate places, excess fat is stored disproportionately at different parts of our body with all disadvantages and ailments in the body that choke us to think better. Walk, jog and work at regular intervals, in other words, keep fit!



Mind is an Invisible Solider. It is thousand times faster than the physique. Every aspect of the body is carried out in your mind first. Be it emotional or logical, so keeping the right association to maintain the well-being of the mind becomes essential. Associate yourself with a proper book, facetiousness, a meditation on right things with gratitude and Yoga (India’s answer to restless world).

# Case Study



In India, we find villages without a skyscraper but surely with a slum. The most common sight is, children half-dressed with dark-torn clothes playing in the dirt of the slums. We have encountered a remarkable person who started his life in slums and rose up to the most elite office in the country.

As a boy, misery seemed to be his daily companion, and so was his attitude to excel in life. He had to discontinue his studies post his father's death, begged for money, worked as domestic help, a boy-peon and to make things worse; he was from a weaker section of the society (Dalit). In a country with the vast population, they are often looked down, so any opportunity to excel is not a mere dream but impossible. This study will reveal how an insignificant person can reach dizzy heights? What types of tools did he use to climb the ladder of growth?

Such a man fell in love for once in his life with a person named Ujjwala. Both of them were so firm in their love, got married but since the man belonged to a lower caste and the woman from the upper-caste, the girl's parents objected to the *mélange*. They declined his proposal, and after a long thought, he decided to oblige and had put off the pursuit.

## METHODOLOGY

Learning and applying, improvising when required, critical observation, self-belief, self-appreciation, gratitude, right association with right people, counsel with elders, he had put both body and mind to test.



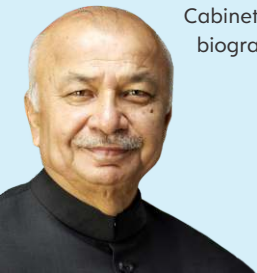
## RESULTS

Using the tools of attitude, he accepted change. He gave up his love because even though he could have eloped with the girl, he didn't do that. For him, the girl's family was as important as the girl and decided that if he had to sacrifice any one of the two, he might as well sacrifice his love. He changed his feelings that he had towards that girl. He gave up his love for the sake of his love.

## ANALYSIS

It's not very hard to write a review of a person with such magnanimity because he applied all the techniques of attitude in every spec of his life. The positive and adaptable approach towards attitude took him to the altitude of his liking. A pitiful state filled with misery, difficulties surmounted beyond measure, troubles beyond tolerance, made a boy with a heart full of desire to excel and girt to face the odds made him what he is today. As the saying goes, only the rough weather makes the best sailor, pain, hurt and trauma seem only to make him stronger and wiser, thanks to his "never-say-die attitude towards life", learning, appreciation, communication, self-belief, gratitude and finally humility and ambition have elevated him to the zenith of glory. Other difficulties along the way seemed just as a stepping stone to his success throne. It's not what he achieved defines him, but his attitude towards all these fragrances of life. He is **Mr. Sushil Kumar Shinde**, a multi faceted personality and the former Home Minister of Indian Cabinet. The author has compiled the authorised biography of his titled, 'Who Wrote My Destiny'.

(I compiled an authorised biography of his, titled "**Who Wrote My Destiny**").



It's time to bid goodbye and wish to thank you for a beautiful and educative journey through this book. Now you know the secret. Why hesitate? Take your call. Live long and prosper! The ladder of success is lain before you. Convinced if you are, change your attitude, to better altitudes.

Yes, you can reach greater heights of your profession, fit-in lead roles, make an impact, and create a legacy as well.



*Miracles start to happen  
when you give as much energy to your  
'Can Attitude' as you do to your fears.*

- Guruji



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