



SECRET OF SUCCESS

**STORIES OF
INSPIRATION** AND

**A HAPPY
HEART**

**VIKAS
CHADHA**

Lockdown
Special



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SECRET OF SUCCESS AND A HAPPY HEART

STORIES OF INSPIRATION



VIKAS CHADHA



INDIA • SINGAPORE • MALAYSIA

INDICACADEMY

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- *I celebrate our civilisational identity, continuity & legacy in thought, word and deed.*
- *I believe our indigenous thought has solutions for the global challenges of health, happiness, peace, and sustainability.*
- *I shall seek to preserve, protect and promote this heritage in doing so,*
 - *discover, nurture and harness my potential,*
 - *connect, cooperate and collaborate with fellow seekers,*
 - *be inclusive and respectful of diverse opinions.*

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Indic Academy is a non-traditional 'university' for traditional knowledge. We seek to bring about a global renaissance based on Indic civilizational and indigenous thought. We are pursuing a multidimensional strategy across time, space and cause by establishing centers of excellence, transforming intellectuals and building an ecosystem.

Indic Academy is pleased to support this book.



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ONE



Perseverance

Let me begin by identifying a common trend among all successful people and that's the quality of perseverance. Perseverance means constant effort to achieve something. It is the best of all human virtues because it is the key to success. We can succeed in life with perseverance, steadfastness and determination. Perseverance implies a discipline of mind and body, constant effort, self-restraint, and self-sacrifice.

Perseverance is a miracle-working virtue; if you have it, you can accomplish anything. Success in any field is the fruit borne on the tree of perseverance. There is no single example in the entire human race that is an exception. All great personalities and personages, who have left indelible prints of their lives on the sands of eternity, are the men and women who converted their failures into success

through perseverance. Perseverance actually is going from one failure to another without losing the enthusiasm to face more failures. All great personalities whom we adore as role-models of success such as Albert Einstein, Charles Darwin, Isaac Newton, Socrates, Thomas Edison, Abraham Lincoln, Charlie Chaplin, Henry Ford, Bill Gates, Walt Disney, Helen Keller, Mahatma Gandhi, and so on achieved greatness through perseverance.

All the above-mentioned names share one common thing; they were not quitters; they were winners. They knew the secret to be successful. They faced myriads of obstacles and hindrances without compromising with their vision and mission. They were ready to face as many failures as were required in order to be successful.

Let's see one or two life examples from the list. Helen Keller, who lost her hearing and seeing power due to a fatal disease in her early childhood, faced the darkness of failure on almost every step of her life! Did she give up? No! She diligently sowed the seeds of her hope and aspirations in the dark soil of failures! What a miracle woman she turned out to be! She is one of the most successful women the world has ever known! Not only did she learn to speak; she earned a degree for herself from Radcliffe College. She became a famous figure of inspiration and perseverance. She bettered and inspired many lives!

Abraham Lincoln failed approximately 12 times before he was elected the president of America. The biographies or autobiographies of each successful man or woman reminds us of the obvious fact that failures are inescapable and unavoidable part of the adventure we call success.

The one great lesson to be learned from these amazing personages is the lesson of perseverance, determination, and acceptance of failures without losing heart and the sight of our goal.

The following lines of a famous poem aptly describe the spirit of perseverance:

**'When things go wrong, as they sometimes will,
When the road you are trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit,
Rest if you must, but don't you quit.**

Perseverance is a virtue that is getting difficult to come across in this age of instant gratification, noodles and social media. Attention spans are limited and impatience levels are high. Every constraint is magnified in this day and age of Instagram and Twitter. Cricket is filled with examples of perseverance. When people give examples of

Kapil Dev, Sunil Gavaskar or Sachin Tendulkar you have visuals floating in front of your eyes of how these people persevered with their sports in the face of all adversities including physical, mental stress or personal losses.

At the same time, I firmly believe that there were many talented people who could not achieve their full potential due to a lack of perseverance.

This quality of perseverance was thought to me by my parents when I was a child. I remember distinctly a story that they used to narrate to me which has stuck on with me through my life so far.

I would like to share the story below:

An old farmer and his grandson lived on a farm. One day the grandson said, “I try to read the Bhagavad-Gita just like you but I don’t understand it much. And whatever little I understand, I forget it very soon. What is the use of reading this book?”

The old farmer quietly turned from putting coal in the stove and said, “Take this coal basket down to the river and bring me back a basket of water.”

