

KMM 2017 Session 4 How To Be A Patriot!



Philosophy
**YOU CHANGE THE WORLD
BY YOUR EXAMPLE, NOT
YOUR OPINION.**



Session Plan

Part 1 – A few questions for all.

Part 2 – This session is NOT for all.

Part 3 – The Extraordinary Times!

Part 4 – Be Proud!

Part 5 – Brain Tattoos

Part 1 – A few questions for all

On the scale of 1 – 5

✓ I'm afraid people important to me may find out that I'm not as capable as they think I am.

✓ It's hard for me to accept compliments or praise about my intelligence or accomplishments.

✓ At times, I feel my success has been due to some kind of luck.

✓ I often compare my ability to those around me and think they may be more intelligent than I am.

✓ I sometimes think I obtained my present position or gained my present success because I happened to be in the right place at the right time or knew the right people.

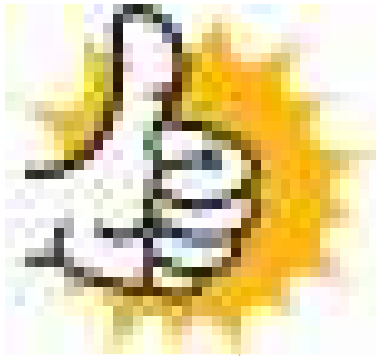
✓ If I receive a great deal of praise and recognition for something I've accomplished, I tend to discount the importance of what I've done.

✓ I tend to remember the incidents in which I have not done my best more than those times I have done my best.

✓ If I'm going to receive a promotion or gain recognition of some kind, I hesitate to tell others until it is an accomplished fact.



✓ Sometimes I feel or believe that my success in my life or in my job has been the result of some kind of error.



These questions are guideline questions when Psychologists attempt to find out if you are suffering from the 'Imposter Syndrome'. What is the Imposter Syndrome? When your voice of shame is more powerful than your voice of being alive, you are having imposter syndrome. Those who scored 1 or less, are on safe grounds. Between 1 and 2 is borderline. Between 2 and 3, it is concerning yet not critical. Above 3 is critical. Above 4, you need help right now.

Part 2 – This session is NOT for all.

We have a life schooler Architect Vinod Dhusia. He used to set the exam papers for Architecture in Pune University. This is how he used to set the exam paper.

- Up to 50 marks for those who have studied even for 15 days...they should pass.
- Up to 30 more marks for those who have studied very well for the entire year.
- The final 20 marks were issues that has the world of architecture in puzzle forever. His intention was, "My questions paper should have the ability to bring out a genius from the masses."

Today's session is NOT for all. Today's session is for a special few. The way Vinod used to search for Genius among the students, we too are searching for such high quality people among our students. Is this Genius about marks? NO. NOT AT ALL.

Swami Vivekananda - Give me 100 committed youth and I will change the future of our country. **This genius is for that kind of genius.** Independence was not fought by 100% Indians. Only 10% actively participated. Yet our country got independence. This genius is for that kind of genius.

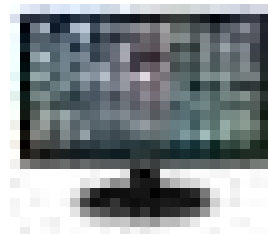
Part 3 – The Extraordinary Times!

Part 3A – The Shown Reality.

Look at the news highlights over the past few days...

- Taxmen raid Minister guarding Gujarat Cong flock from BJP.
- Haircut rumour fuels fear, leads to assault and death of Agra woman.

Look at what is happening in the serials that we watch...



Given all of our digital devices that are bringing all the negative news to us seven days a week, 24 hours a day, it's no wonder that we're pessimistic. It's no wonder that people think that the world is getting worse.

Can't blame people. Blame your amygdala. The amygdala is an almond shaped section of the brain that is responsible for detecting fear and preparing for emergency events. **Amygdala - It hunts for what may harm us.** There is a saying in the news industry... **if it bleeds, it leads.**



It is natural for us to be drawn by negative news. However, everything in the world is as NOT as bad as we might want to believe. It's the distortions brought to us of what's really going on.

