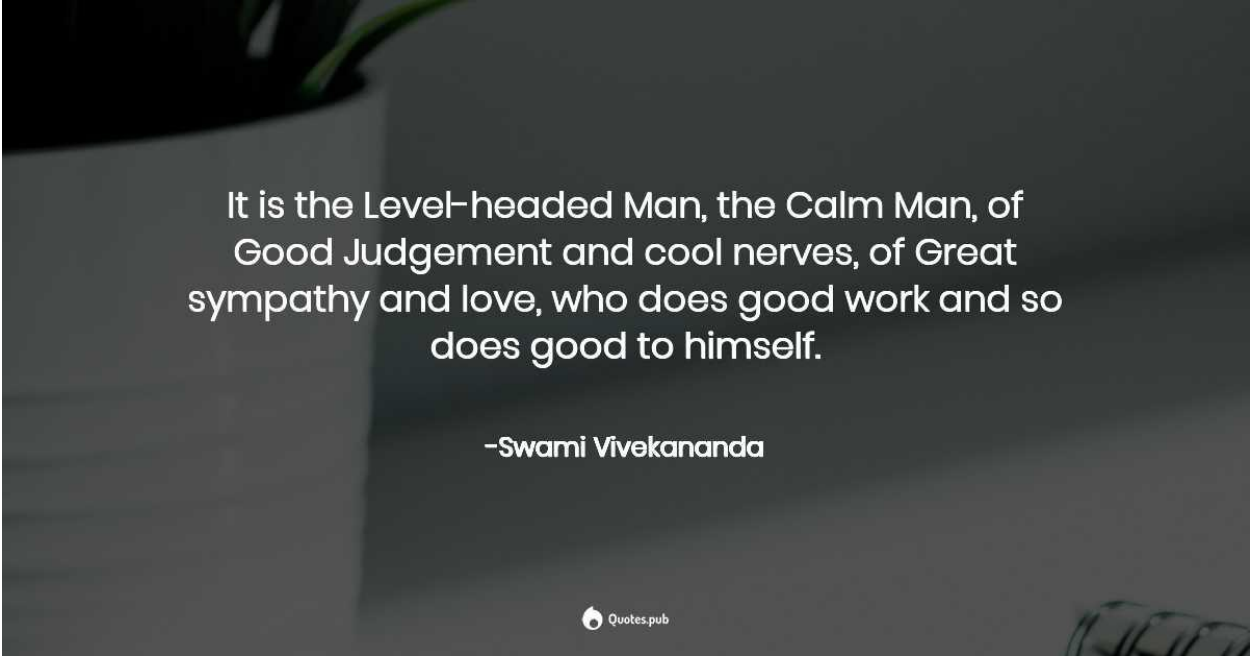


Theme: अवधानी - Apply concentration in (multiple) directions simultaneously



It is the Level-headed Man, the Calm Man, of
Good Judgement and cool nerves, of Great
sympathy and love, who does good work and so
does good to himself.

-Swami Vivekananda

7 Inspirational lessons for success from Ramayana

1. Always have a clear vision

Rama's clear vision was to rescue his wife Sita and defeat the evil forces. This clarity about the goal also enabled his army to place its heart and soul within the battle to rescue Sita. A foreseen vision will always be a motivating factor to focus on the goal and to not get deviated. Every leader must have a transparent vision of what he's aiming for and what is going to it bear him in future. Also he must think in parallel to his followers who will support him to realize his goals.

2. Values are Important

Sticking to some core values which are steeped in righteousness eventually leads to success. The main character of Ramayana, Lord Rama, is depicted in Ramayana as an epitome of virtue. He is a perfect king, a perfect son, a perfect husband and a practical person. He sets high ethical standards in warfare and invariably sides with dharma, or righteousness.

3. Truth always Win's

The basic teaching of Ramayana is that regardless of how powerful evil is, it'll always be defeated by Good. Truth always wins, regardless of how vicious or poisonous a lie is because even a bitter truth oozes with positivity and therefore the sweetest lie has the darkest plan behind it. Winning excellence over evil will be a universal fate. An individual should have a noble heart and good values, that's how Lord Rama defeated the most knowledgeable person in history Ravana.

4. Relationships Are Valuable Than Money

The relationship between Rama, Laxman, and Bharat is the perfect example why you ought to always value your relationships. Every relationship should be above greed, anger or treachery.

