

RACHIT GHATE
'MARK'



BRING 'EM ON

UNLEASH CONFRONT
CONQUER



Notion Press

Old No. 38, New No. 6
McNichols Road, Chetpet
Chennai - 600 031

First Published by Notion Press 2018
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ISBN 978-1-64249-835-6

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Contents

<i>The First Word</i>	<i>vii</i>
<i>Acknowledgments</i>	<i>ix</i>
<i>What Is Life?</i>	<i>xi</i>
<i>The Initiation</i>	<i>xxix</i>

How to Bring ‘Em On...!!!

Chapter 1	Who Am I/You/Yourself?	3
Chapter 2	Inner Calling	24
Chapter 3	Purpose of Living	30
Chapter 4	Nuances Of Life	40
Chapter 5	Few More Shades (Other Aspects of Bring ‘Em On...!!)	53
Chapter 6	Self Belief/Faith	80
Chapter 7	Rare/Diverse	92
Chapter 8	Education	96
Chapter 9	Norms/Patterns/Society	107
Chapter 10	Plasticity/Show off	111
Chapter 11	Competitiveness	114
Chapter 12	Class/Quality/Standard	119
Chapter 13	Behavior Patterns	125

Chapter 14	People Skills	154
Chapter 15	Persona/Aura/Charisma	165
Chapter 16	Passion/Intensity	169
Chapter 17	Adamancy	176
Chapter 18	Creativity	183
Chapter 19	Excitement/Thrill	188
Chapter 20	Mindset (State of Mind)	192
Chapter 21	Love	218
Chapter 22	Preparation/Implementation	225
Chapter 23	Relationship	251
Chapter 24	Setbacks/Failure/Adversities	266
Chapter 25	Weakness/Frility	276
Chapter 26	Resilience	280
Chapter 27	Value	283
Chapter 28	Time/Motion/Productivity	288
Chapter 29	Skill & Interests	296
Chapter 30	Improvement/Better	302
Chapter 31	Integrity/Intent/Niyat/Truth	307
Chapter 32	Success	315
Chapter 33	Change	332
Chapter 34	Wisdom/Intellect	338
Chapter 35	Sensitivity	355
Chapter 36	Earth	361
	<i>The Final Word</i>	375
	<i>References</i>	377

How to Bring 'Em On...!!!

Rachit Ghatе 'Mark'

Who Am I/You/Yourself?

Have you ever asked yourself, *Who am I really? Am I a father, a husband, a friend, an engineer, a passenger or a patient?* The truth is that you are a father because you have a son. You are a husband because you have a wife. You are a passenger because you are on a train. So, all your identities and everything you believe yourself to be are all dependent on something else. So then, who are you? A father, a husband or a passenger?

By not knowing the answer to the question ‘Who am I?’ you keep on creating new identities of yourself, consequently going farther away from your true self. All the suffering in life is because of not knowing your true identity. Until you realize your true self, you believe yourself to be the name that has been given to you.

So, who are you? In reality, you are an eternal soul. For infinite past lives, the soul has been hidden beneath a veil of ignorance. Due to this, we have been unable to experience the true self. With the grace of the Spiritual Master (Gnani Purush), it is now possible to realize your true self via a scientific process called Gnan Vidhi (Self-Realization ceremony). Thereafter, you not only understand that you are a Pure Soul, but you also experience your true bliss.

Some gems of wisdom and pearls of profound thinking:

“Self-mastery is the biggest form of mastery. One can have no smaller or greater mastery than the mastery of oneself.”

– **Leonardo da Vinci**

“Do not think that what is hard for you to master is humanly impossible. If it is reckoned to be humanly impossible, consider it to be within your reach.”

– **Marcus Aurelius**

These thoughts are self-explanatory but certainly provoke to do deep thinking.

“In oneself, lies the whole world and if you know how to look and learn, the door is there and the key is in your hand.”

– **J. Krishnamurthy**

“To be yourself requires extraordinary intelligence. You are blessed with that intelligence; nobody needs to give it to you; nobody can take it away from you. He who lets that express itself in its own way is a ‘Natural man.’”

