



Presents

# Art of Eliminating Negativity

by

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



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



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 who carry cesspool of negativity and want to drain it out.



## FROM THE AUTHOR

### Art of Eliminating Negativity (AOEN)

“நெடுநீர் மறவி மடிதுயில் நான்கும்  
கெடுநீரார் காமக் கலன்.”

[Procrastination, absentmindedness, idleness and sleepiness  
are the rudders of a pessimist's boat]

Can you walk the talk? If you can, then talk. This is what my experiment with the Art of Eliminating Negativity is. A day never passes without the exercise of inhaling-exhaling, meditation and physical work-outs. I was a big carrier of negative and unpleasant thoughts that were horrifying. When I was taught the art of rejuvenating body and mind by my master, I meant a point that this life-energy should also benefit my fellow beings.

Never feel bad having negative (every stomach carries three ounce of excreta at any given point). Your job is to push it out, eliminate it. That's what the book is, in a very simple language empowering the reader, how to overcome the influence of negative thoughts. If you love you, really...!!! Then this book is a must. If you're benefitted, gift the book to your foe because if a foe transforms, that is miracle.

### Art of Eliminating Negativity AOEN

“Negative is an acid that can do more harm to the vessel it is stored than poured”. Agreed? Read further ...else throw it into dustbin. You are the creator of your thoughts. Aren't you? Our body and mind are the supercomputers carrying huge memory of the past and illusions of the future. if you could create a file you can modify or delete... the similar logic applies in eliminating negativity from the root of your storages. This miniature episode encompasses the road map to generating positive chemicals and draining out the unwanted ones. It is a compiled concept gelled with scientific temperament to palate your taste that you can apply whenever you want. Don't believe what I say. Exhume dear. Don't you agree with this quote? 'Negative is an acid that can do more harm in which it is stored than poured'.

**All the best**

(Dr. P.R. Subas Chandran)





**Dr. N. V. Kalyankar**  
Vice-Chancellor

## FOREWORD

### Art of Eliminating Negativity

Negativity is the process of getting into an unintended rut. Fortunately, the way out of a rut is a positive thought followed by action. So humans rarely have to stay mired in painful feelings for very long. Off-the-age, we are not being trained, either at home or in school i.e., the art of training mind, which is essential learning. Human mind without proper grooming could attract unwanted thoughts which gradually turn into the trash of negative thoughts. Positive thinking creates healthy environment in the life of the person who adopts it. Gone are the days when people use to gather around the water cooler, have moved online now, adding another challenge as people can hide behind screens and think less about the impact of their own words and actions.

Combating negativity is not an insurmountable challenge, you just have to go about it in a strategic manner. As an individual, you have the power to bring about change and make negativity a thing of the past. Negativity can be combated with the first man initiating action. Will you be that person? All it takes is the courage to start and take a stand against negative behaviors and actions. It is here precisely I'm amazed as to how this author has assembled his thoughts in his pocket-sized book that works like a magic wand and can resurrect you by removing your negative thoughts to reform as a man of positive mental attitude. I have no words to render thanks to the author, Dr. Subas Chandran who made this ambrosia in the form of a few exercises, and I found myself to be immensely benefitted and wish others to get the same whilst enjoying rejoice reading the write up.

**Dr. N. V. Kalyankar**

Vice-Chancellor

Gondwana University, Gadchiroli

Maharashtra State



# 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.

The author owes his accolades to **Dr. N. V. Kalyankar**, Vice-Chancellor, Gondwana University, Gadchiroli, Maharashtra State to have foreworded the Art of Eliminating Negativity vouchsafing the contents shared.

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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.

# Eliminating negativity



O+ Negative in the parlance of medication means positive. If your report read positive it means you are negative.

The world is yet to witness a human without negativity. You are a product of happiness, but you gradually load negativity from childhood till the end. If this happens in life how will one overcome the impact of negativity? The book, with proven examples, liberal dose of scientific temperaments, shows it is possible to overcome negativity.

Come on, let us jointly explore the dimensions of negativity and the tools to eliminate it. For the time being, let's contemplate on reading ahead, address negativity.

I understand everybody knows that mathematically when two negatives are multiplied, the result is always positive. This happens only when we are so calculative in our life. Imagine the misery and menace we face when we succumb to negativity. Stop being calculative because life is not mathematics, when two negatives meet, the chances of the result being favourable are 1 out of 1,00,000.

