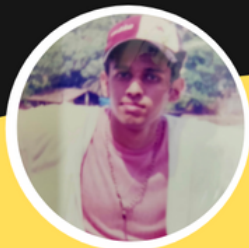


# Find "U" in "You"

Listen to your Inner Voice. It always indicates you to  
Express! Explore! Evolve!



16-20



20-30



30-37



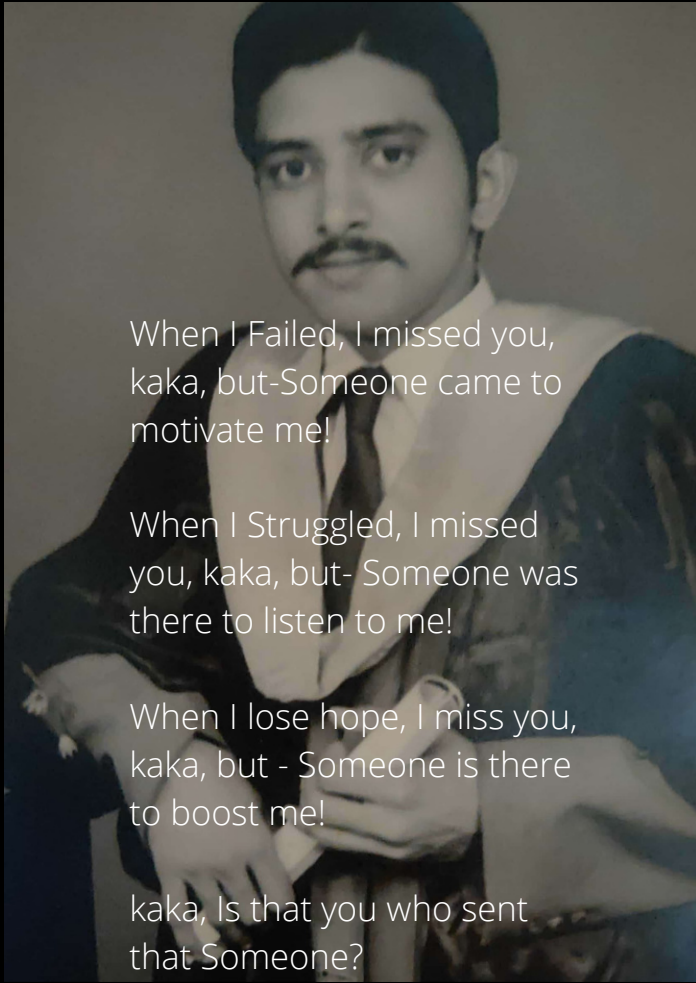
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## AKHILESH TELKAR

KNOW  
YOUR  
POTENTIAL

CHANGE  
THE OLD  
BELIEF

REPEAT  
THE  
SUCCESS



When I Failed, I missed you, kaka, but-Someone came to motivate me!

When I Struggled, I missed you, kaka, but- Someone was there to listen to me!

When I lose hope, I miss you, kaka, but - Someone is there to boost me!

kaka, Is that you who sent that Someone?

## ABOUT ME

My name is Akhilesh; this unique name got from my DAD, T K Shankarnarayan Rao (BA)

I see the world is full of opportunities; we must listen to our inner voice, which always tells us to do more than we can!

Through this E-book like to touch 10M lives who want to unleash their career potentials.

Join me, and let us create a world full of love, joy, and happiness.

**FIND "U" IN "YOU" IS  
FOR THOSE WHO ARE  
UNAWARE OF THEIR  
POTENTIAL AND WANT  
TO FIND THE ANSWER  
HIDDEN INSIDE THEM**



CHANGE! CHANGE! CHANGE!

BRING THE CHANGE IN "YOU"

CHANGE THE IMAGE IN "YOU"

BRING THE REAL CHARACTER IN "YOU"

FIND "U" IN "YOU."



**E-BOOK**

This is the true story of the author, who tried to narrate his experiences age-wise 8-16, 16-20, 20-30, 30-37.

I promise to take you through your good memories, recall & cherish them, be with me, and do each exercise mentioned after each chapter.

This is an E-book before the release of the main book; the Master copy of the book will have more chapters with curiosity, intensity, love, and secrets to unlock your potential.

The intention is to make you realize & Find "U" in "You"

Disclaimer: This book is designed to provide information and motivation to readers; the content of each article is the sole expression of an opinion author. Neither the publisher nor the author shall be liable for any physical, psychological, emotional, financial, or commercial damages, including, but not limited to, unique, incidental, consequential, or other damages; our views and rights are the same: You are responsible for your own choices, actions, and results.

## LETS BEGIN

Every Human being on this earth came for some purpose, knowing your Calling, Passion, and Reason for being here...

if you know early in your life, that is the first step to "success."

16-20 - Danger 😊

20-30 - Soljer

30-40 - Hunter

40-50 - Begger

50-60 - Wheel puncher ♂

(By- Upendra)

My Story in Short

8-16 – Khel Kum kar Padai-kar ♂

16-20 - Kam karthe padai Kar

20-30- Struggler ♂

30-37 - Hunter Continue..?

(By - Akhi )

Once I hear that we connect with people for some reason, people will not come into our life without reason... I joined, too..

“Make decisions based on where you want to be and not where you are.”