– **U.G. Krishnamurti**

“Let people see the real, imperfect, flawed, quirky, weird, beautiful, magical person that you are.”

– **Mandy Hale**

Just be yourself.

This is the quintessence of leading a fulfilling and true life, in every way. It also underscores the need to lead your life. There is no need to be “doctored” or “dictated” unless warranted in specific contexts. You live only once. Take charge of your own life. Stop living someone else’s life. You need not compromise on anything. Life has no set rules or bindings making you crippled and hollow, in and out. For you to experience full satiety, believe in living the life of YOUR OWN. That is the reflection of a happy soul.

People's Botheration Is Irrelevant When the Goal Is Clear

There is no dearth of hostile elements around. Even though you have meant no harm or have not provoked, adversaries abound. People familiar and intimate with you do not feel comfortable when you comprehended the comprehensible in a comprehensive manner. No, this isn't a play on words. Unable to contain their envy, or perhaps unable to win you with their money power, they see you as an eyesore, they loathe your sojourn, they get blinded by the light emanating from you. Even with their vast experience, they are not able to reconcile with what they behold before them. They are left quizzing, nonplussed, uncared, unnoticed, in a state of dizziness, restless and whatnot. Possessed by dejected feelings, they might try to dissuade you from your chosen mission. So, play smart to the occasion.

Consider them to be insects that temporarily try to distract you with a bite or an itch but do not succeed in wearing you away from the goal. Hold on to your determination. Be unbudgeable, clear, steadfast and strong in self-belief, with retaining and strengthening purity in thoughts and feelings. Your actions, achievements and success would be the prey devouring these insects. No need to expend words and time in trying to confront them. No need to sacrifice your sleep. Ultimately, these people would wither away. The mediocre cannot clash swords with the mighty and the magnificent. They would not live nor let others live. They ultimately dig their own grave with their attitude and approach of being not constructive!

Discovering Thyself

“One should learn to identify, detect and watch that gleam of light which flashes across the mind, originates within and is resplendent more than the luster of the firmament envisioned by bards and sages. Strangely, such radiant beams are hardly noticed, are dismissed, as they belong to the person. Yet in every work of

an acclaimed genius, the very ideas and thoughts that were earlier dismissed/discarded get accepted/recognized, they return with a certain alienated majesty.”

– **Ralph Waldo Emerson**

Self-discovery – the Second Birth; the Real One

Imitation is being human, originality is being superhuman. Stop being a copy-cat. Invest in strengthening yourself after discovering what makes you distinct and a cut above the rest in some way or the other. Take cognizance of what others feel and think of you as a person but do not be influenced by them so as to cease leading a life which is in tune with the real “you.” After having discovered and identified your USP, you should not waste further time in just loitering and daydreaming. Time is limited. Birthdays get celebrated and re-lived but when you truly discover yourself, only then are you really born; the day becomes your birthday in the true sense as you are really “born” then. There is nothing substantially gained if one lives and dies in a mechanical way, which other creatures and living beings do, as per their prescribed order. Yet when the person is able to steer clear of the worldly traffic without getting ensnared in traffic jams, such a life becomes worthy of mention and emulation.

Pay attention to signals and signs that keep surfacing, when there is an enhancement of the strive toward knowledge of the infinity and the eternity, as also the accompanying wisdom. Reflecting the state in the worldly realm is the real achievement, not always shown by those lagging despite attaining wisdom, as they are content in being ordinary and mediocre.

Keep It to Yourself

The most important worldly advice would be in not sharing your secrets with others except with those in whom you have strong faith and implicit trust. It is worthwhile a suggestion to save your things as you save anything that is vital when functioning in the virtual world of the internet and the

paraphernalia comprising the gadgets and the gizmos. Sharing things with others can turn out to be self-defeating and self-destructive.

When people come to know of what you have, why you have, how you have had, when you have had, they would jump on the opportunity to grab it and endeavor to attain those things in your possession, by-passing you and doing the “smart work” of tasting success without putting in the requisite labor and hard work. They might emotionally exploit you, blackmail you and could use you as a pawn in their nefarious designs, putting you in a hapless state and helpless position. There would be irresistible curiosity and insurmountable feelings of jealousy when they get a whiff of your fortune and wealth. There would be ill-will which would vanquish you. Hence, be circumspect when opening your heart to others. Reveal only what is trivial and conceal the vital.