The young boy did as he was told, but all the water leaked out before he got back home. The farmer asked him to try again, and again. But every single time, the water

leaked out of the basket before he got back to the house. Finally, he said exhausted, “See Grandpa, it’s useless!”

“So you think it’s useless?” the old farmer said, “Look at the basket.” The boy looked at the basket and for the first time realized that the basket had been transformed from a dirty old coal basket to a new clean one, inside and out.

“Son, that’s what happens when you read a book like the Bhagavad-Gita. You might not understand or remember everything, but when you read it again and again, you will realize the benefit one day.”

TWO



Do Your Karma

At a very early age people from my generation got exposed to Ramayana and Mahabharata. We owe our gratitude to Mr. Ramanand Sagar and Mr. B.R. Chopra. They created an epic Television series for these two great stories which was followed by everyone in India as a ritual on Sunday Mornings. Now during lockdowns many of us especially the new generation has got an opportunity to revisit and see these stories on television re run's.

The Mahabharata also brought us close to GITA. I was very fascinated to learn the concept that humans only need to do their work and action and not expect anything in return. Only when they do this and lead life without expectations will they find the true joy of living and existence.

A story exemplifying this thought which was narrated to me and has stuck on, it is the story of Two Yogi's.

A person who does anything that he does to utmost perfection, without being involved in its materialistic aspects and benefits is called a Yogi. However, it is very difficult for a person to attain such a state and be detached from the materialistic world.

The following story shows the importance of maintaining the central idea of vairagya.

Once upon a time, there was a sanyasi. He used to visit all the kingdoms and used to preach the people “for attaining moksha one needs to give away everything he owns. He should not have any desire for anything. He should not think of the next minute. He should not store anything for the future. He should not tell who he is to anyone and should do dhyana with peace and no desire. Then he can achieve moksha.” The preaching of the sanyasi was all very good, however, were very difficult for people to understand.

The Raja of Magadh Kingdom “Magadha raja” was inspired by the teachings of the sanyasi. He gave away his kingdom and went to the forest for “dhyana” (in Hindu and Buddhist practice it means the profound meditation which is the penultimate stage of yoga).

In the same manner, Kaambhoja raja (Raja of Kaambhoja Kingdom) was also inspired and went to the forest for dhyana. He also gave away everything he had.

Both the kings met each other in the forest, but they did not tell each other that they were kings. They both used to go for bhiksha (Asking Alms) for their food. According to the rules, they had to eat the food on the same day itself and not store it for the future.

One day, they got only Ganji (rice starch or rice soup). Kambhoja raja commented to Magadha raja that it would be better if there was some salt for taste. Magadha raja told that him that he had stored some. The Kambhoja raja questioned him “where did u get the salt from?.” The Magadha raja replied that he had picked a small amount of it from a bhojan to which he was called. He had taken some with him in case he needed it in the journey.

Kaambhoja raja reminded Magadha raja that he has given up his whole empire to attain Moksha, but was unable to keep up the rule that they should not store anything for the future and fallen into the temptation and had carried salt.

The Magadha raja also replied that Kambhoja raja who had also left his kingdom with ease was not able to control his taste.

Both were shocked realizing that they broke the rules.

They then realized the true meaning in the teachings of the sanyasi and returned to their duties as kings and ruled with love, peace, and harmony. But because of the learning from the forest, they were never involved in the luxuries of a king and were detached. They got the unattainable moksha in the end.

This story opened up my mind on the purpose of life and what Bhagavad Gita was trying to teach:

There is no need to go to the forest and to do the Dhyaanam for moksha. One can achieve it while doing all his duties

As per Lord Krishna in the Bhagavad-Gita:

“He who does his duty without expecting the fruit of action is sanyasi and yogi both, and not the one who has simply renounced the fire or given up all activity.”

The easiest way is to do nishkaama karma and surrender everything to God. Then one will not be attracted to the benefits of karma, whether good or bad.

DON'T WORRY BE HAPPY

I am sure people who were growing up in the 80's and 90's have heard this song by Bobby McFerrin. This was a hot favourite in the Grammy awards.

“Don’t Worry, Be Happy” was sung by American musician Bobby Mc Ferrin and released in September 1988. It was the first ACapella song to reach number-one on the Billboard Hot 100 chart, which was a position it held for two weeks. Originally released in conjunction with the film Cocktail in 1988, At the 1989 Grammy Awards, “Don’t Worry, Be Happy” won the awards for song of the Year, Album of the Year, and Best Male Pop Vocal Performance.