~ Dev Ghadvi

## ***Acknowledgments:***

***It is challenging to say and acknowledge everyone who came into my life, and everyone played a vital & equal role.***

***First, thanks to the readers for their love and support; I want to thank my Dad and Mom, who introduced me to this world. Dad, who left me early, gave me a beautiful name, and Mom, always with me, taught me to love and kindness. Also, my two elder sisters & their kids are always there to support me.***

***Special thanks to my wife, who gave me a wonderful gift, who is my Son, now present World to me.***

***Heartful gratitude to our family, relatives, and Friends. Also, thank you for my connections on LinkedIn and Facebook.***

***Thank you, Thank you, Thank you.***

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## 8 -16 years

### Loss in me v/s Strength in me

The new year has just begun. It's 1992, immediate after New Year in South India we celebrate Makara Sankranti on 15th January that day I am thrilled because I used to go and meet all my friends dressing in new dresses and used to have sweets. In Kannada, we call ellu(sesame seeds), Bella (jaggery), and Kabbu ( Sugarcane).

I was 8yr old at that time. Small things were fascinating to me, like wearing a new dress, eating tasty sweets, seeing different colors of peppermint, Sugar making candy; the day usually ran around the home to distribute sweets, yellu Bella, and sugarcane. Because we ran around a lot that day, I got tired so much that moment I got in bed fell asleep...

At 2 am around, my sister suddenly shook me and asked me to get up.  
Akka: Hey, get up, get up,

Me: Nooo...(was unable to open my eyes, rejected my sister's voice, took my bedsheet on my face, and slept again)  
but my sister didn't leave, and she continued to make me wake up,

Akka: The car came in front of the house. We have to hurry up and getup  
(with a louder voice again, my sister)

Me: As I heard the word car, I suddenly woke up and tried to open my little eyes. Vishnu's uncle's Blue Ambesdor Car, any family road trip, we use to go in that, those days, going in the car itself tremendous feeling, so I am excited to get into the car.

My sister locked the house, rushed towards the car, and opened the back seat door.

It was dark midnight; I didn't get much time to see what was happening. As I tried to get into the car, I saw my Mom inside the car crying, and then I noticed I didn't have space to sit because my Dad was sleeping on Mom's Lap. There is the smell of flowers inside the car. When I understood the situation, mom started saying, All over, nothing can be done. Your dad is No more.



## 8 -16 years

The following day, at 8, I was playing with my favorite tennis ball outside my uncle's home, and people started coming to see my dad's face one last time. I am unaware of the situation and what is happening. I only know, "**My dad slept for long hours, and mom doesn't.**"

In the afternoon, my dad was taken to complete the final rituals, and my uncle told me to undress and was said to wear a dhoti (tin white shallya) and sit near a water tank. Not sure what was happening, suddenly one Barbor came with knife and front told me to sit straight, not to move around, I said hey what are doing, don't do anything I shouted, Ma Ma see here, uncle wanted to take my hair, even after my so many rejections an uncle took out all strands and made be baldy. Suddenly one bucket of cold water poured on my head(I'm not too fond of cold water). I screamed so loud that everyone looked at me. I am shivering, releasing that something terrible is happening and not suitable for my future.

The next day, I am in a cycle sitting at a bar coming along with my uncle that time; we are passing by our school field near my home, looking at the area. I am thinking of playing cricket later in the evening with friends, on the other side my uncle has to say something which I never thought of,

he said I have a huge responsibility to do - suddenly I did not understand, imagine an 8yr kid has to take responsibility for family suddenly, how he might feel.

Do you think about what he can do? One thing is uncle also told me is that the only way to get all your duty paid is by hard work.

**Realization:** My 5th standard and 6th standard score drastically increased. I used to score 60%, but I could score above 85%.

The absence of Dad becomes a strength to me.

Change in me started, was able to Find the 'U' factor in me then.

### ***Build your weakness into Strengths***

*~ Akhilesh Telkar*

**Exercise:** If your parents are still with you, go and hug them and say, "I LOVE YOU, DAD," "I LOVE YOU, MOM." If not Say, thank you, universe. I am blessed and lucky to come into this world through my lovely parents; wherever they are, I love them and admire them from the bottom of my heart.

**Find "U" in "You":** Try to recall and write a few lines below about the biggest strength of your life?

- My Biggest Strength is.....
- My Biggest Strength is.....
- My Biggest Strength is.....

### Week in me VS Strong in me

Public Exams were announced for our 7th standard batch for the first time, and I am ready to score good marks; I was ok until the preparatory exams.

I don't know what happened to me suddenly, I got a high fever, and the madness did not end immediately. It lasts for a minimum of one and a half months. I had a severe fever, and my mom was worried as it was going beyond control, and whenever any wet, cold cloth was applied to my head, the fabric used to get so hot!

Monday was the exam till Saturday evening I am in the hospital, the hospital doctor also not understanding what the reason exactly on high fever, so many test and tablets tried, so hospital doctor decide call expert from outside, and some magic happed the doctor came and told me in the ears,

Beta sub teak ho Jaya jaega (everything gone be ok) Monday ko exam hai taiyari Karna ( fever will disappear prepare for your exams be a brave boy),

Sunday I told my mom, I want to write exams, let's go to school tomorrow, its 1 ½ month I didn't touch my books, Sunday evening I came back the home being still in treatment, the first thing I did is opened my exam time-table and started preparing for the first exam. My eyes were burning, and I could not see the text clearly; I tried hard to read, and with more effort, my eyes started getting wet, and I found it challenging.

I went to the exam hall on Monday morning, my teachers supported me and told me to write how much I knew that much only, and I was given extra care in the exam hall so that I could sit comfortably and write my exam.

Results: Passed all subjects with a good score

My teachers told me, " Try & try until you don't get to succeed."

**Realization:** Never give up attitude was developed in me from that time.

The weak in me was dead, and the strength in me had won.

***If You want to be Strong, Learn to defeat your weakness.***

*~Akhilesh Telkar*

**Exercise:** Call your teacher/guru to thank all teachings who taught you, and be grateful to everyone who gave you one or other lesson in your life.

