

## Most & More-Voice of Ra-T. Rangarajan

**This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.**

1. Your Future Begins Today: The pages that you have already read in the book are a mere build up. The joy of the book is in the pages that you haven't read yet. Why write an imposition of a chapter from your past again & again, when you have the potential to write many more fresh chapters in future? The glory of life is in the chapters to come. Save your future from the clutches of the past. We can't go back & make a fresh start, but we can begin now & create a fresh end. Draw a line to your past. Your future begins today.
2. Chessboard Pieces: The higher pieces on a chessboard are limited by nature. Every pawn is just 6 moves away from becoming a queen. What we are and what we have been have no bearing on what we can become. We alone can proclaim even on the days we have failed 'so what, we are just an evening away from greatness'.
3. I deserve personal abundance: Your thoughts create your reality. You get what you focus on. That which you focus on is what you attract towards yourself. You see in a situation what you expect to see. You should focus on what you want and not on what you don't want. So choose to focus on 'personal abundance'.
4. I Know There is a Way : When I believe that 'can do it' and really believe it, then the how 'to do it' automatically unfolds. Believing something can be done sets the mind in motion to find a way to do it.
5. Abundance is just manifested energy. Nothing will be mine unless I am convinced that it belongs to me. I am not going to go in search of abundance, but I will make abundance flow into my life.
6. I will use every brick of negativity thrown at me only as another stepping stone to build my castle. After all, I am here on this planet to build my castle, not my grave.
7. On my road I may face challenges, failures, setbacks. Yet, I will never feel defeated. If I see a road closed sign, it simply means I have to change my path, not the destination.
8. No matter how little I have, I am rich if I am grateful. I will consistently experience myself as a giver because I have more than enough. Gratitude & Giving are always creating abundance.
9. Experience: Improve the quality of communication with yourself. More important than improving it with the world. What you tell the world & what the world tells you make a small difference to you. However, what you keep telling yourself makes all the difference. Aldous Huxley: Experience is not what happens to you. It is what you do with what happens to you. More than the calamity, it is my fear of the calamity that hurts me. What success can teach, failure can't. What failure can teach success can't, I can choose to perceive any event the way I want. Progress & stagnation are just the result of how I choose to process the events of my life. Event's are God's responsibility. Experience is man's responsibility. What happens to us is an event. How we process, perceive and interpret that event becomes our experience. Success/failure label centric assessment creates tremendous stress. Do your best every moment, enjoy the journey. More than the calamity, it is the fear of calamity that hurts me.