The most dangerous negative thoughts like what, when, where, who, why and how in situations add up to the extent that they become an aspect of your negativism.

# What are negative thoughts?

If you believe that everything on this earth is energy, then you are energy, thought is also energy, be it positive or negative (Adrenaline)\*.

We have new dimensions to convert it the way we want. This alchemy is very well within you or you need to know how to decode it. A simple experiment will demonstrate how one can convert/eliminate negativity so that the body is loaded with positive energy, - (hormones: dopamine, serotonin, oxytocin and endorphins).

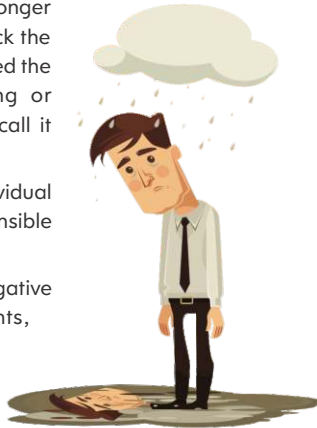
The expression of criticism of or pessimism about something is NEGATIVITY

Nonchalant Expression of Grumbling Arrogance Teasing Individual Vitality and Interest in Tracking to Yield in.

For instance, you may have been taught the PH (+) is acidic and PH (-) is basic. Take lemon syrup. When you cut, it leaves a mark on the floor; but you spill the same lemon juice after adding water and sugar it doesn't any longer stain the place instead, attracts ants to lick the spill over. Like the lemon that has contained the acidic nature turned basic on diluting or addition of water so are our thoughts, call it CAMOUFLAGED POSITIVITY

Since the thought is generated by the individual it is the individual who is solely responsible for it – positive or negative.

Intrusive thoughts are unwelcome. Negative thoughts are those involuntary thoughts, images or unpleasant ideas that may



become obsessions upsetting you on how to manage. The infamy of a pessimistic person is reflected in the features:

- I'm a born loser.
- I'm a complete failure.
- I'm too nervous. I can't do it.
- I don't have any talent.
- I don't want to try. I can never do it.

## Why do minds think about negativity?

*Negativity is an acid that does more harm to the vessel it is stored than the one in which it is poured.* - Lord Buddha.

Considering the physical and mental age, the character of a person, the perspective and comprehension of a person can also help in amplifying these thoughts. One needs to sense it and act rather immediately not to allow these thoughts to play around with their minds. But when there are exceptions, one can learn a trick or two from this book to eliminate them and be happy, feel blessed because that is the sole purpose of every human being.

Nothing can be eliminated but can be converted. This what Law of Conservation of Energy too says: Energy can neither be created nor be destroyed, that which disappears in one form reappears in another form. Acid can't be eliminated. Instead, it can be converted into a salt and water or else otherwise (oxides, etc)

The easiest way to handle negativity is to transform it into a product of Positive Mental Attitude. True, it is not all that easy as it seems because the soul of man is sedimented with 'vishaya vasanas'(Brought forwards/carried overs) negativism that man has been living through births. You have to revert it. Go through the pages authenticated by science and statistics.

*It only takes one negative thought to shatter a dream.*  
Anonymous.



The only disability in life - not physical but mental - is bad attitude. Weaker the outlook, greater is the loss of character resulting in confusion, doubt, escapism, blame-game, leading to despair. Do you know Helen Keller - a visually challenged and hearing impaired and Oscar Pistorius, a blade runner who always believed that their physical disability would not hamper their journey of success? Don't you agree that it is an attitude that matters and not anything else?



Beyond an iota of doubt, you are born out of happiness – engineered by your parents. Parents couldn't have crafted you out of lament. It could only mean procreation born out of ecstasy. Let other negative thoughts be kept at bay. If your composition is likewise, there is another surprising fact you need to know. You are one of the 40,00,00,000 participants who pushed aside the remaining 399999999 who were racing to fertility. You won such a great race. Are you not special? Are you not great? This is not the end. You are unique. There is no other person like you in the class of 8 billion plus people. Yes, you are the only one, and this uniqueness is a great identity that you can claim – I am great, one in eight billion and above all, born here to lead a happy life.

Shshsh....! You know why all the fresh and the good ones have inlet either top load or frontload and the excretion/ejection/outlet that of only bottom? Let's analyse it in various perspectives.