**Find "U" in "You":** Write the biggest lesson you learned from your Guru/teachers?

1. My Biggest lesson is.....
2. My Biggest lesson is.....
3. My Biggest lesson is.....

## 8 -16 years

### Heart Winning Match (Fear in me VS Dare in me)

In our School, until the 7th it is mandatory to wear shorts for boys, for some reason I used to be very shy, whenever just school ended at 4:30 pm I used to run towards my home and the first thing I used to do was a change to pants.

I am happy because, after 7th from 8th std onwards boys are allowed to wear pants, and I am very comfortable in that, new friends, classroom, new bench, new school shirt, this time with more giant square boxes in school uniform, new seniors, and a new feeling of going extra steps for upstairs. After all, we were promoted to High school, and the classroom shifted to the top floor.

A special feeling was that many new classmates from different schools joined us, new girls, too!

Classes started, the new class teacher we came to know, there is slight difference started, some classmates came from English medium and some from LKG to 7th who came from Kannada medium, the first challenge started here, As 8th an English medium, those came from Kannada medium started finding difficulties, was lucky and blessed to have for our batch we got our principle himself for English lecture, i.e., S.N Shivaram Shastri.

Anyone speaks in English in those days was considered an expert & intelligent in class; I used to wonder how to be like that, When I will learn English!, and those who came in English medium were also very friendly with girls out there, the way they talk, the style was different.

For Kannada medium students talking to girls means people used to speak a lot behind; people used to see as if we did something wrong.

As the days were passed, we got the announcement for school sports, and our seniors were keen to arrange a Cricket match at high school, so the ground was decided, and seniors decided on match fixtures,

Team A	Team B	Winner of A & B
8 <sup>th</sup> A VS 10 <sup>th</sup>	9 <sup>th</sup> VS 8 <sup>th</sup> B	Finals

There was news around the school rooms, as 8th std were new Chota boys, seniors intentionally put the match against them to win and reach finals. so they had the advantage, our first match against seniors only, 8th A VS 10th. (nobody knows the 8th A team was strongest in comparison to 8th B)

Just about to start the match the next day, magic in the air began; 9th Girls came in contact with me, and my friend deep, talking to girls was a fear to me, I usually was significantly less likely to prefer to talk to girls, but they told us somehow we have to win the match for us, they did not like the match fixtures and other reasons.

## 8 -16 years

Both 9th girls who were the prettiest in that batch one are famous for their dimple, charming face, 2nd famous for her walking style and smile, and both were keen to defeat 10th. Given a Bet of 10rs - If 8th wins, girls will give 10rs each for me and 10rs for deep,

Ground, the pitch was prepared, wickets, markings, the score card umpire is ready, importantly all our high school girls & boys came to see the match with a loud noise, creating an electric climate to play the game.

Match began,

Toss	won by 10th, choose to Ball First.
First Side Score	8 <sup>th</sup> A – 85runs for 10 overs
Second Side Score	10 <sup>th</sup> - 85runs for 10 overs
Result	Match Draw
Rules	if draw each side has to ball 3 overs each, 3 wickets max
10th batting	27 Runs in 3 overs.
8th Batting	28 Runs one ball to spare
Results	8 <sup>th</sup> A Won the match

Universe played its role even though seniors have some great state players, and everything went against them; our team boys played tremendously, and we won the match against all odds. I will never forget all the enjoyment when we won; we hugged, lifted each other, and were praised for our performances.

Match Won and Bet also Won – 9th girls were so happy that day that they didn't believe what they witnessed; that was the first time talking to girls in school.

Fear in me gone dare in me came for the first time.

Heart Winning Match.

**Find "U" in "You": "Where you find true friendship, you will find true love."**

Exercise: I know what it means when friends come to your mind, remember the postcard letters you wrote them, Autograph books by friends, "Life is short, make it Sweet" - this line is very famous, so for what you are waiting for, go and meet your friends, share your good old memories

Ans :

1. My Best Memories.....
2. My Best Memories.....
3. My Best Memories.....

## 16-20 Yrs

### Work v/s Study

My dad was a businessman in politics; he was wealthy by heart. Whatever he earned, everything either he left to his close ones or donated without expectations. He left us when he was going through a bad patch in his life. My mother was helpless when there were sudden demises of my dad, so with no choice, mom started tailoring herself to take care of her three children in a rented house at Shivamogga. From there, my mother meant everything.

My uncle was an astrologer who guided us later – with his presence and helped marry my two sisters. Once there was a shortage of money, so supposed to sell all our property and survive. My mom is my real hero – she is everything to me; she used to stitch and earn 20rs per day so that we get our daily food; the challenging part was school fees.

I slowly realized that I had to start earning fast to free up my mom from her responsibilities. When I was studying 9th standard(1999) during vacations when all my friends planned their summer vacations for trips and played free time, I started going for part-time learning jobs without salary(electrician).

29th March was my birthday, the same day I completed my Public exams (in the year 2000). All my friends planned to choose their higher studies for new colleges – but what about Me? - clueless. I also wished to attend college, but my uncle called me to help me learn electrician work at his shop. He said if I knew the electrician's work, I could start my shop on my own and lead the rest of my life, so I was sent to Haveri for three months.

My 10th results came, I passed in first class, I started crying, holding my marks card thinking what to do next. My hands were rough and rugged from lifting heavy objects during three months of work at an electrical shop. No play, No enjoyment, No excitement in that work- only work, work continues day & night. But at home, my mother & sister, after looking at my results, decided to send me for studies; I am not a failed student, nor am I a lazy gully boy though, so they could punish me for not studying. Looking at the results and my wish – I joined Diploma in E & E.

