

PREFACE

My first book, *Graceful Aging*, was written with the motive, how senior citizens can act as role models for younger generation, besides aging gracefully. The second book I wrote was *Relationship is Art and Science of Life*. The focus of this book was on how to strengthen relationships in the present scenario when in the absence of warm relationships man is becoming an island.

As both these books have been liked by the readers, I have attempted to add one more for my readers. While my first book was my gift for the senior citizens, and the second book for the middle aged group, this third book is an attempt to give an elderly word of advice to the younger generation. Today we find youth holding high degrees, but along with the degrees, they need to understand that education in the true sense includes their behaviour, attitude, language, action, self-confidence and personality.

Today my young friends lack focus in life and the book is aimed at “Igniting a Spark” in them so that they can achieve excellence in life and become valuable citizens of the country.

ACKNOWLEDGEMENTS

This book is a true example of turning a challenge into opportunity. As there was sudden lockdown in the third week of March due to Covid 19 pandemic, everyone was confined to the four walls of home. I am a young man of eighty years and I was faced with the situation – either to sit idle and feel depressed or to rise upto the occasion and be a ‘KARAM YOGI’. And the present book is an outcome of making the best out of the worst.

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MIND IS THE SCRIPT WRITER OF OUR LIFE

Human mind is gift of GOD having innumerable and immense power of unlimited supreme energy which manifests thoughts. It is double edge weapon which if properly channelized can do magic and can lift the life script. It is evident from journey of a man from horse - driven carts to the age of steam- engine to computerized travel and travel to space. This change has taken 100 years and this radical change bears the testimony of creative power of our mind. Our life pattern depends on the delicacy of mental efficacy.

Our mental thought and expression being propagator of our action and being co-creator; our life pattern depends upon thoughts and desires cherished by us. These are the real propelling forces behind our deeds and our activities further determine our destiny.

Thought \Longrightarrow Action \Longrightarrow Character \Longrightarrow Destiny

Mind which is thought producing machine is basically a propelling hand behind every action. The action taken by we people in this world around us are based on desires and thoughts spraining forth in our mind.

Our thoughts are based on our perception and, of course, on our past experiences, as well our own vision and the information gathered from environment around us. The information gathered from all the sources are fertilized in the garden of mind. Some of the desires when they bubble forth repeatedly assume the form of thoughts. If these thoughts erupt again and again it assumes the form of WILL or/ and DETERMINATION. Once we have determined something, it is hard to eradicate it or just leave it. It

is better to put in to action what we have thought of or deterred to do and bear what so ever may be consequences good or bad.

This entire process can be compared to the process of baking on the carved mind /slab. Inimically, the soil is dry and carving done on dry sand can be erased just by blow of air from mouth. This process is just like the phenomenon of waves of desires bubbling forth from our mental ocean after the perception of world as we see. These desires which are very weak can easily be wiped off and can easily come over just by little efforts equivalent to blow of air from the mouth. Second process is carving on wet soil. Now when we are writing on wet mud, no doubt, it is easy to write but harder and cumbersome to erase as compared to writing on dry soil. Similar is the case of our uncontrolled desires assuming the form of thoughts, with the desires assuming the form of thoughts. It becomes a bit harder to get rid of them. However, with little more efforts, we can succeed in uprooting them from our mental field with little more effort.

Then there is the third step involving baking process. This step involves the baking of mud slab with the text written on it. Baking of mud slab with written text on it, becomes next to impossible to get erased. Similar is the case of our thoughts when they repeatedly erupt, they assume the form of firm determination. If these thoughts are put into practice and act with final determination of our mind, to produce desired results.

Therefore, there is dire necessity of exercising control on the pattern of our thought process i.e. it is the pattern of our thought that determines our future. It is well known fact that our preset state is the outcome of our past thought- pattern and action.

TRUE IS SAYING THAT OUR PRESENT IS A PRODUCT OF OUR PAST

Meaning thereby that our present life, environment that we are surrounded /surviving is the product of our past activities and action. It means that thought process and action cast our present.