- Top refers to North Pole and bottom to South Pole.
- The Good in the atmosphere tunnelled through narrow channel ends up negative

Still, all these flow into the earth. Doesn't it mean then the Earth is elemental negativism? But ask the electrician, he would have it said

that earth all the electric connections. I'm not to probe into Vandegraph generator or Electrostatics for that matter. The reason he gives is Positive charges.

If you are such a great human being who won not against one million or 10 million but 400 million cells and unique, how can you be a tank of negative thoughts? If you are a product of ecstasy, how can you be a source of negative flow? Let us search the mystery behind negative thoughts and work out a few simple techniques to overcome it. Let us see how? *The following positive, creative software* like Photoshop can empower you to overcome negativity.

## Belief in Love

What do you do with your pet? With love for the little one, you hug, you kiss, you play, and finally, he sits in your lap. These gestures are nothing but love. True, if you love the pet, it comes to you and distinctively if you hate/shout at, it runs away from you. Love reduces distance and creates proximity. Apply the tool of love to learning/earning/possessing anything of your choice. If you have the love to grapple the material or intellectual property of your choice, it will reach you. I can guarantee you. Try to love and love to achieve.

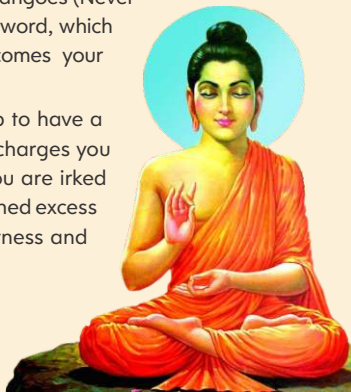
## Gratitude

Do you know the world's most powerful word? Yes, there are a few thousand powerful words, but, I bet it is gratitude that tops the list. You can't hit somebody bowed in front of you with loads of gratitude. You know, you are already blessed to be a human being?

# Anecdote

It so happened one day when the Buddha was teaching in a village, a crowd of people came to him and hurled abuses at him. Confronted with the angry words, the Buddha remained calm and did not react at all, which made the crowd all the more angry and they abused him even more unnerved by the Silence of Buddha. They could not tolerate further insults and became quiet. The Buddha turned to them and said: "You must be loving me so much that you have left your work and come running to talk to me. Why otherwise would you get unnecessarily troubled with my life and problems? Some time back, I passed by a village where people presented me sweets. As I don't eat sweets I politely refused the present. So what do you think the villagers might have done with them? "You are right. Obviously, they shared them amongst themselves. What do you understand? Anything that is refused goes back to the source of origin. So do negative thoughts or anger or abuses, don't they? Similarly, when I didn't want to burden myself with the negative I have repulsed it with a greater positive source SILENCE thus keeping the negatives at bay. Hence, by our response we can choose to own or disown the negatives. Don't take the call in other words, don't buy the mangoes (Never take abuses). Thought becomes your word, which leads to a deed and ultimately becomes your destiny.

For example, you go to a barbershop to have a smart trim, and after the haircut, he charges you more than the previous time. Now you are irked and argue with the barber. You go to shed excess hair in exchange you buy unpleasantness and arguments."





## Self-acceptance

Did you ever accept what you are now? If you say yes, go ahead with self-appreciation. If not, this

message is for you. We always compare ourselves with others and belittle ourselves. 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 accept yourself as you are. This acceptance will open new windows of opportunities to generate a new faculty which will overtake the so-called setback. Charlie Chaplin had a dwarf-like body-frame. Yet, he accepted himself, and then a great comedian personality emerged. Helen Keller's self-acceptance brought her accolades worldwide. Try, you can become successful when many could.



## Self-Appreciation

It is awareness about all the excellent characteristics in us (body, soul and mind) and appreciating them. You already have an 'Award of Uniqueness'. If you read this text, it shows that you have good eyesight and appreciable sense of understanding. Moreover, as it is said, all great things start at home. Self-appreciation helps you to practise how to



appreciate others and why. When you begin with self-appreciation, then the next step is appreciating others as a consequence. The quintessence of energy for self and others is “Appreciation.” Think for a while; how you would feel when you were patted on the back? How others, for instance, your spouse or children, smiled in joy when you appreciated them wholeheartedly.

