

Epilogue

*"All that a man achieves and all that he fails to achieve
are a direct result of his own thoughts."
- James Allen*

I always believed that helping hands are better than praying lips. With this book if I was able to change the way you think and the way you approach life situations, I am really happy about that. Mahatma Gandhi once said “to give pleasure to a single heart by a single act is better than a thousand heads bowing in prayer”. As a practicing Psychologist I am fortunate enough to be able to do this on a daily basis, and I derive lot of pleasure and satisfaction by doing it.

Once a young patient of mine told me, “doctor, I don’t have dreams in my life. I know that the dreams are not true. I take life as it comes. So, I don’t dream about my future”. I really felt sorry for her. Unless you have a good dream in your life, you cannot make your dream come true. Dreams make you tick. The future belongs to those who believe in the beauty of their dreams. It is necessary to dream as if you are going to live forever, and to live as if you are going to die today.

You may go penniless. You may experience failure and denunciation repeatedly. You may endure multiple dysfunctional relationships. But these are all landmarks along the path of a life lived courageously. They are your personal learning experiences creating huge spaces in your life allowing you to fill them with an abundance of joy, satisfaction, and fulfillment. If we had no winter, the spring would not be so pleasant; if we did not sometimes have the taste of adversity, prosperity would not be so welcome.

Remember, when you see a man at the top of a mountain, he didn't just fall there. He reached the summit through sheer hard work and perseverance. As I told you repeatedly in this book, only

your thoughts can make you happy. The happiest people are those who engage in the most interesting thoughts. By your thoughts you create various states of mind or mental states within you. It is purely based on the way you interpret things in life. There is a big difference between a life situation and a mental state you create. For instance: being broke or penniless is a temporary life situation. But being poor is a state of mind.

Deep within you dwell an infinite amount of slumbering potential; potential that would astonish you, that you never dreamed of possessing; potential that would revolutionize your life if awakened and put into action. Few people during their lifetime come anywhere near exhausting the resources dwelling within them. It is quite normal to feel the fear and uncertainty in dealing with this latent potential. Just go ahead and feel the fear - then summon the courage to pursue your dreams anyway. That is strength invincible.

Some philosophical pundits may say that the human mind is limited and confined in so many ways. They may say that the potential of the human mind is governed by so many different forces limiting its functionality and capacity. After all, we are human; and are not supernatural. The question I raise continuously is “whether we humans are trying to optimize the available potential within each one of us?”

Don't die without embracing the daring adventure your life is meant to be. The pursuit of happiness is the chase of a lifetime! Always remember - success is a journey and is not a destination. A consistent lack of action leads to a consistent lack of results. A change should really mean a “change”. It does not mean wrapping the old life up in a new package. Nobody can go back and start a new beginning, but anyone can start today and make a new ending. It is never too late to become “what you might have been”.

I wish you good luck!