## 16-20 Years

The biggest challenge then was returning to hardship work versus choosing a career. I am thrilled and excited to go on the first day of college, as my mom cannot afford to attend a private college for higher studies fees, so I joined a government college 17km away. I suppose to walk 3km from my house to the shivamogga bus stop and then transport is by govt buses till Bhadravathi bus stop and again walk to college around 2.2km. ( my daily to & fro )

I continued to study and part-time learning job for 3 yrs.- do you know what my first salary was? Any guess. It's the First Sonata watch ever I got for working in a refrigerator shop during my study breaks when I was 16yr old.

Somehow 12 subjects a year 3 yrs. I did complete it, and I am in a hurry and eager to start my job so that my earnings start and time to relieve my mom from her responsibilities come.

**Find "U" in "You":** *"The most powerful words other than 'I love you' is 'salary is credited'"*

**Exercise:** Remember your First Salary, and thank you for that opportunity. Share pictures or memories with your loved ones

Remember the person & place who gave you the first opportunities.

Say Person name: ....., Thank you, Thank you, Thank you.



My First Salary:	Sonata Watch
Place of Work:	Suchi Refrigeration, Shimmoga
Period:	10th break holidays, 3 Months

## 16-20 Years

### Fear of new VS lesson of new skills

My First Job was at Shimoga. Much before the results came, I joined sales as an executive. My salary was fixed to 1500/M, that company has several branches all over Karnataka, the day I joined I heard from my manager who is in a phone call with the other branch manager, our branch sales were going low.

After the call, my Manager called me and said

Look, we have to increase our sales this year, that's why you have been appointed for this job, one week will be your training at the front desk, learn about products, attend to customers, start building a relationship with customers, then after one week, take the bike go for sales.

He got the call again; he left the place. I was shocked with a big opened eye, opened mouth; I was thinking, how can I do this? Imagine for the first time after just finishing my studies going to work, the most significant task in front of me, the enormous task, not the sales it's about driving a bike which was I never did, my policy until that day, I will sit front seat of my bike one day when I buy my own will not use others, after hearing from my manager now, I have one week to learn two-wheeler, thinking & fearing how I go to the field for sales. What If my manager came to know that I didn't know to drive the two-wheeler? Then it would become a big problem.

After finishing my first day, the immediately same evening, I rushed to my cousin's house and told him there was a problem; I said I don't know to drive a bike. Now my manager wants me to go sales from next week onwards In two-wheeler and roam around the city & bring sales for the company. My brother understood, said relax, for the next week come to me at 7 am every day near the house will teach you ( bapre. I got much relieved after hearing from him.

The next day morning, my brother & I went to the field,

Bro: On the Key, Kick, First gear- release slowly clutch, my brother said.

Me: On Key, Kicked holding Clutch – release clutch immediately

Burrrr...Jump...Off...omg, it's scary, I said.

Bro: Will you kill me.

Wait, don't release the clutch so immediately...

Me: Ok, one more time,

Bro: this time, first check you are neutral; after kick, hold clutch, then first gear, then slowly release the grip parallelly give accelerator.

Me : Nuetral? How I know I am in Nuetral

## 16-20 Years

Bro: See, there is a green light indicator; whenever you bring the bike to be neutral, it lites.

Me: the expert in anything was once a beginner got it, shell I try now.

Bro: Yes

Me: Key On, Neutral, Kick then started giving accelerator, burr it sounds nice when we do that in the bike.

Bro: Change the gear to move.

Me: Pressing left foot hardly to front, it's not changing.

Bro: Hey, stop stop stop, OFF.

Me: Ok.

Bro: See, I forgot to tell you, there are different types of bikes, some gear front and some back, the cycle which you are learning, you have to press back for all the four gears.

Me: ok, again, Key On, Neutral, Kick then Left foot back press, holding tightly clutch full giving accelerator, Burrrrrrr...

Bro: Shouted, hey, don't do that; reduce accelerator and slowly release the clutch, then give little accelerator.

Me: ok, this time I did it correctly, the bike moved, and the smile on my face started as I successfully moved it.

Practice went on for three days; then, in the office, the office boy was on leave; the manager told me to go to the bank and gave the two-wheeler key.

Test Time: I took the key as if I knew to drive a bike for a long time.

Sit on Bike, again same – Key on, Neutral, Kick, hold the clutch press back, my manager watching me from the window, I am thinking why the bike is not moving, trying by giving full accelerator.

I am not moving, pressing hard at the back of the gear.

My manager loudly said, hey, change gears to front.

Omg- I forgot that this was a different two-wheeler; I got down from the bike as if I knew something; intentionally, I moved away from my manager's sight so that he should not feel that I was a dummy and newly learned.

Somehow able to move the two-wheeler that day, and got relived from "Fear of unknown to known of a new skill."

Next time, I was more confident in driving any bike; it became thrilling as I saw any new bike; I felt driving crazy as if new wings were added to me.

***" The expert in anything was once a beginner."***

***~Helen Hayes***

**Exercise:** What skill did you learn from your brother/sisters or cousin?

Go and say thank you to them for all the lessons you learned.



## 20 to 30 yrs Less VS More

For three months, I worked at Shimoga with total energy and made some new friends and contacts.

My Manager is working on a monthly sales meeting.

Manager: this month I am happy to present the sales of my branch.

Accountant: Yes, sir, we have good sales compared to the last few months.

Manager: like to continue this team, grow like this.

Accountant: Sir, Akhilesh wanted to leave this job and go to Bangalore, it seems

Manager: what! Really why so.

Accountant: Not sure what he sees in Bangalore that he can't do it here.

Manager: ok, tell him to talk to me once.

After settling at that company, I got total 4500Rs; I told my Mom that this amount was good enough to go to Bangalore and start work there because being here, I don't think I grew much.

My accountant has been working here for the last 10yrs, and his salary is still low, and I need to explore new opportunities.

This is a scary decision without a job; going to Bangalore was difficult.

My uncle once told me that if you want more enormous opportunities, you need to work in bigger cities; this one line made me dare to take that decision.