*What we focus on, we empower and enlarge.*

*Good multiplies when focused upon.*

*Negativity multiplies when focused upon.*

*The choice is ours: Which do we want more of?*

- **Julia Cameron**, American teacher, Author, Artist.

**The factors that proliferate negativity are:**

- Heightened inferiority complex
- Heightened superiority complex
- Cynicism-
- Diffidence
- Overconfidence
- Self importance, etc.

## You, you alone

Yes, you and only you are responsible for negation. Want to know how? The more inferior you feel the more restrained you are from the crowd. The sense of loneliness indirectly moots irritation. When your ego is hurt your superiority is blasphemed causing annoyance instigating you to react negative. The doubting Thomas in you evokes suspicion and pessimism. Lack of confidence or over confidence either wise erupts abnegation and negative thoughts. When your self-respect is offended or belittled or treated

indignantly the villain in you surfaces feeding his lion ego. These negatives amount to irritation, anger, so on and so forth.

Well, would you buy thorns, even if they are being given to you free of cost? Wouldn't you, right? When you wouldn't buy hundreds of kilos of thorns available free, why would you want to purchase negativity that is being given to you for free? Do not purchase negativity, even if at recess.

Negativity is like a snake that you grow in your house, you grow it knowingly or unknowingly. Negative thought starts like a baby snake that enters your home (mind), and you don't do anything about it because you know it won't do you any harm (carelessness). Because you can't let it suffer in the rain outside (giving in to pressure from family and friends) and after a couple of months, the snake is now fully grown (piled up angst, irritation, negativity in a nutshell) and comes upon you, its first prey.

My friend, but in this context, you are the snake, and you are only the one to have allowed it inside your home. Your carelessness, environment, lack of knowledge send unnecessary thoughts into your mind and you let yourself grow along with it ultimately pulling you down.

I hope you've understood the kind of factors that add to negative thoughts. Let's consider anger because it is the most common and outrageous problem every human has, although the degree of anger displayed differs from person to person. But a person getting angry is a subject of psychological immaturity.



## Thought

The first thought in the morning or the curtain-raiser is critical. It makes or mars your day.

# Anecdote

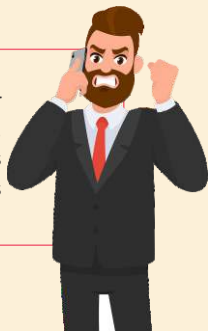
Mr Rahul, a dear friend and well-wisher of mine recently came to me complaining about his relationship with his fiancé straining. Do you want to know the reason? Well, one fine morning, he received a call that he never expected to receive in his life. It was from the police station. The head constable called him to inform him that he had to go to the police station for a crime he had committed the previous night. He got scared and tensed, and just then his fiancée had called him up to discuss something and unable to take the pressure, he yelled at her over the phone. A couple of minutes later, the same person called up and started laughing on the phone saying that it was a prank call and it was none other than his school friend who had returned to India after six years.

Rahul calmed down on learning about it and immediately called up his fiancée, but she was upset about his reaction a couple of minutes ago and refused to entertain him. She went to the extent of closing the relationship because she realised, she didn't want to spend the rest of her life with a man who would yell at her in the morning. Thought and anger go hand in hand.

Your thought can calm you down or aberrate you shooting up your temperatures to soaring heights.

## What exactly is anger?

We can define anger, a thought, a strong passion or temporary emotion of displeasure or antagonism, excited by a real or supposed injury or insult to one's self or others, or by the intent to do such harm. It is both inherited and impacted by the environment.



**Inheritance:** Imagine a kid flinging the food served in its plate in irritation when asked not to illtreat something. Where did it get this trait from but for the transference of parental gene or of the kindred? This inheritance may persist for generations, too. Whereas a child brought up even in a poor setup may exhibit refinement due to the DNA factors.

Quite often, the psychological issues of anger and annoyance emerging out of suppressed stress, negative personalities are all the outcome of what the child inherits in the womb of the mother. The outburst of evil in the demonic leader of the Hindu mythology, Sukrachariya is due to his mother, Kavyamata's ill will. Such emotional imbalances, - a brother inflicting pain on a brother or wife on husband is all prevalent in present day cinema.