No One, Absolutely No One, Enjoys Power Over You

Never ever forget that you are the architect of your destiny. You are the controller of things around. You are the driver, driving the vehicle, be it of any type or kind, anywhere you wish to, anytime that you wish. Erase the misgivings and misconceptions of someone enjoying power in whatsoever manner to regulate your smile, monitor your movements or control your living. In short, no one can dictate terms and conditions for you. You are worth the stuff that you are; your attitude is peculiar to your traits, specific to surroundings and singular to the type of people you mean to them or they matter to you.

No one can affect the real ‘you,’ none would dare make inroads into your realm. The real inspiration springs forth from within, irrespective of any state or condition that you would find yourselves in. Situations are in passing and pale into insignificance when viewed against the supremacy of life. For that matter, persons and factors function as stooges, petty entities casting a transient effect and influence but would in no way be the controlling authority. So, do not be affected. Enjoy the transient phase, leaving it to the rest to take care.

Koham – who Am I?

The vital question that gets asked at the time of birth and the answer to which is found in life and living. After all, life is not just the journey from the womb to the tomb. It is the quest to find the answer to the vital question, the answer to which is immanent but elusive.

“If you desire to be pure, have firm faith, and slowly go on with your devotional practice without wasting your energy in useless scriptural discussions and arguments, you would have attained the blissful state.”

– **Ramakrishna Paramhansa**

“Ignorance is the failure to discriminate between permanent and impermanent, pure and impure, bliss and suffering, self and non-self.”

– **Patanjali**

“Life is busy. There are daily obligations that have to be met. Take time to think about how precious and special human life is. You only get one such life. Every wasted minute is lost. You cannot get it back.”

– **Rush Limbaugh**

Every living being has the greatest desire to be happy, unaffected by sorrows. Everyone has the greatest love for himself, which is because of just a simple fact that happiness is the real nature of a living being. Therefore, in order to realize that inherent and untainted happiness is indeed what is to be experienced daily when the mind is subdued in deep sleep, it is quintessential that one should know oneself. For obtaining such a knowledge, the inquiry, “Who am I?” in quest of the self is the best way.

Who am I? I am pure awareness. This awareness is by its very nature consciousness bliss. If the mind, which is the instrument of knowledge

and is the basis of all activity, subsides, the perception of the world as an objective reality ceases. Unless the illusory nature of the perception of the world as an objective reality ceases, the vision of the true nature of the self, on which the illusion is formed, is not obtained. The mind is the wonderful power residing in the self. It causes all thoughts to arise. Apart from the thoughts, there is no such thing as mind. Therefore, thought is the nature of mind. Apart from thoughts, there is no independent entity called the world. In deep sleep, there are no thoughts and there is no world. In the states of waking and dream, there are thoughts and there is a world also.

Just as the spider emits the thread out of itself and again withdraws it into itself, likewise, the mind projects the world out of itself and again resolves it into itself. When the mind leaves the self, the world appears. Therefore, when the world appears, the self does not appear, and when the self appears (shines), the world does not appear. When one enquires persistently into the nature of mind, the mind will subside, leaving the self (as residue). The mind always exists only by depending on something gross, the physical body. It cannot exist independently. It is the mind that is called the subtle body or soul.

That which rises as 'I' in the body is the mind. If one enquires as to where in the body the thought 'I' rises first, one would discover that it rises in the heart. That is the place of origin of the mind's thoughts; the 'I' thought is the first. It is only after the rise of the 'I' thought that other thoughts occur.

The thought "who am I" will destroy all other thoughts and like the stick used for stirring the funeral pyre, it will burn up in the end. Then, there will be self-realization. When other thoughts arise, one should not pursue them but should also diligently enquire: for whom do they occur? It does not matter how many thoughts arise. As each thought arises, one should inquire with alertness, "For whom has this thought arisen?" The answer that would emerge would be, "To me." Thereupon, if one enquires, "Who am I?" the mind will go back to its source and the thought that arose would subside.