The vocals of the song are still fresh in my mind and go as below;

Here’s a little song I wrote

You might want to sing it note for note

Don’t worry, be happy

In every life, we have some trouble

But when you worry you make it double

Don’t worry, be happy

Don’t worry, be happy now

I firmly believe that a Human life, among all living beings, is capable of creating enough turmoil for themselves due to their ability to worry, overthink, and create anxiety.

This story was told to me by my doctor, I think he thought this was a better option for blood pressure than tablets.

The story was about Rai sahib, A rich man having all opulence's in life but was not happy because of this worrying attitude. He went to an astrologer and showed his horoscope. The astrologer said, "Everything is alright in your horoscope now. Your anxiety of mind without any reason is simply troubling you. So you should learn Bhagavad Gita. That will solve all your anxieties.

Rai Sahib went to a Panditji and Panditji was very happy to teach him, Gita.

He said "OK. We'll start with the first chapter and complete the whole book of 18 chapters in 3 months." Rai Sahib said, "No Swamiji. I'm busy with many things. So teach me the most important part." Panditji said, "OK. Just learn the 18th chapter. it has the summary of the Gita and it will take 2 weeks." Rai Sahib said, "Even 2 weeks is difficult. Teach me something more simple."

Panditji said, "OK. There is one sloka in the 18th chapter starting with "Sarva dharma parityajya." Just learn that one sloka and it will give you the essence of the Gita." Rai Sahib said "One sloka is also difficult for me to learn. Tell me something more simple."

The Panditji said, "There is one important word in that sloka '**Ma shuchah**,' which means, "**Do not worry.**" Just understand this and Gita is understood. Rai Sahib said

“That’s alright. But I’m already in anxiety and tell me how to remove it. Just telling **“Do not worry”** will not help me. Please tell me what I should do to get rid of anxiety.”

Panditji said, “That is what the Gita is all about. If you want to know how to be free of worries then you should start from chapter 1 of Gita and go through patiently and understand all the chapters. There is no shortcut to this process as Bhagavad Gita is itself a short cut. It is the essence of all Vedas and the has been given so that one need not go through the brain-breaking Upanishads and Vedic mantras to understand the truth.”

Rai Sahib came to his senses and started studying Gita from beginning seriously under the Guru.

Gita says: “While speaking learned words, you are mourning for what is not worthy of grief. Those who are wise lament neither for the living nor for the dead.” Lord Krishna before the battle asked Arjuna not to worry about something which is not worthy of worrying. This applies to all of us as in our material existence we take so many bodies and without fail in all these bodies, we think we’re the controllers and the anxiety follows without fail. In the Bhagavad Gita there is only one point stressed by Lord Krishna from beginning to end. He starts with ‘Don’t worry’ and many times repeats in various chapters the same principal.

Final instruction to Arjuna again is ‘ma shuchah’ (do not worry) and that he concludes again “I will deliver you from all sins. Do not worry (maa shuchah).” We should all understand from this that the summary instruction of the Gita is one should throw out the anxiety.

ANXIETY SHOULD BE THROWN OUT

We worry about lack of opulence or comforts and become anxious when others possess it and when everything is alright and there is nothing to worry about, we are worried that there is nothing to worry about. In this way, worrying has become a part of our nature. Actually this anxiety is due to lack of faith and surrender. And there are no shortcuts to be free from anxiety.

I was once in Singapore for a conference and in one of the motivational sessions, I heard a wonderful Zen story which shows these principals are universal and this philosophy has a universal acceptance, the story as I recollect was...

THE BURDEN

Two monks were returning to the monastery in the evening. It had rained and there were puddles of water on the roadsides. At one place a beautiful young woman was standing unable to walk across because of a puddle of

water. The elder of the two monks went up to her lifted her and left her on the other side of the road, and continued his way to the monastery.

In the evening the younger monk came to the elder monk and said, “Sir, as monks, we cannot touch a woman?”

The elder monk answered “yes, brother.”

Then the younger monk asks again, “but then Sir, how is that you lifted that woman on the roadside?”

The elder monk smiled at him and told him” I left her on the other side of the road, but you are still carrying her.”

So you see what you carry with you is your state of mind.

LEARN FROM CHILDREN

Children can be your best teachers, look at, and learn how they enjoy. Forget and move on.

Children have a carefree attitude and inherently enjoy their lives. As elders when we put pressure on them and doubts their effectiveness, productivity, future they lose this carefree state and get entangled with the adult way of thinking and leading their life. This is a very wrong way of

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