Inherited outrage can be addressed by the Anger management strategies. All these may be reconciled through proper counselling\* (Consult our author in this regard) Even the daughter-in-law mother-in-law misunderstanding that seems irreconcilable, factually speaking, can be smoothed through proper counselling and understanding from either end. Believe, it is possible. The co-author is a live example. After twenty five years of silent suffering, understanding the parents-in-law for their financial and moral dependency on their lone son has succeeded in bridging the gap. This required only a slight mental tone up of positivism to turn irritation and anger into understanding and reasoning. This is nothing but the quality inherited from her mother who had tolerated the pressures from her marital home despite being alone daughter of the entire clan of an affluent backup.

I hope you have understood how negativity of hatred due to anger as a result undue comparison, insult, etc., gets carried over to the foetus from the mother just the way the nutrients from the food she eats and the love that she gets or is denied during that time.

**Environment:** Tell me your company I shall tell you what you are (Albert Einstein). Anything repeated over and over again becomes a habit. A child's mental health depends solely on how the parents raise the child. If a person imbibes negativism is not only being considered a total waste of human life but is also informed about the same over some time that the person starts viewing life from the negative perspective. The environment shapes a person's character, abilities and skills.

For instance, consider a film that has been shot in the dark. Usually, the camera used for filming in low light is different from the regular ones, but you don't use them. Here emerges the negative thought. You shoot the entire sequence in the dark; you shoot the whole film in the dark, using a regular camera and then want to win national awards. My friend, the audience could barely see anything on the screen, let alone appreciate it. The environment in this instance is the low light or darkness, and your mind is the camera. If you do not choose the right thought process, the situation hampers your growth. On the other hand, if you have the right frame of mind, then winning Oscars also won't be difficult. Yes, it is possible my friend.

## What does anger culminate in/outof?

Such persistent feelings of anger and irritation out of Insult, loss of control, injury, attack on ego, stress, anxiety, depression, guilt, embarrassment and shame can stir up hatred either one's own self or others. One can use the techniques mentioned in this book to counter these highly potential negative emotions and turn them into positive energy. But before a person can learn to manage these emotions, she/he needs to know how it affects him/her both mentally and physically as one needs to get diagnosed the disease first before going for the treatment.

*What can't be prevented has to be cured, what can't be cured has to be endured, what can't be endured has to be ejected Anger is so cancerous.*



## How do these affect people?

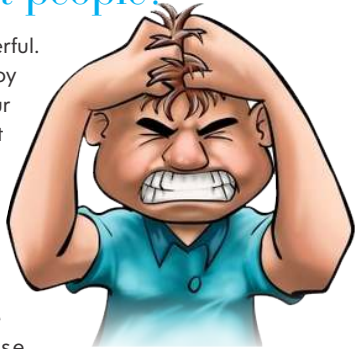
The emotions above are very powerful. They are so mighty that they can destroy both you and your loved ones. Your relationship may strain, and it proportionately alters your mental health.

Having mentioned about health, these emotions take a heavy toll on your mental and physical health if allowed to sustain. They trigger the body's 'fight or flight' response.

Headache, digestion problems such as abdominal pain, insomnia, high blood pressure, skin problems such as eczema, heart attack and brain stroke are just some of the well-known symptoms of acute anger, depression, anxiety, irritation, etc.

Being angry for most part of the day at one thing or another will negatively affect the quality of your life. Later, this will become a problem when they trouble your life, especially when you scare or hurt people, and they feel they cannot talk or disagree with you.

How often have you heard your father or mother teach you that anger is the worst enemy a person could have? Elders don't say that just for the sake of saying it but because they know it for fact.



## Overcome negativity?

There are two simple categories you might alternatively fall when you experience one or two negative emotions.

**In calm:** You can tackle anger or other such emotions by:

- Not taking the call (read Buddha's mango shopping)
- Eating well and getting enough sleep
- Regular exercise and recreation
- Mindfulness
- Self disciplining-maintaining silence; turning on watertaps; running the head under the spout of water; counting numbers fast or backward
- Making amends in your lifestyle
- Forgiving the wrong doing and being apologetic when you do something wrong
- Staying in the present and not fancying the past.



**In storm:** First leave the place/shift to another location probably from bedroom to verandha

The “Time Out” rule can be beneficial in such situations. 20 deep breaths — interrupting the cycle of reactivity. Own up your anger by using “I” statements.