The Journey of Self-Discovery

Undertaking the journey toward self-discovery is an idea that appears to be esoteric or ahead of the time. In the backdrop of the common and prevailing perception of benefits, gains and advantages accruing from an activity, the journey of self-discovery does not purport to be attractive or tempting. This is akin to thinking of profits when indulging in the act of being a good person. The common notion is that life is a series of problems and challenges that get surmounted by being street smart, manipulative, competitive and fired by the zeal to overcome upsets and setbacks. While this might be necessary when considered in the worldly plane, such an approach is not sufficient in itself.

Those who think deeply and reflect are confronted with the question “Who am I?” This cannot be resolved amidst the strife, cut-throat competition, rivalry, envy and animosity, which are cloaked in plastic smiles. We need to peel off the layers of man-made appendages, titles, images, statuses, labels, tags and such surreal notions.

The journey of self-discovery culminates in emptying ourselves of all this clutter, being hollow like a flute so that the flow of divinity takes place unimpeded. We become nothing. Out of this state springs forth the fountain of love. The voyage is both arduous and easy. It is arduous for those who have a pre-set goal and expect a tangible result. It is enjoyable for those who do not set aspirations but simply plod on, with complete faith and surrender. Destination in such a journey is not something distant and distinct but is embedded in it. It is only while being in the swim that the destination is made clear. Guidance and support are availed in divine ways. The journey within turns out to be thrilling, fun-filled, exciting and fulfilling, which cannot be obtained by watching a movie.

Initially, the person undertaking the inward journey would encounter dark corners, cracks, crevices, boulders and such formidable features, which need to be crossed. These are the mental, emotional and psychological malaise of arrogance, self-pity, selfishness, jealousy, greed, attachment, desires, ambition, sorrow, brutality, worries and anxieties, to name a few.

With sincerity and prayer, the layers get peeled off. All along, a state of transformation is felt. We become mutated to take the forms of different beings. With negative states becoming removed, we become “empty,” only to be filled with positive and strengthening traits of compassion, sensitization, kindness, care and consideration. There is freshness and spontaneity, which powers into action. We feel harmony between unconditioned love and the reason explaining this state. This is intelligence at its highest point.

Drained of all negativities, with self and the ego being absent, aspects of “I” and “Me” being absent, goodness gushes in full flow; the state is sacred and supreme. Words cannot describe such a state, on account of its inherent limitations. The nearest approximation is that the domain of things known ends and the consciousness is cleansed. From emptiness springs freedom, and from freedom arises actions in all directions, which keep changing, show buoyancy and depict all that is living. This is the truth, which cannot be capsulated into an idol, cannot be bottled, cannot be shrunk into a symbol. The immeasurability of this truth arouses awe and speechlessness but remains inexplicable. Like the ocean, it is immense and vast, incapable of being confined in a bucket! The journey of self-discovery leads the seeker to a state of bliss and liberation, beyond the ken of many.

Self-Awareness – The Real Form of Awakening, the Rest All/Everything Is Slumber/Deep Sleep

Pearls of wisdom or thoughts on self-awareness:

“If you wish to be free, know that you are the Self, the witness of all, the heart of awareness. Set your body aside, sit in your own awareness. You will at once be happy, forever still, forever free.”

– **Ashtavakra Gita**

“From now on, do whatever you want, but do it with awareness. Easy and natural are the keys. Do not uproot anything, be your own self.”

– **Osho**

“When a man in the process of dreaming becomes conscious that he is dreaming, he is no longer identified with the phenomena. He is not affected exultantly or dolefully. God consciously, he dreams the cosmic play and is not affected by its dualities.”

– **Paramahansa Yogananda**

“Whatever we are doing, believing, thinking, desiring, understanding, feeling – if we are not aware of them while aware of ourselves in the present – we are asleep, and all are but embers of a dream.”

– **Thomas M Earely**

“You have a powerhouse in you.”

– **Kiran Bedi, Retd. IPS**

Kiran Bedi accepted the invitation from the Rotary Club in order to meet an assembly of teenagers, school boys and girls. Also called ‘Interaction’, as part of the Rotary charter, its grooming program seeks to instill leadership qualities in the youth.