So I took a bus searching for more, hungry to achieve something big in Bangalore.

**It's not a people problem; it's a skill & Mindset problem**

**~Dan Lok**

**Exercise:** Which is the first Dare you made when you started your career? it may be anything like you presented your skills, lead the team, job change, etc List out the top 3 skills you know.

a)

b)

c)

## 20 to 30 yrs

JAN2005, Before leaving Shimoga, I called one of my known uncles, Manjunath Rao Gujjar, Retired Govt, Medical Officer Bangalore.

I took 4500rs in my pocket and never looked back; He was the biggest supporter when I started my career; I informed him about coming to Bangalore and will search for a job; as soon as I got a job, I would make room.

He is very kind-hearted and happy to help, he allowed me to stay at his house, and my search began under his guidance. His famous dialogue was, ***“ If you want to achieve something in a big life, You must dream big”*** *city like Bangalore is best*– You have to drink the water of Bangalore thoroughly,” which means Once you dive into the water, you will learn to swim anyhow.

Initial days were easy-going; I learned about Bangalore city, places, and commute, and met a few friends already in Bangalore. Everyone advised me to come up with my resume.

Up to that date, I wasn't prepared any resume, so in those days, mobile wasn't there yet; it used to be incoming 3rs charges per minute by service providers. Cyber centers are charging 20rs per hr for internet, the only way to call home and friends were 1rs coin yellow box or std booth.

BMTC (Bangalore Metropolitan Transport Corporation) bus pass for monthly use is 300Rs and 20Rs per day.

Four months over, money getting over the job was not yet confirmed, Tried all contacts, felt like our known people were those once used to say, hey come to Bangalore you will have bright future has disappeared, started feeling lonely on the street, CV print out costing more than snacks, didn't understand what to do, uncle told me to register Employment bureau at chamarajpet, Bangalore, they use to give a yellow card with slip new company new interview per visit, where we get one interview, but that didn't work.

## 20 to 30 yrs

Getting a job every day became a challenge, and I felt the taste of failure before starting anything.

Pocket getting empty, before eating something have to think twice, started calculating for 30days survival 10Rs meals each day equal to  $10 \times 30 = 300$ rs, need money for monthly pass also to commute.

4500Rs felt like not enough; there were so many things going on in my mind, whether I had to go back for a 1500rs/month job in Shimoga or learn electrical repair work again! Started thinking of options. This was something not expected wanted to achieve something bigger in life, but shallow and started losing hope.

Fear of failure VS Reap of hope

Then the universe listened to me; I got the phone number of my senior; I used to call her ( Nirmala didi), just one phone call, she was so happy to hear me that I came to Bangalore for the job, guess what next morning she called me for an interview in her company.

My First company in Bangalore was CDMA mobile customer care center, 2500/Month salary.

**" Career is like a blank book; write wisely; you are the real Author-it."**

~Akhilesh Telkar

Exercise: Pay gratitude to the person who helped you get the jobs in your career and say thank you to them.

4W's you must know before you Start



## 30- 40 years

### Lost focus V/S Gain focus

This was a scene from Mahabharata where all men gathered on the battlefield young men, older men, brave men, leaders, and followers; as men entered the battlefield, a matter of life and death things that were born of hate and fear items guaranteed to cause the pain and destruction they are going to fight the battle between Kauravas and Pandavas

As Battlefield is getting ready, Arjuna, with his Chariot, Krishna, enters the battlefield. Arjuna taps Krishna's shoulder and asks Krishna to take him to the middle of the battlefield and says I want to stare them down, lock eyes with them, scare them silly before grinding them into the dust.

Krishna - chuckled! "Show off"

Arjuna - Can't help it; I am the most excellent archer in the world, can I?

Krishna - Ok, Athmasarathi! Steered the chariot into the position and turned to look at this battlefield. Says, " All Yours. Stare away."

Arjuna – Standing middle of the battlefield, he witnessed something which never he seen before.

I saw roaring, hungry, impatient warriors ready to fight, but they were all people who recognized fathers, grandfathers, brothers, and childhood sathi's( friends) He was scolding, pampering, advising, and praising -uncles, cousins, elders, and teachers who were a vital part of his childhood.

They are his family members who once spent time with them, studied with them, laughed with them, more years he spent than he could remember.

Arjuna - was there to stare them down before he let his unerring arrows and cut them down.

Suddenly, the enormity of what he was about to do struck Arjuna like a thunderbolt. The most excellent archer in the world broke into a cold sweat. A deadly fear he had never before encountered paralyzed his mind. His knees buckled under him, and his hands shook uncontrollably, letting the Gandiva slip from his grasp.

Arjuna - starts saying, " I cannot do this? No, I can't.

## 20 to 30 years

Krishna – surprised! And ask, what you cannot, Arjuna, what happened?

Arjuna - showing his arrow towards Kauravas army, “the war, the bloodshed, the killing, everything,

They are not my enemies; the enemy can't be my friends, relatives, and close family.

How I can fight and kill near and dear ones, how I can see my blooded brothers, What god I am trying to please? bloody sacrifice? What sin can be greater than fratricide unless it is a sin of murdering your teacher?

Krishna understood; Arjuna lost his vision of being in battle; he stopped arjuna from thinking and tried to convince him, what you fratricide you thinking the opposite side also wanted the same; they wanted to kill all and conquer the kingdom.

Arjuna says sorry, I can't; I'd rather die in battle. Cant kill his family members.

Krishna – Oh, Come on, you knew this war was about; there is a family behind you that led them to victory. This is disgraceful behavior for a warrior; you know there is no honor in the running away from the battle, and dejection does not suit you.

Krishna, again looking at arjuna's face– Greatest archer in the world, calls himself noblest of warriors, destroyer of foes, most single-minded of men, ha!