## Calm down

It will be difficult to calm down immediately but at least hold it for a minute or two though the anger or negativity may trigger to respond immediately. Learning to calm down when you are angry will help you learn how to deal with anger in ways that won't cause harm to yourself, your things or those of others and your relationships. Visit the author's website [www.subaschandran.com](http://www.subaschandran.com) for a video on how to eliminate negativity.



## Change how you see things

The change in your perspective about things changes when you change your perception about other people's behaviour. You can do this by incorporating the acceptance phenomenon in your day-to-day life. Saying how you feel, why, and what you want to change helps you relieve tension, see your situation from a brighter light this often enables you find a solution.

The above-mentioned tips are what we all commonly know, but what you do not know is what I have shared in the following lines. It is easy to understand and adhere to.

**Accept negativity** - Your journey through eliminating negativity starts here. It's very simple to explain. It's just like how you wouldn't go to a doctor when you do not accept that your stomach is hurting bad.

**Probe** - The thought needs to be probed into, and not the person whom you assume is the reason for the negativity. Remember Lord Buddha's story? The same is applicable here as well.

Students are made to keep adding positive thoughts into their head to remove the negative ones. This point needs a little bit of experimentation and understanding.

Consider your brain as a bowl. There is red ink, which is negativity and then there is water, which is positivity. When there is red ink in the bowl, you can hold it upside down to remove the red ink, but the same can't be done with the human brain, consider an alternate method.

Hold the bowl under running water. Initially, the water turns red taking the colour from the ink. This is like negativity turning positivity into negativity. But, as you keep feeding the bowl with water or the head with positive thoughts, the water slowly washes away the red ink, and then there is only plain water, which means, only positivity remains in your head.

## Try another exercise

Now the creator should be little alert whether to entertain or not. This exercise if done for 48 days regularly the miracle will emerge within and you will be empowered with the art of converting any energy into your favour.

Write down all the negative thoughts in whatever form you have. Please make it a point to write on a plain white sheet in bold letters in red sketch pen, possibly every single negative thought should be written on one sheet. If you have 10 negative thoughts write on 10 white papers (for example anger, jealousy, perversion). Now crush the papers and burn them. While it burns think all your negativity is burnt to ashes.

A living demonstration you can perform for yourself and it will anchor your belief that negative thoughts can be drained off. Take a transparent empty glass and I wish you to assume this glass is nothing but your storage on the head. Pour a glass of water and mud into this empty glass assuming that this glass is filled with mud water equal to all sorts of negativity – anger, malice, revenge, covetousness, etc.

You have tilted the glass containing mud water, but it can't be done with the storage that you have in mind. But an exercise will give you a mind loaded with scientific temperament to facilitate you believe that you can eliminate negativity that is stored in your mind the way we tilt a glass.

Refill the empty glass with mud and water signifying negativity, simultaneously, hold a pure water in your right hand, go on pouring the plain water into the glass having mud



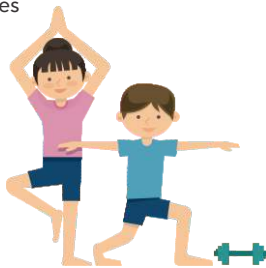
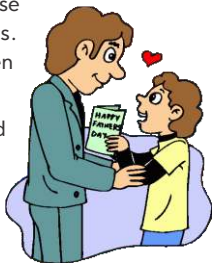
water as you persist pouring continuously the mud water will spill and in due course the plain water portraying all the positive traits, characters, thoughts, will replace the mud water and you are free from negative container. Whenever you find or feel negative thoughts enter your mind, take a glass of water, pour mud water, take it with those negative thoughts, pour the positive energy (pure water) and drain out the glass.

Such exercise you do for 48 days, your negative traits, emotions, feelings will disappear. But it should be an ongoing process for a long time. Yet, it is like installing anti-virus software in a computer to ensure that no virus will damage the system. Please note you can't run a computer without antivirus. Likewise, the mind needs to be refreshed as and when you are haunted by negativity.

How but? How, in the sense, how to train your mind to adhere to the techniques mentioned above.

**Agent:** You are an agent or carrier of traits from your forefathers, your parents, etc. So much so you are the product of happiness you are the heirs of negative traits too as we discussed in the previous pages of this book. Similarly, be an agent of positivity. If you've read thus far, then you know how to overcome negativity. So, you can be an agent selling positivity.