10. **Your Life Is Your Responsibility:** On the road, it is never the question of whose mistake; but it is the question of whose life! On the road if you want to be alive YOU have to make adjustments. The responsibility of not hitting' and not being hit, both are yours & yours alone. Blaming makes no sense. Similarly in the road called life, in dealing with the traffic called relationships, it is not the question of whose mistake, but it is question of whose life. In relationships too, if you want happiness, YOU have to make adjustments. Here too, blaming makes no sense. Your life is your responsibility.
11. **An Opportunist Thinking:** Anybody can think +ve when everything is going right. It's when things are not going right that you need to be in the right frame of mind. After all, with the power of your thoughts, you can 'will' almost anything to happen. Hence, with the power of your thoughts, you can set anything right. Getting our thinking right is the sure fire way of getting our life right. It is even more important to think right when things are going wrong. Tough times put us in a thinking trap. Revolution is going into vicious cycle. Evolution is coming out of that cycle. Practice seeing good in every person(qualities), incidents. When sick, think healthy past & future. CAUTION: Anticipate & prepare plans for contingencies. Anticipating rain and carrying umbrella is not -ve thinking, it is just contingency planning. However, in the present continuous, get back to being an incorrigible +ve thinker.
12. **Do you have the right questions?** Choose your question and direct your intelligence in constructive ways. It doesn't matter if you don't have all the answers. Someone will provide the answers. Answers will come out of the blue. What truly matters is, 'do you have the right question'? Ask and you shall receive.
13. **Money is a wonderful product and a very poor point of focus.** When your work becomes self expression, money comes in search of you as a natural by product.
14. **How you say it matters:** When stuck by an arrow, will you sit around and analyse the raw material? When words hurt they care too little for the meaning. Frankness in itself is not a problem; it is bluntness that causes problems. It is not just what you cook; how you serve(with love/hatred) also makes a difference.
15. **Subconscious Doubts and beliefs:** If we practice fulfilling commitment in every small thing we do, it will build subconscious beliefs in you. It helps you to express your potential, and eventually develop subconscious beliefs in others. It helps build relationships. The greatest pride is to grow in your own eyes. Start with private promises and commitments, and once the commitment muscle is built, you can go public with your promises and commitments.
16. **When you don't give up, you go up:** There is no sunrise without a sunset, no life without death, no success without failure. God's delays are not denials. Success delays failures, and failures delay success. If I haven't given up, I haven't failed. When you don't give up, you go up.
17. **In pushing the lower, the higher delights:** There is no comfort within the comfort zone. Unless you are willing to challenge yourself beyond your comfort zones, you can't become what you can become. Sometimes you need to give up to go up. Law of life: When the body is pushed beyond its perceived limits, the mind delights. Quietening the mind is a struggle for the mind, but a delight to the intellect. Leads to clarity due to concentration.
18. **Conflict Between Instincts and conscience:** Instincts ask us to follow the path of pain and pleasure. Conscience demands us to follow the path of right and wrong. This conflict causes intellectual split in us. Guilt is disapproval of the 'knower' to an act of the 'doer' in us.

Resolving this split is the struggle of the intelligence, but it is delight of the higher-emotional personality. Emotional equanimity delights spiritual personality in us.

19. The value of one hour depends on who uses that one hour. So there comes a point in everyone's life when time becomes your most precious resource. What works for 0-10 crores won't work for 10-50 crores. You need different skills in T20, 50 over and Test Cricket. Stop viewing priorities vertically. Start viewing them horizontally(together). Several things are equally important in life/organization. The question is not 'which is best of everything' but how to get best out of everything? Nothing can happen at the cost of something else. Then the question is 'how can we achieve this within 24 hours'? Apply this formula of 'Top 5' to anything and everything in life(employees, customers, friends). Ensures that things that matter most are not at the mercy of things that matter the least in life.
20. To live is to live fearlessly: Nothing stops men as fear does. Understand the mechanism of fear. It is not because you fear you avoid things, but it is because you avoid things it becomes fear. That which you do not face controls you; that which controls you causes fear in you. Do the very thing you fear. Expect to be afraid, but still do it. Face the fear fearlessly. Repeatedly face what you fear and the fear will be vanquished.
21. Whose Life Are You living?: History makers are those who choose to rewrite the script of their lives. The real voyage of discovery does not need new landscapes, but having new eyes. Same events/situations, new perspective. In every simple thing(even as simple as brushing teeth, bath), experiment. It puts energy and excitement into your mind and body. Start each day like that(at home, office, in gym). Our fast pace makes us forget joys of simple things. Rediscover the childlike delight in simple things. It stimulates your creative side. Do funny things in the bathroom. Sing, dance, make faces. Try left hand brushing. Reprogram mind. Challenge thinking. It's training. Conditioning puts us in a box and we live in on an 'autopilot' because we are in a comfort zone. Thinking about one's thinking lays foundation for 'learning to unlearn'. You can't plant new crops without first pulling out old roots and giving new seeds a chance. Old strengths can be new weaknesses. Sometimes you have to go down a few grades to learn new things. Challenge old model, destroy old box a create anew.
22. My Success and I: Many people have failed because they could not handle success. Success can't burden those who see themselves as instruments. Then life is all music. Many of us fail because we could not handle defeat. 'Do your best with joy' philosophy takes care of both.
23. Activity Vs Productivity: Effort without direction is activity. Effort with direction is productivity. Incompetence is borne out of 3 factors. Lack of information, lack of understanding, lack of experience. Listening removes the 1<sup>st</sup>, self contemplation removes the second, the third comes only through implementation. We can only progressively mature.
24. Who is the Master?: Either you run your life, or your habits run your life. All habits good/bad are wrong. When you hold peace above everything else, then nothing or no one disturbs you. When you hold your ego above everything else, then everything and everyone disturbs you. Habits are mental phonograph records. Repeated use Makes grooves deep. The mental patterns become hard set, difficult to change. We become slave, our freedom, self discipline and control. If you can't go to temple it disturbs you. This is not spirituality. Will power is developed by 'Won't power'. For a week abstain from whatever disturbs you. Nothing should come in our life which becomes our weakness.
25. Oh, not again: Why even something like Pranayam becomes boring? Expertise comes with time. Precision comes with time. Perfection comes with time. At the surface, it seems like