Arjuna starts looking sown,

This time Krishna, with his high voice, asks Arjuna to Stand up, pick up the bow, fight with potential, do the duty, and fight a battle for Pandava's people as a prince.

This time Arjun looked at the eyes of Krishna and re-gained his consciousness, Arjuna did what he had always done over the years in such situations; he turned to his closest friend and his wisest 'mentor', the only one he could trust; he listened carefully to Krishna and got convinced of what he was supposed to do and obeyed the Guru's path.

Rest is history.

Krishna said to do your duty with a single-minded focus and great sincerity, without worrying about the work results.

***“ Man is made by his belief. As he believes, so he is!”***

*~ Bhagawat Gita*

**Exercise:** Who is your biggest influencer, Guide, or mentor in your career?

Call/message/mail and Say thank you to them for everything you have achieved.

1. Say thank you for.....

2. Say thank you for.....

3. Say Thank you for.....

## Being Fit Or Being Aware

From the day I heard about 'Being Fit," my mind started wandering, asking myself how to be FIT and what I have to do to remain- Fit...

Then I started writing this...

1. Being Healthy - Follow Diets, Eat healthily, and Exercise?
2. Going behind - Workout, Challenge your limits, and Run the extra mile.

How many of you think the above two?

Comment...

In my opinion, there is a 3rd option also...it may be right or wrong. It's just my way of understanding...

Being aware of, Yes, what it is?

Being Fit means Being Aware of your daily habits, focusing...

What is the one thing in our daily routine you do >

without fail,

without missing,

without forgetting,

with interest,

with love,

with hungry

What if you have to choose between

Healthy (being Aware) V/S Unhealthy (Losing focus)?

Being Aware means

Eat - 3/4 of your stomach

Avoid - Junk Food

Water – Drinking 3-4 lts/day

After Eating - Walk a minimum of 60steps

Small Small work can be done by walking, using a staircase, indulge yourself in physical activities.

What if it makes you are of your actions and focuses on being in being Fit

Start helping yourself - Like switch on the light/Fan for yourself, get up & pick up that water bottle, if you forgot your bike/car keys- go back inside, bring yourself, etc...it is Self-help being aware of Being FIT.

Fitness is not about being better than someone else; it's about being better than "You "used to be -Find "U" in "You."

***Deeper 'You' think, Closer 'You' understand***

***-Akhilesh Telkar***

What's your opinion?

1. Find and say thank you to everything which keeps you healthy.
2. Find and say thank you for all the comforts you have in your life.

## 20 to 30 years

Vipassana - The Art of Living

Date : 20APR22 to 01MAY22,

After completing ten days, of course, I arrived back home.

It's 10:21 am, and at the gate entrance, my niece (Avani's name changed) was standing there.

The moment she saw me, she gestured to me with a happy voice (because she came to my home when I wasn't there).

Avani: Hii mama,

Me: Hey, there

Avani: Where have you been for the last ten days?

Me: I have been to " Vipassana."

Avani: Vipassana? What's that?

Me: Ya, It's a meditation center.

Avani: Why did you go there?

Me: For mind service, haha

Avani: Does the mind also need service?

Me: Yes, of course, why not?

Airplanes, Automobiles, and any equipment, anything which is movable or mechanical, non-moveable electrical & electronics which is created by man himself need service, agree?

Avani: yup

Me: our mind goes 6.5 thoughts per minute and 60000+ thoughts per day

Avani: Omg

Me: yeah, Google it if you don't believe

Avani: hmmm

Me: So we need to calm down and take care of this tiny little intelligent part of the human body, give some peace to our mind; in short need regular service to enhance its performance.

do you know which is the best place to service your mind

Avani: I don't know

Me: Meditation is the best suggestion for Mindmatters, and the best place to service your mind is Vipassana.

Avani: I am excited to know more about Vipassana.

Me: It's an ancient technique taught by Gotama Buddha. After years of searching, he found a straightforward approach based on the law of nature, which should help humankind. It's the greatest gift indeed given to all by Buddha, the person one should experience on their own.

Avani: oh, interesting

## 20 to 30 years

Me: Vipassanā (Pāli) or vipaśyanā (Sanskrit), literally "special, super (Vi), seeing (Passanā)," is a Buddhist term that is often translated as "insight."

The essence of teaching by Buddha is a miracle that was discovered 2500 years ago, the experience of truth in which he spoke about the art of living. Buddha did not teach any religion or philosophy, or system of belief. He called his teaching Dhamma "law," the law of nature. he offered a universal practical solution for a universal problem.

Vipassana is such a great technique and methodology extraordinary, and it is in practice because of its simplicity.

Avani: okay, how one can learn about this

Me: Vipassana is open to anyone thought by Padmashree awarded Mr. S.N.Goenka Ji, and it has many centers in India; for the first time, one can apply online for ten days course, later three days & 1 day course available

Avani: Anyone?

Me: Ya, one sincerely wishes to learn the technique and is willing to do so physically and mentally.

Avani: what happens in these ten days

Me: During the ten days participants remain within the area of the course site, having no contact with the outside world, one has to refrain from reading, writing, suspended from any religious activity or other practices working precisely according to the instruction given for the entire period of the course they follow basic code of morality which includes Noble silence among themselves for the first nine days of the course all though they are free to discuss meditation problems with the teacher and material issue with the management.

The best part is free of charge, food, stay, and valuable teachings.



## 20 to 30 years

Practice mental concentration by concentrating only on breath and Small are near Nose (Anapana); it's Pre-preparatory preparation techniques before Vipassana

Being busy in our daily life, we don't spend time for ourselves; every time you try to concentrate, your breathing Mind wanders.