**Association:** A mental association that takes place within your inner self, music and thoughts. Remember the crisps and crunch sound story? Try that experiment to understand the mental association. Do not associate with the feeling of disturbance but associate only with the taste of the crisps. Think how tasty it would be, go, buy and eat it.



**Physical association:** This happens with good people, satsangam or anything that you can physically touch and feel. A gentle touch of care will boost the positive mental attitude of a person who has broken his leg. It works like magic.



**Spiritual:** Let your spirit free.

Associate it with satsangam (good company). Do you know the breathing exercise? \*(Art of Beginning the day) If you see, you'll understand how I was able to relate it with the negativity elimination process. When you breathe in, you take in, along with oxygen, all good things like gratitude, love, etc. When you exhale, jealousy, hatred along with the carbon-di-oxide get ejected. Try it. It does work magic.

**Antivirus:** Just like a computer, no matter how many times you delete the virus, it somehow comes back. That is the reason why we have invented the anti-virus. The three tips under the “Overcome Negativity” are the anti-virus software for your brain:



- Anti-argumentative (AVAST)\* HUMBLE
- Anti-Manipulative (McAfee)\* SINCERE
- Anti-Napotic (NORTON)\* TOLERANT

No matter how many times you remove negativity from you, it keeps replenishing, and every time, you need to apply these techniques and keep yourself up and going.

## Anecdote

A newly-wed couple moved into a new home and was arranging things in order. The bride looked out through the window and saw their neighbour drying the laundry. She felt the neighbour wasn't doing it right and commented, "Honey! Look at our neighbour who doesn't know to do the laundry right." Her husband remained quiet, and a few days later the couple was having their breakfast. At that time the wife noticed the same thing and made a comment to her hubby. Still, the man remained quiet. This happened for a couple of times more until one fine morning, the bride felt relieved that the neighbour had finally learnt to do the laundry properly. When she narrated this to her hubby, he answered, "I woke up early in the morning and cleaned the windows."

Too often, this is the case with most of us. We see only what we want to see so; keeping negativity offshore is the key to look at the betterside of the things.



Do you love music? Then struggle to become a singer or composer. You might not become A.R. Rahman or Michael Jackson. But you will at least be doing what you love, and that will make you less angry, even if it means you are not the best. This way, one can learn to accept what cannot be changed and change what



cannot be accepted. Either way, you can control your anger. When you do this, you will understand that nobody can make you angry without your consent and you will feel you are in control of your life. Don't let anyone control your emotions with their remote control to control your emotions.

Getting angry with someone who has nothing to lose is the most stupid thing one can do. The victim of your anger cannot hear since the most common occupational disease of a poor executive is his inability to listen to and this may cause anger unless you stop beating the dead horse. You will soon realise that nobody can disgrace you except yourself so there is no point in getting angry on others.

Indecision makes you angry so decide either this way or that way for which you might need common sense. Hence, use common sense as your best friend to reduce your as well as others' anger.

If all alternatives fail, then minimise the standard you have set for yourself because you might not like it when you realise that anger is a luxury where only people with abundant resources or no means can afford to indulge.

Don't merely catch your employees or your children when they do wrong things but also when they do right things because, it's imperative for you to understand that a person can easily change only when he or she is willing to change.



## Tuning your body and mind

This is also an attitude to care for your own body and mind. There is a reason why I mentioned it at the end. Body and mind are the carriers through which we stimulate ourselves and execute all of the tasks. Healthy body and mind produce healthy lifestyle. Observe carefully that I used the word 'and' not 'either-or'. Without any one of these whatever we discussed so far will be of no use.

## Body

The physical being. A well-maintained body is a vehicle to carry your task and better prospects to the future. Like disproportionate income is stored disproportionately at uneven places, excess fat is stored sporadically.

## Mind

Mind is the invisible soldier. Every aspect of the body is carried out in your mind first. Be it emotional or logical so keeping the right association; maintain the well-being of the mind. To make sense associate yourself with the right book, facetiousness, meditation on right things with gratitude and yoga are, India's answer to the restlessness of the world.

# Case Study

I am a follower of a Guruji. One fine day, another disciple came to him with a major issue. There had been a traditional Hindu wedding in his neighbourhood, and there was loud music all night long for several nights by then. He went to Guruji and asked for a solution. Guruji gave him three options and asked him to be wise.