the same Yogasana; but with every practice(with love) the inner experience is higher and deeper. It seems like the same mantra and the same chanting, but the inner experience is higher and deeper. The process may appear to be same, but the experience is never the same. In growth, there are no repetitions. If it isn't long enough, the higher and deeper can never be experienced. After enlightenment also, the actions are still the same. Quality and experience is different. Every routine work can become prayer. It all depends on the quality(love) you bring to the action rather than the action itself.

26. A place for everything: A place for everything and everything in its place. A time for everything, and everything in time. That's about getting organized. First, the ability to define and then, the will to achieve the defined. Only when you lead organized life, you know the price for the unorganized living. This is most efficient living.
27. Against all odds: Mother earth is never benevolent to any seed. It stands against every seed. The seed has to sprout and fight against the forces of earth to emerge above the soil. Same for all of us. Most of today's problems are yesterday's challenges overlooked. Overcome trivial, everyday disturbances. These rob you of your energy. Difference between problem and a challenge. Lion in a jungle and you don't have a gun. It's a problem. If you have gun, firing it in time is a challenge. Human predicament is that we overestimate our problems and underestimate our ability to trounce them. Challenges allow you to grow. Remember how mother trained you to walk, to move towards a toy. God created a world of raw materials and left the man to make finished goods. In completing them we discover ourselves.
28. Beyond the finishing line: When you are about to give up, that's the point to hold on. When you think it is over, that's the point to carry on. When you think of stopping, that's the point to move on. With staying power, every end becomes a bend. So often, people who need the solution the most heed it the least.
29. It is not somehow, it is how?: In wishful thinking you don't know the 'how' ; with a goal you have defined the 'how'. Planning details creates a good route map. It will serve you as a guide when you are off the track. People who fail to plan, are planning their failure.
30. Good people should be rich: In academics answers are question dependent. In leadership, solutions are situation dependent. A true leader ensures that there are no 'no solution' situations. Adapting your resources to a situation calmly and spontaneously, is a hallmark of a successful person. Let problem come from anywhere, at any time, I will find solution for it every time. Don't expect circumstances to be customised, customise your approach to circumstances. Demonstrate brilliance at the required moment.
31. It all happens in a moment: In every seed there is a promise of a forest. In every moment of life there is a promise that can make a man. You never know which day, which moment. But it will happen.
32. Holistic life: Success is in big things. Happiness is in small things. Meditation is in nothing and God is in everything.
33. Good name at what cost: Out of 100 things, do 80 things for others, but do at least 20 things for yourself. MIMP things should be in this list. In a speech not just words but the deliberate pauses which are important. These provide the 'think time'. Communication is a science and an art. Character is what you are. Reputation is what the world thinks. With too much emphasis on the latter, life is dictated by others. You turn yourself against you. When you define, you confine. Love yourself first. Slave can't liberate others.