Part 3B – The Actual Reality.

Tremendous progress we've made over the last century by a series of forces are, in fact, accelerating to a point that we have the potential in the next three decades to create a world of abundance.

I am not saying we don't have our set of problems -- dirty politics, corrupt people, casteism, water shortage, greed, road rage, suicides, -- we surely do have our set of issues.

Let us look at the bright side of things.

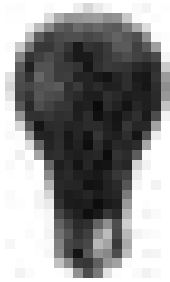
Over the past 50 years...

- ✓ Life Span had doubled.
- ✓ Income increases by a factor of 10.
- ✓ Infant mortality has been reduced to 5%.
- ✓ Literacy has increased from 25% to 80%.
- ✓ A researcher, Steve Pinker has showed us that, we're living during the most peaceful time ever in human history. There is NO COUNTRY WARs right now in any part of the world. We truly are living in an extraordinary time. And many people forget this.
- ✓ Today poor people have refrigerators, TV, cell phones. How did the poor people live, even 50 years ago? How much is it possible for poor people to become rich, today?



When Life School speaks about creating abundance, it's not about creating a life of luxury for everybody on this planet; it's about creating a life of possibility. It is about taking that which was scarce and making it abundant.

For example, harnessing sunlight. Did you know that we are bombarded by 5000 times more energy than what we need? This is from a single source called the sun.



Today, energy is scarce. We can make it abundant.



What gives me tremendous confidence in the future is the fact that we are now more empowered as individuals to take on the grand challenges of this planet. We have the tools with technology. We have the passion of the innovators. We have the capital of the techno-philanthropist. We are moving into extraordinary decades ahead.

Part 4 – Be Proud!

People's aspirations must always be alive. That is the key. They must be enormous aspirations. **It is easy to have aspirations when you are anchored to PRIDE.**

If you are not proud of who you are, you cannot create a wonderful life. You cannot have high aspirations. You will accept the crumbs that are thrown towards you. You will suffer the IMPOSTER Syndrome. Some of you may ask, "But I haven't done anything to feel proud of."

Let me share something that each one of us can be PROUD of. Here is my question to you – Are you a Bharatiya? Are you an Indian? Do you know the greatness of our country? It is spectacular!

Unfortunately, most of us are a little ashamed of ourselves. Look at how we sing the national anthem in the movie theatres. We need to be proud of India. Right now we have only hormonal passions. That is why we are seeing sports / rapes / cinemas etc. We need to transform it as passion for nation.

- Bharat = Bha → Light and Knowledge Rata → Devoted. If you want to use the word India, remember it means - IN + DIA (lamp).



- What are we good at? Just 250 years ago we were the largest economy in the world. We were the wealthiest. We were the smartest. We had scriptures.
- Syria, Lebanon, Ankor Thorn in Ankor Vat - They study about India, their art, their trade, their merchant
- Arundhati (Alcor) and Vashishta (Mizar). Also shows imp of women in our society. India is a MIRACLE that the world is waiting for.

Start by having PRIDE in India. Now ask, how can we be patriots to our country. It will lead to a life of PRIDE.

Let us have a discussion on, “How each one of us can be Patriots for our country?”
Here are a few ideas...

- ✓ I am putting a man on the moon.
- ✓ Vipul Shah was going abroad. He asked me, anything that I should keep in mind while I am in US. My answer was, “You may be the ONLY Bharatiya they will meet in their entire life time. Make them a FRIEND of India. Let them feel your PRIDE in India.”

- ✓ In Chak De, Shah Rukh asks his players, “Whom do you play for?” The answer he was looking for was “India”.
- ✓ I won’t break ANY traffic rule EVER.
- ✓ I will plant two trees, name them after my parents, and ensure they GROW
- ✓ I will never cheat in exams
- ✓ I will be the first to smile when I meet people.
- ✓ I will find ways to make people feel good about themselves

Part 5 – Brain Tattoos