When Lord Rama was sent to van-vaas for fourteen years, Laxman accompanied him and supported him good and bad. Bharat, who was given the ascendancy, never considered himself as a king instead he played an acting king till Lord Rama returned home and handed over the dominion to Rama. Their love for each other was greater than money or property, which made them exemplary in history. If we hold love higher above anything during a relationship, the worth and respect increases, and your soul stays pure.

5. We Should Always Keep Good Company.

It is said that your company shapes you into an individual you're. We've been told to remain good company since childhood and Ramayana too emphasize the relevance of fantastic company. Queen Kaikeyi, the third wife of Dashratha loved Rama like her own son but her hand maiden, Manthara poisoned her thoughts with negative feed, in result Kaikeyi asked for creating her son Bharat as King and Rama's fourteen years of exile. A negative person can brainwash all

the great inside you, that's why we should always keep a healthy circle in order that we become better with time.

6. SWOT Analysis

Once mentally prepared for the work, very first thing which Hanuman did after reaching Lanka was to do an entire analysis of things. He did an entire study about the Lankans, assessing their strengths and weaknesses, the varied threats and opportunities which he had within the enemy's camp. The SWOT (strength, weakness, opportunities and threats) analysis is one of the most important aspects for success. First you need to ascertain the goals, or job to be done. Then, get mentally prepared for it and have a right plan. And then, analyze the strengths and weaknesses of the competitor and what threats and opportunities are there within the business.

7. One should not get carried away by doubtful attractions

Sita, who was in the forest, grew madly attracted to a beautiful golden deer. She wanted her husband Lord Rama to catch the deer. She refused to listen to Lakshmana's warning that such a deer was not natural, and that it could be a demon in disguise. Because of her incessant pestering to acquire the deer to be her playmate, Rama had to go behind it. Unfortunately, this led to her getting separated from him, and she then got forcibly abducted by Ravana, the demon.

Handout 2:

10 lessons from Think and Grow Rich by Napoleon Hill:

1. Have a burning desire with a definiteness of purpose. When we rely on the power of the human mind, we see results. You need to know your goals and want them with an intense desire that is unmoved by any obstacles in your path.
2. Faith is a state of mind that believes in something even when there is no outer proof to back one's beliefs. You may have failed multiple times but if you lose faith in yourself based on past experiences that's when you really fail. Failure is not the end of the road, it's a lack of faith. Don't let your fears overcome your faith in your vision. You can develop faith at will and by reminding yourself why daily, lest you forget.
3. Specialized knowledge — acquire knowledge that gives you an added advantage and confidence in yourself. Instead of knowing a little bit of everything, try to acquire specialized knowledge in one area where your skills and passion align.
4. Use the power of imagination to build new realities. Imagination can take you places if you learn to apply your ideas and turn them into things by working on them. Take inspired action and never stop imagining all the wonderful things we can create in our minds first and give to the world later. When you start acting things will move forward quickly.
5. Temporary defeat indicates there is something wrong with your plan. Instead of giving up, analyze your plans again and find out what's blocking your success. If your plans are sound, the results will take you by surprise. And you will only do more.
6. Overcome procrastination and never delay your actions because of excuses such as the situation not being ideal. If you wait for an ideal time, you will keep on waiting and the ideal time will never arrive. Stick to your decisions and see through your plans.
7. Will power and the effort you put in to see results will bring you success. Remain persistent and keep working on your plans. You have the desire and by adding willpower to the mix you become a powerful being with a definite goal. Even if you feel you have faced multiple defeats you will arrive at the top someday if you remain persistent with your actions.
8. Train your subconscious mind through affirmations and auto suggestions. Most of what we do, and our actions, depend on our subconscious behavior and patterns. Those who grew up seeing difficult times are programmed to believe that things can never be good and that is why they continue to remain in this loop. Your subconscious mind can be trained, and new images can be provided through creative visualization techniques.
9. Trust your sixth sense and follow those gut feelings that guide your decisions and tell you when it's the right time to do something. Learn the difference between fears and an inner voice. Fears will stop you from taking inspired action but a well-trained mind will allow you to develop a good sixth sense.

10. Overcome all negative emotions of anger, hatred, jealousy, fear, greed, superstition, etc.
When you are constantly thinking negative thoughts about yourself or others, it's difficult to focus on your goals, dreams and life purpose.