Success is a State of Mind
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The Big Idea
There are three kinds of people - or perhaps it would be better to say that everyone falls into one of the following categories:

- Those who wait for things to happen
- Those who make things happen
- Those who wonder what's happening

Under which category do you fall? This is a question everyone needs to be able to answer, success and excellence are most likely to come to those who fall into the second category. But that is not to say that if you happen to fall under either of the other two, success is automatically out of your reach.

Your state of mind can help you orient yourself to success in this game called life. Success is really no more - and no less - than a state of mind.

Why You Need This Book

When you realize that what is going on inside you determines your success, then you make another important realization. Success is a choice that you can make. This one realization has an amazing power that cannot be underemphasized.

Success is a decision. Make the decision and this book aims to help you implement your new choice. Success is an inside job.

People Who Wait For Things to Happen

The Art of Living teaches us to be here now, in this moment. Think of all the wonderful things you have to be grateful of today. Your health, your job, your intellect, your physical body, your home, your friends - the list is as infinite as you are.

Take a moment to reflect, to embrace the real you, the true you that respects people and is creative, the true you that is sacred.

Pause for a moment! Breathe!
Listen to the song inside you - that wonderful resonance inside you that longs to be heard. Feeling present, feeling grounded, enjoying the moment and allowing you to be you!

As you make your way through your day, remember this feeling - the feeling that you have all that you need to fulfil your desires. You know that you are on the right path, embracing each moment for its sweetness and beauty, even if it seems difficult. As you do this, you will attract what you most passionately desire!

**People Who Make Things Happen**

They are the real go-getters and the belief - borne out by experience - is that most successful persons in all areas of life fall into this category.

Like the people who wait for things to happen, these people also live in the present moment most of the time, but the difference between the first type and this type is that they can and do go back to the past. While they do look to the future, their actions revolve around the present moment.

Such people aim for two things in life:

- Prosperity
- Peace of mind

They achieve this through the following steps:

- Adopting a positive attitude
- Taking life as a series of choices to be made
- Setting goals and working towards achieving them

**FOUR STEPS TO A SUPER ATTITUDE**

Here are four things you can do to assure that your attitude is the very best that can be under all circumstances:

**Focus on the Present.** Do this instead of worrying about who did what and what you want to do. Get a clear mental image of your ideal and successful future, and then take whatever action you can to begin moving in that direction. Get your mind, your thoughts, and your mental images on the present.

**Think about the Solution.** Think and talk about the ideal solution to the obstacle or setback, rather than wasting time rehashing and reflecting on the problem. Solutions are inherently positive, whereas problems are inherently negative.
Look for the Good. Assume that something good is hidden within each difficulty or challenge. The bigger the gift you see coming, the bigger the problem you will receive.

Seek the Valuable Lesson. Assume that whatever situation you are facing at the moment is exactly the right situation you need to be ultimately successful.

CORRECT AFFIRMATION ELEMENTS

As everyone knows, it is important to create good positive affirmations about what you want to achieve and how you want to go about it. Here are more tips that may prove useful.

Present Tense. Affirmations are more effective when they are stated in the present tense.

Positive. Create affirmations in the most positive terms that you can, avoiding negative statements. Affirm what you do want, rather than what you do not want.

Short and specific. Short affirmations are easy to say, and have a far greater impact at a subconscious level than those which are long and wordy. Keeping them specific and to the point imparts power, as the idea is uncluttered by extraneous elements.

Repetition. The importance of repetition cannot be overemphasized. It imprints the affirmations into your subconscious mind.

Emotions. Get involved, be passionate, use your emotions. Think carefully about the meaning of the words as you repeat them, rather than typing or saying them ‘parrot fashion’. Get involved.

Persistence. Persistence achieves results much sooner than practicing affirmations periodically. Successive sessions will have a compounding effect.

Belief. You don’t necessarily have to believe your affirmations initially; belief will gradually grow.

Visualizing. It is important to see yourself as already having obtained your desired outcome. While holding the image, bring to mind the feelings you would have when accomplishing your goal.

Impress yourself. Personalize your affirmations; they must feel right for you. The stronger the feeling an affirmation conveys, the deeper the impression it makes on your mind, and the sooner you will experience positive results.
People Who Wonder What’s Happening

Unfortunately most people fall into this category. They are the ones who create problems for themselves.

Often, quite often in some cases, opportunity is at hand or knocks at our door, but because of bad judgment, we let it slip away. You will find many people doing it around you, every day.

The worst part is that once we lose the opportunity, then instead of learning a lesson from it, what do we do? We start blaming others.

The tendency to blame others for one’s own difficulties is so widespread that at times it seems almost universal. Avoiding blame is just so convenient!