34. Beyond the traffic jam: Howsoever bad the traffic jam, we will all eventually reach home. Some persons inspire peace and harmony. When you have a personality, you don't have to wear to show it. Change of place/situation does not bring happiness, because you are still the same. You bring it yourself. If you get stressed with responsibility, you can't respond with ability. Have faith in yourself/others, relax, smile, inhale solutions. The word problem has negative connotation. Driving a car in a traffic jam is a challenge, not a problem. Too much imagination about future problem destroys joy today. Don't make today the enemy of your tomorrow. Some people look for trouble and surely they find them. What trouble/challenge does to you depends on how you see them. A hammer shatters a glass but forges steel. Radiate love and smile without words. Exude +ve energy. Let everything come and go- not the undercurrent of happiness. Happy heart generates +ve vibrations. Without getting things within right, nothing outside will be right. Constantly ask, 'Am I at ease with this moment?' If not, don't change what you are doing, change how you are doing it. First accept, then a prudent choice: Change it if it can be changed, else remove yourself from it. Only in moments of darkness we can see stars.
35. Use it or lose it: Unused money diminishes, unused talent diminishes. Unused potential decays. Unused machine disintegrates. Unused time dies. Unused knowledge becomes a burden. What isn't used is abused. The tragedy of life is not death, but the resources that die within you when you are still alive. Use it, or you will lose it.
36. Expectation management: We stand under an orange tree and expect mangoes and blame it. Turn all expectation you have from the world unto yourself. That is the only peaceful way. Otherwise we are at other's mercy. An unburdened mind is a receptive mind. Man's quandary: Mismanaged expectations. Define expectations. Clarify to others. Check if these are wrong and change if required. Consistency is hallmark of greatness. A desire entertained and not fulfilled- an incomplete cycle saps energy, drains and fatigues. Lot of work doesn't tire you, but many incomplete things do.
37. Keep the student within you alive: Compliment students/juniors for every effort. You are successful if you make sincere effort with a +ve mindset. Evaluate your performance vis-a-vis your previous one. We all need a coach/Guru to show shortcomings.
38. To leave a legacy: We enjoy what we accumulate in a lifetime, but the world enjoys what we create and leave behind. Limited lifespan puts premium on life. "What I did, how I lived, the lives I touched, what I created, the legacy I left behind" is life. When the focus is to pass it on to generations to come, then the motivation levels are celestial. There are no rights without responsibilities. A true leader is one who creates more leaders, not mere followers.
39. When I reached there, there was no there: We are born to be useful- Shear joy to do that. Loneliness is a choice. Mystics define life as purposefully significant. The river creates an illusion of separate banks. Likewise, the river of life creates 'you' and 'me' differences. Deep inside, all of us have the same divine spark. We are torn between spiritual and physical identity conflicts. Likewise there is a conflict between inherent uncertainty and the physical needs of certainty. Order through certainty and progress through uncertainty. We learn to read and then read to learn- Life's cycles. Need to give precedes need to have. In life, every finish line is a new starting line. Closing balance today is an opening balance tomorrow. After the game, the king and pawn go into the same box. Service to humanity is a rent we pay for living on this planet.

40. Life is game: In a world of progress, there is no Midas touch. Failure/success are temporary. Both are just steps in the journey of life. Life is a game. Play it continuously.
41. My life is a prayer: If all the work I do becomes my offering unto God, then the my very life becomes a prayer unto Him. Give Him your best. The actions before and after enlightenment remain the same, but the quality of action is changed. Some meditate in life. For some life is a meditation. Some pray in life. For some, life is a prayer.
42. Happiness is the way: When work is done as a choice, we enjoy it. Don't do it as compulsion- then it is a struggle. There is no way to happiness, happiness is the way.
43. Tajmahal Moments: Don't just create glorious moments, celebrate them before moving on.