Here is what she had to tell them to help them learn now rather than later. Every mistake made now has a cost, a price to pay. Awareness of it helps in reducing the cost or preventing the harm caused, and thereby, the suffering. She made the students visualize this: in your head, there is a powerhouse; there are several bulbs, with attending switches. Each bulb, when switched on, is lit, which depicts knowledge.

The brain expands in knowledge, as it does so with meditation, as proved by research. There is no end and limit to learning. There are certain eternal laws that need to be understood. Recall when you were small children. Did you love those days when there was no homework but only toys, games and time to relax? Now you have lots of homework and plenty of competition. When asked which time was better, you would, without doubt, say, “The period when we were small.” Now, a few years later, you would say that the present school time is better than that of college. Still

later, you would say that college time is better than that involving work. This goes on.

Why was Kiran Bedi making the students conscious of their responses? So that all must remember that nothing is permanent. Change takes place constantly. Time is never stationary or still. It moves constantly, with the accompanying change. Everything changes; the only thing that does not change is the Law of Change. All that you have at the moment is the present. Make the best use of it, give your best input and achieve the best out of it. Parents, teachers, school books, school, all of these form your support system at present, which would give way to something different or be replaced soon. So, value it. A time will come when your parents will have gone, friends forgotten, your family would be scattered or spread, homes changed, teachers and mentors would not be available and health would not be that good as compared to what it is currently. Thus, nothing is permanent and eternal. So, make the best use of the time available at your disposal instead of regretting it later.

Another law which is time-tested and infallible is, what you sow, you reap. Good habits, when sown early, will yield good dividends and fruits, forming an integral part of your character. If virtues such as discipline, honesty, diligence, sincerity, gratitude, generosity, kindness, compassion, charity, respect and so on are sown and fostered, you will be well-equipped when you become adults. There would not be any need for transformational programs. Rather, you might use such avenues to hone your professional skills, obviating the need for repairs and damage control exercises. Therefore, ensure that you become good gardeners of your own orchard, feeding the saplings of habits with the right nutrition so that you get good flowers and fruits. There will be responses to efforts made.

Finally, set for yourself a higher goal and a higher purpose, so that life is well spent. Earn money, acquire wealth and create assets in an ethical way, with the spirit to share with others. Living only for yourself will make you happy. Research and studies have upheld this principle. By becoming sensitive to the plight and sufferings of others and by

becoming conscientious toward the well-being of others, you will have an exquisite feeling of joy. You need to share with your family, and those who are in need, to feel the happiness. Things shared need not be big. Small acts of kindness would suffice. Yet these are hallmarks of nobility.

Light your brain bulbs, switch them on daily by the right type of charging, so that they function even when you are asleep.

Wanna Know the World? Start With Yourself

By discovering the self, we understand the planet in all its grandeur and its dynamics and become connected with it in every possible way. We start to earn, care, love and educate others. We go miles ahead of anything and everything. We transcend mundane living, which is devoid of quality and is led by imitating others. This brings no good to us. By following the path of self-discovery, we come out of the fool's paradise and start adapting ourselves wonderfully to the working of the planet. We then feel the real magical effects that life is waiting to offer us.

Power Ingredients of Power and Self-Discovery

Certain key elements that aid in the process of self-discovery and accelerate the acquisition of power need to be reconciled. Amitabh Bachchan has become truly an attractive and magnetic person over the years. He has used past experiences in a productive way, learning from them. The richness of his personality is the power behind his attraction, which becomes magical. The same holds true of those who are on the journey of self-discovery. What are these key elements enumerated above?

- A. Truthfulness
- B. Integrity
- C. Willingness

- D. Energy
- E. Expression
- F. Knowledge
- G. Versatility
- H. Vision
- I. Fearlessness
- J. Audacity
- K. Love
- L. Compassion
- M. Smartness
- N. Hygiene
- O. Health
- P. Habits
- Q. High self-belief
- R. Openness
- S. Catholicity
- T. Humility
- U. Assertion
- V. Accommodation
- W. Willpower
- X. X'emplary
- Y. Youthfulness
- Z. Zeal

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