Here are several steps to help you overcome the ‘blaming’ addiction and take responsibility for yourself:

- **Be aware.** Too often we fail to notice that we are playing the ‘blame’ game. It’s a natural defence mechanism. Paying attention to how we respond when questioned about our actions or performance is the first step in taking on responsibility.
- **Respond responsibly.** Rather than reacting, we should respond. While we might want to react immediately with a burst of anger, it is better to stop and consider the choice.
- **Be honest.** Let’s face it: some people simply like to place blame on others in order to be relieved of responsibility. That shows a huge lack of self-honesty.
- **Don’t burn bridges.** What happens to relationships when you place blame on others? You are unlikely to earn forgiveness.
- **Be a good role model.** By doing so, you help to promote an atmosphere of harmony and integrity.
- **Have a positive and grateful attitude.** If you are grateful for all the things that happen in your life (good or bad), you simply cannot hold angry feelings towards others, or place blame where it does not belong.

The Solution

If you truly want to be successful, you will have to learn to slow down your mind and proceed at a more relaxed rate that allows for reflection and processing of experiences. You might be making a sacrifice in the short run, but this will only lead to success in the long run - or, at the very least, a healthier and better-rounded personality.

Here are the steps to slowdown “therapy”:
• Just slow down. Realize that you are not responsible for doing all by yourself and right now.
• Recall a happy, peaceful time experienced in your past. Rest there. Each moment has a richness of a lifetime to savor.
• Set your own pace. When someone pushes you, it’s alright to tell him or her that you are not comfortable with the pressure being exerted on you.
• Take nothing for granted: there is a lesson to be learned in everything, and you will not be able to realize this if you live life too fast all the time.
• Savor the taste of your food. Nature provides it to delight as well as nourish you.
• Notice the sun and the moon as they rise and set. Realize that they are remarkable for their steady pattern of movement, not their speed.
• Quit planning how you’re going to use what you know, learn, or possess. Appreciate your gifts and be grateful for them; their purpose will become clear.
• When you talk with someone, don’t think about what you’ll say next. Thoughts will spring up naturally if you let them.
• Talk and play with children. It will bring out the unhurried child inside you.
• Create a place in your home, at your workplace, and in your heart where you can go for solitude and recollection.
• Allow yourself time to be lazy and unproductive. Rest isn’t a luxury; it’s a necessity.
• Listen to the wind blow. It carries a message of yesterday, tomorrow, and now.
• Rest on your laurels. They bring comfort, despite their size, age, or condition.
• Talk slowly. Talk less. Don’t talk. The quality of communication isn’t always measured by words.
• Give yourself permission to be late sometimes. Life is for living, not scheduling.
• Listen to the song of a bird; the complete song. Music and Nature are gifts, but only if you are willing to receive them.
• Take time just to think. Action is good and necessary, but it is fruitful only if we muse, ponder and mull.
• Find time for play - the things that you like to do. Whatever your age, your inner child needs reaction.
• Watch and listen to the night sky.
• Listen to the words you speak, especially in prayer.
• Learn to stand back and let others take their turn as leaders. There will always be new opportunities for you to step out in front again. And besides, you can learn a lot from watching other people take charge, too - and by doing so, you will let them learn and grow as well.
• Divide big jobs into little jobs.
• When you find yourself rushing and anxious, stop. Ask yourself why you are doing so. The reasons may improve your self-understanding, aside from making you more efficient and so on and so forth.
• Take time to read, and read well. Thoughtful reading is enriching reading.
• Direct your life with purposeful choices; not with speed and efficiency. The best musician is one who plays with expression and meaning, not the one who finishes first.
• Take a day off along; take a retreat. You can learn from monks and hermits without becoming one.
• Have a pet and learn from it. You will give and get the gift of now.
• **Work with your friends.** It frees the mind, and good friendly company is always a good thing to have around.
• **Take time to wonder.** Without wonder, life is a mere existence.
• **Sit in the dark.** It will teach you to see, hear, taste, and smell - to appreciate what cannot be seen.
• **Once in a while turn down the lights, the volume, the throttle, the invitations.** Less really can be more.
• **Let go.** Nothing is usually the hardest thing to do, but often it is the best.
• **Take a walk, but don’t go anywhere in particular.** Walk for the pleasure of walking.
• **Count your friends.** If you have one, you are lucky. If you have more, you are blessed. Bless them in return.
• **Count your blessings** - one at a time and slowly. Let it sink in.

Proceeding beyond this point is the difficult part, and it is something that no one can teach you to do. You can take control, step up on the throttle, drive your bus - it is your choice now.

Just remember that it always depends on your state of mind!