By this method, one can improve concentration,

Days	Observation	Experience	Result
First 3 days :	Practice mental concentration by concentrating only on breath and a small area near Nose (Anapana), it's pre-preparatory preparation techniques before Vipassana	Being busy in our daily life, we don't spend time for ourselves, every time you try to concentrate, your Mind wanders.	By this method, one can improve concentration
Middle 3 days :	Vipassana starts : Whole-body observation, cessation magic starts, and Adhitthana test (Sitting meditating for 1hr without moving).	One <u>has to</u> just observe bodily happening cessations, nothing else - not to react, not do anything. Remain equanimous & Just Observe, Observe, Observe	Anicca, (Pali: "impermanence")  By this method, we learn not to react to any situation when we know it is not permanent & one has to learn to accept the truth as it is
Last 4 days :	Free flow technique, Balance mind matters	More clarity, more free from aversion, craving, misery, and a journey towards enlightenment	The journey towards self-experience and enlightenment ( Metta Bhavana – the development of goodwill towards others)

Every day the teacher asks us about the experience and clears our doubts,

The exciting part is the discourse session evening by SN Goenkaji.

On the 10th day, our silence breaks, and the course will conclude on the morning of the 11th day.

The only actual practice will give concrete results and change our lives for the better.

Avani: why it is required to do so

Me: The process of Vipassana has worked in the past, and it is a technique by Gautam Aditya Buddha. He found it within himself when the changes happened, and when he felt enlightened, he started teaching this beautiful technique to others.

The changes persist after the end of the course. The meditation finds that whatever mental strength was given in the system can be applied in daily life to benefit the good of others. Life becomes more harmonious fruitful, and happy.

Avani: Great., How are your feelings after completing now

Like to share one of my experiences in this with a small story before going to the Vipassana I posted on FB/Linkedin, which I said about service of the mind. Still, after attending the course, one must agree that teachers say this is no ordinary service. It's the deepest of most profound mind service.

## 20 to 30 years

Me: Before going to the Vipassana was unaware of meditation; I wanted to find myself and write my book ``Find "U" in "You" the only way to experience truth directly is to look within to observe oneself, so I decided to take up this course.



- ***One should discover the reason being here.***
- ***Know your potential.***
- ***Live with purpose and passion.***
- ***Understand the meaning of life.***
- ***Have a vision of your destiny.***
- ***Transform whom it is much needed.***
- ***Share happiness when you achieve success***

## 20 to 30 years

The story is a story (teachers style).

Once a man was lost in the desert, unable to find his way back home; he lost everything, food and water; everywhere, he saw only sand and empty land, so he started walking for several kilometers and hours.

He could not reach his place because he was not sure the path he was headed was correct. With no choice, he walks to his destination because he has no other option left; if he doesn't reach, his place will get exhausted and die there. As he sees a water pump at far, he gains all his energy to walk towards the water pump and some relief after seeing the water pump because the water only can save him for the time being. He was very thirsty, the wind of sand splashing on his face all sand going in his mouth he is desperately looking for water then he starts pumping, checks water inlet it was not there, pumps twice contains inlet water is not coming, again pumps 3 to 4 times water not there, this continues for some time, he pumps every time and checks there is no water from pump ...

He was disappointed and lost all his energy and decided to move on, but before leaving, he pumped the water pump very hard with full strength one last time. Then he started walking a few steps, then turned around and checked there was a one drop of water from the inlet; he ran to the inlet side of the pumps happy and tasted that one drop of water on his tongue. he felt great and decided to pump the water pump hard enough to get some water, so he pumps again very hard and little by little water starts coming he drinks full of his mouth full of stomach, keeps on drinking with happy until his stomach is complete, then he splashes water to his face, to his head to his entire body. He feels pleased that he finally got water; whatever he has, like a bottle, covers everything he can fill and fills it so that he can carry a little further on his journey and decides to move...

Then he suddenly stumbles on a small stone, which makes him recall his instinct; he picks up that stone, returns to the pump, and then writes on the pump in the big letter "**it works**" ...

## 20 to 30 years

So what is the lesson from the story?

Sometimes we lose our focus in life in finding the answers.

1. Which path to go?
2. Where to go?
3. What next to do?
4. Whom to contact?

So my Idea behind creating this e-book, I struggled and had no clarity when I started my career, but I got more clarity, more wisdom more power to handle any situation in life when I found the formula for **"Find "U" in "You."**