**Vacate the house** - Since he was asked to be wise, he thought vacating the house for a temporary disturbance isn't wise, so he avoided the first option.

**Request the neighbour** - The neighbour had his entire extended family at his place, and if he went to request, they wouldn't consider it because they were looking to have fun after a long time. So that wasn't also wise.

**Join the music**- This sounded like a feasible option to his ears. After a long and hard introspection, he decided that it was wise to join the music. By doing so, he was adding to his kitty, a few more enjoyable evenings. Was it easy for him to join the music? Well, to be honest, it wasn't.

Now tell me, what would you do if you hear the crunching sound of crisps in a cinema hall? Would you complain to the management of the manufacturers of the crisps or fight with the person eating? When there are several others who try to enjoy the movie rather than get disturbed by the sound, why are you so bothered about it? It is just your reaction to the sound. That crunchy sound from your co-patron commences the same crunchy noise within you, which camouflages itself as anger and irritation that prevents you from getting entertainment on watching a movie. Here, you are the loser when you let that crunching sound begin working inside you.





But, there is a fantastic technique to overcome the barrier. It is the 30 deep breathing exercises. Breathing is like a deed. Any deed that comes from the depth of contemplation has enough depth to make you good about yourself. The technique is very simple.

Inhale- take long and deep breaths from one nostril, while closing the other, hold it for as long as you can. Now exhale from the other nostril while holding the first one. Now inhale from the second nostril while keeping the first one, hold the breath for as long as you can and exhale from the first nostril while retaining the latter.

- **Inhaling thought:** I'm the master of my thoughts. This moment is Life, Energy. My body and mind are getting recharged.
- **Exhaling thought:** Anger and Jealousy are not my energy. Let me eject them with the carbon-di- oxide. When you repeat this exercise nine times you'll experience the miracle and while you are at it, add your thought to it (which keeps wandering), you'll find yourself being aware of things happening around you - things like loud music or the aroma of tasty food. If the awareness is good; if you can smell the aroma more than you can get disturbed by the music, then it is a wonder.

## Result

He was not only able to enjoy music but also dragged us into his enjoyment by sharing it happily.

Before we close the book, there is one more example I'd like to share with all of you. There is another incident between a guru and his disciple, just like the one of Lord Buddha. Once a saint, while crossing the river along with his disciple, saw a woman drowning. He rescued her, carried her on his shoulders and put her on the ground.

His disciple was perplexed about a saint touching a woman but couldn't muster enough courage to ask him as to how he could do it. He waited for very long after they had left that river and finally requested the saint as to how he was able to touch a woman.

**No one can create negativity within you. Only you can do it by how you process your world. Wayne Dyer.**

The only thing the guruji said was, "I left her there itself. Why do you burden yourself thus far?"

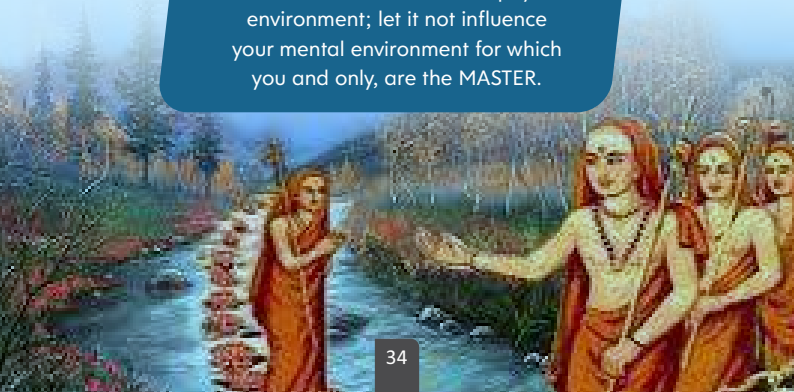
The gist is that be neutral or passive or detached to things. Distancing oneself is the wisest way to mitigate negativism.

I hope you have learnt how to identify and eliminate negativity. Eliminating negativity is vital to fit in appropriate career roles, leading healthy family life and participating in effective parenting.

### **Are you ready?**

You are not the authoritarian to control things but a Samaritan to get hold of your mind and body:

You have no control over the physical environment; let it not influence your mental environment for which you and only, are the MASTER.



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