



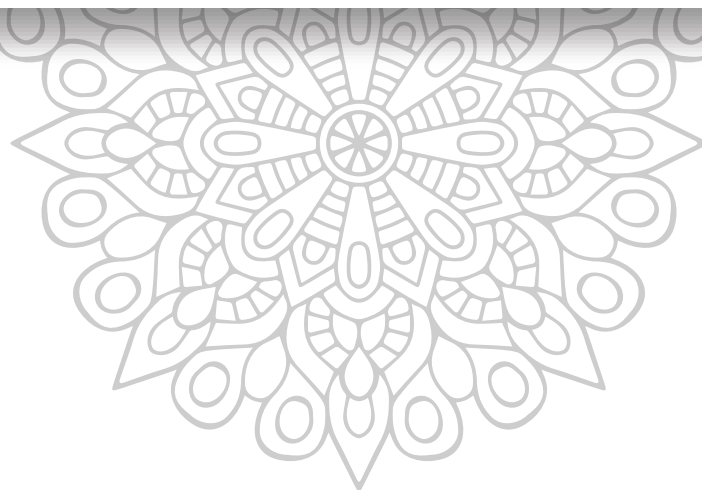
**Keep Moving
Movement**

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KMM 2018 Session 4



The Mantra of Success





◆ Review

- ◆ If you had a magic wand, if the power of the magic wand was to make everything 'happen', what would your wish be?



Let us have a session, where you tell me about a desire that you have, that would delight you like no one's business.

(Interaction - humour)

- What would happen to the world if all our desires are met 'immediately'?
- Who is the hottest actress today? What if everyone desires them?
- Who is the hottest actor today? What if everyone desires them?
- What would happen to my life if all that I desire, gets completed immediately? King Midas and his touch of gold.




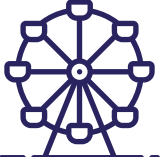

The law of life says, “In life you will NOT get what you desire...” Why so?

How many of us can say we are masters to our thoughts. In other words, how many of us can say, unwanted thoughts do not come to us at all?” For e.g..

- You are travelling. Do you sometimes have thoughts that you will meet with an accident? And that you might die?
- You are carrying a little excess cash. Do you have thoughts that someone will steal away your cash?
- You work in a company. Do you have thoughts that you ‘might’ lose your job?
- You have your own business. Do you have thoughts that you might make a loss?
- You are having a close relationship. Do you have thoughts that misunderstandings might break your relationship?
- You are very close to a person. Do you have thoughts that you might lose your importance in that relationship?





- You are travelling by air. The aircraft hits an air pocket. Do you have thoughts that what if we all crash? 
- You are in an adventure park in that giant wheel. Do you have thoughts that you will be thrown out from your seat? 
- You have given your exams. Do you have thoughts that you have done badly.? 
- You like someone. You wish to approach them and say,
 - › You - I truly enjoy your company”
 - › She - “Me too.”
 - › You - I think what we have is more than just friendship. (And your heartbeat is like 240)
 - › She - Silent. (Oh my gosh. What have I done? I shouldn't have said it. Shit...). And then, she smiles...and says - Idiot! and she laughs...

Imagine if all of these thoughts become real, what kind of a life will it be?



To ensure there is balance in the world, to ensure we all are sane, to make life in our favour, there is a law of existence. The law says, “In Life you do not get what you desire”

Life asks this question, “Do you truly deserve it?” Life qualifies us by watching are we doing what is necessary to **DESERVE** what we desire. The teacher gives me marks based on what we deserve. Sometimes, an overworked teacher may make a mistake. Life **NEVER** makes a mistake.

How does Life qualify what it wants from us before giving us what we want? How to know if I do this, life will give me what I want?

The magic mantra for Alibaba in the story Alibaba and the 40 thieves was, “Khul Ja Sim Sim”. Similarly, there is a magic mantra that transforms our desires into something that we **DESERVE**.



◆ Efforts:

I have to take the efforts. No one else can do it for me.

- Health
- Exams
- Eating
- Sleeping



◆ Self - Driven:

- Burden vs Fulfilment, Finish vs Complete - Coolie and the weight lifter. Kick start vs button start. Nothing looks difficult when you are self-motivated.
- Efforts that are required, not just efforts that I am capable of. (Make everyone get up and stretch. See you did not give your 100%. We hold ourselves back. Often we give the minimum required and not the maximum required.) Not enough for you to give your 100%. Maybe your 500% is required.
- Long Lasting
- Enjoy



- There are three kinds of students
 - i. Will do more than what the teacher expects.
 - ii. Will meet the teacher's expectations.
 - iii. Will do less than the teachers expectations.

Which category do you belong to?

(Every KMM volunteer also fall in these categories)

- Picnic and the bus not starting

◆ **Refined**

- This is what the last session was all about. Keep improving.
- You are not scared of failures when are confident of learning and improving.
- You can laugh at yourself and be immune from hurt if you are confident of improving!
- The ladder must be on the right wall




◆ Consistency

- Kapil Dev and Imran Khan. Even in practice they wouldn't bowl 'no balls'.
- All corporates would prefer candidates who have performed consistently.
- Consistency creates habit. Habit become nature. Habit is the place where we stay. That is why the word Habitat means - the place we stay.
- Momentum - Long distance runners
- Heart has to beat consistently
- Goodwill is because of consistency.
- Yajuvendra Singh
- Cycling

◆ Conclusion

- One place in life where all of us put CRSE?
Toilet
- Marble of the floor vs marble of the idol.
- Dare to cut one mark.
- Write down one desire of your life where you will implement - CRSE



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