***Don't stop when you are tired. Stop when you are done.***

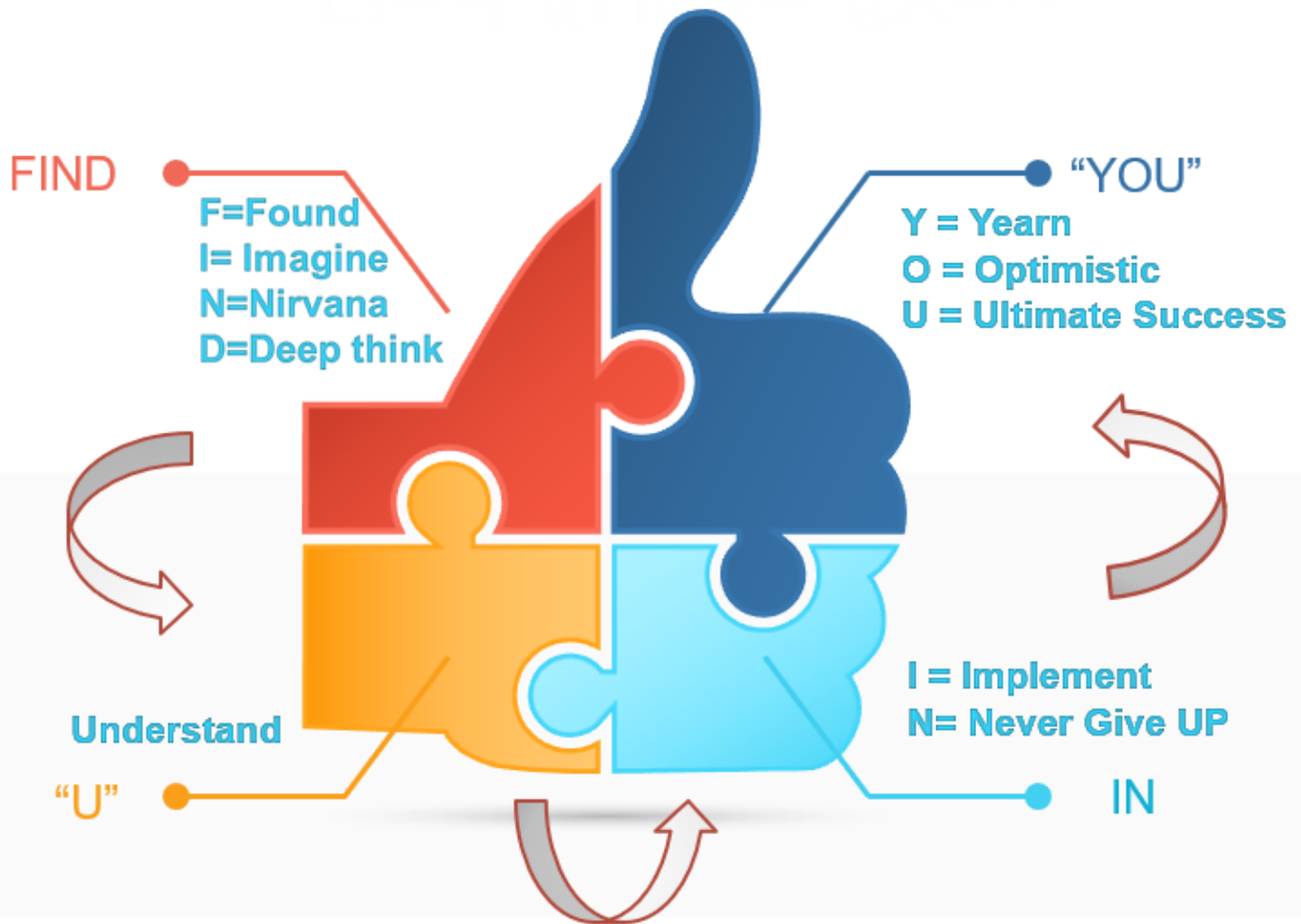
***~ By David Goggins***

**Find "U" in You" is a movement to me; join me in spreading goodness; let's spread the magic of love.**

**Just like the desert man story where he writes "it works" on the pump and makes a path for others, let's create hope of water in others' life...**

Note: The Dhamma (Dharma ) path must be followed, and the teaching must be implemented; otherwise, it is a meaningless exercise.

# Find "U" in "You"



Find

- DISCOVER YOUR TRUE POTENTIAL
- FIND REAL IN YOU

"U"

- UNDERSTAND THE PURPOSE
- FOLLOW THE PASSION

IN

- GO DEEP INSIDE KNOW YOUR CALLING
- NEVER GIVE UP

"YOU"

- BECOME AWARE & TRANSFORM INTO OTHERS

**Imagine a world full of love and care, where no value for this piece of paper( money), everything is available in abundance, and anyone can use anything and live their life full of joy and happiness.**

**Sapna Ek!!! Sundar Duniya Ka Jaha pe Sirf pyar pyar hi ho..  
( One dream toward a world with much Love)**

**Sapna Ek!!! jaha kahi pe jaye har jagha sirf Khubsurat Log log hi mele...  
( One dream of a world where ever you go, you get people with much love)**

**Sapna Ek!!! jahape Paise ka jarurat na ho jo mage dilse vo mele kushi se...  
( One dream of a world where money is not required to buy happiness)**

**Sapna Ek!!! Koyi amir nam ka insan na rahe koyi garib garib na rahe har koyi samaan rahe...  
( One dream of a world where all-mighty are the same, no difference between rich & poor)**

**Sapna Ek!!! jaha pe sabi apne apne rahe, na ego, na dokha, na farebi...  
( One dream of a world where there is no place for ego, fear, unfaithful**

**Sapna Ek !Rishto ka nam na ho, har koyi hamara ho, har koyi sathi ho...  
One dream of a world with no caste or religion, where everyone is the same and everyone ours.**

**Sapna Ek Sundar Duniya Ka Jaha pe Sirf pyar pyar hi ho.\n( One dream toward a world with much Love).**

**~ Akhilesh Telkar**

A man with a beard and glasses, wearing a dark suit jacket over a white shirt, stands in a lush green park. He is looking off to the side with a thoughtful expression. The background is filled with trees and sunlight filtering through the leaves.

Vision: To unlock your potential & reap success in your Life" .

Mission: To touch the hearts of at least 10M readers to transform & help them to grow and build a life with passionate dreams.

EXECUTION: Study the techniques within, dare to desire and accept all challenges.

Power of gratitude everything in our life what you give you will get back whether you belong to that religion or any religion every religion or unique by their own but if you carefully observe everyone teaches same law.

Do good, get good, Pay gratitude for what you have, what you got, what you are

~By Rhonda Byre

THANKS FOR READING

CHANGE IN 'YOU' IS ONLY POSSIBLE IF YOU TAKE THAT FIRST  
STEP AND START TO REALISE YOUR WORTH BEING HERE,  
IF YOU CAN FIND YOURSELF IN THIS STORY AND LIKE TO  
UNLOCK YOUR POTENTIAL, CONNECT WITH ME ON BELOW SOCIAL  
MEDIA PLATFORMS

LET'S FIND "U" IN "YOU"

FILL PASSIONTECH GROWTH FORM [HERE](#)

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*Find "U" in "You"*