

HOW TO BE  
A PEARL OYSTER

Free e -book

by

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## Introduction

There's a story that the sages like to tell. The story of how the oyster sets about making a pearl and it goes something like this. It all begins with a grain of sand that gets into the oyster's shell and this irritates the oyster so terribly. No matter what the oyster does it cannot rid itself of the little grain of sand.

'Oh my,' says the oyster, 'this is terrible, I have a big problem here, what am I going to do about this, how can I get rid of this problem?' Try what it may nothing worked. The grain of sand was there to stay. The oyster spends its days thinking about how to get rid of this grain of sand. After a while the oyster decides to pray and meditate and to ask for guidance from the powers above. The oyster meditates for a long time. It understands that it was never going to get rid of the grain of sand. The oyster finally accepts the fact that it has no choice but to live with the problem.

After more reflection it occurs to him to change its approach to the problem. The oyster instead of being irritated, slowly and with great love and patience begins to engulf the grain of sand with warmth and love. Lo and behold the grain of sand begins to soften and slowly grow. With amazement the oyster watches the little grain of sand as it grows and grows, and eventually turns into a beautiful, smooth, shiny velvety little pearl. When the oyster succeeds in doing this, it is satisfied and is very happy with itself. It has not only rid itself of the problem but has gained wealth and value.

The sages believe that the pearl oyster has been there for thousands of years as a lesson for us humans. It is there to teach us a simple lesson and that is, if we wrap our difficulties and problems and all the things that annoy us with patience, warmth and light then we too can be rich, same as the pearl oyster. We can each be like the oyster with a pearl, if we learn to face and accept each difficulty, each obstacle and each challenge that life presents us with. With patience we can transform ourselves to rise above each and every unpleasant situation. With each problem that we overcome we are polishing and developing our pearl inside, our precious true Self. With each success we grow, we gain inner strength and become more self-confident. We can look at every problem as another grain of sand

that we need to work with, with courage and intelligence, to turn it into a pearl and the more pearls we have the richer we will be. It is a wealth that we have inside that no one can take away from us. And life means us to grow, to strive always in a spiral forwards and upwards.

Now all this sounds very nice and as usual the theory is easy, you might say, the practice, however, in real life is another story. This is true because in reality nothing in life is easy. Nothing comes from nothing and everything takes time. If we look around us in nature everything that grows has to take a certain time. Just as every seed that is planted, even a human embryo, needs a certain time to grow, everything in life needs its time to develop as it was meant to do, by the universal Law of Growth.

It is futile to go against this universal law. Anyone who wants to achieve anything worthwhile in life has to make the effort that is required and then wait for matters to take their course, in order for the outcome to materialize. The same process applies to the physical, the emotional as well as to the mental level. Nothing in life is free. Everything has to be paid for eventually, or is paid for in one way or another. In accordance with the Law of Cause and Effect, every thought sets things in motion and every action has a consequence.

There is, however, a science to everything in nature and once you understand and apply this science, then everything does become effortless and your success is assured.

In this book I'm going to reveal to you the science of creating inner pearls in your life and to accumulate an abundance of inner wealth. Once you have succeeded in accumulating enough inner wealth within you, you will have activated the Law of Magnet, which in turn will attract all the wealth and material abundance and riches that you desire for yourself be that friends, love or money.

Read through all the steps that follow and then make an effort to practice each step for a period of one month at least. Focus on one step at a time. If you find it difficult, be patient, persist and keep on trying. You might need a lot of effort to begin with but after the first two weeks, if you persist, you will find that you'll need less and less effort and soon you'll find that it will become second nature to you. You need to deeply desire this for yourself and approach this with enthusiasm. Your desire, your passion about this is the fuel that makes the process work. Then you need patience as you practice, lots of genuine

patience. Some of you might need less time to master an attribute, in which case move on to the next rule. On the other hand you might find another rule harder to master and you need longer than four weeks. In that case continue to practice this particular rule for as many more weeks as necessary. Have faith and do not doubt the process of nature.

Watch yourself and your life transform into something wonderful as you apply each of these rules. The outcome is guaranteed if you follow the steps closely as given here. Enjoy the miracles that you will experience and above all enjoy the process. The key is to experience genuine joy in everything we do in life. When we have faith and we approach every task at hand with joy and a song in our hearts everything becomes easy and effortless.

## 1 - SHIFT YOUR FOCUS FORGET THE INCONVENIENCES OF LIFE

ONLY YOU  
CAN PUT AN END TO YOUR  
SUFFERING

Now be honest. Do you know any people who do not have constant problems in their lives? Our life is so set up to give us guaranteed continual annoyances. We get annoyed when our car refuses to start in the morning; frustrated when we're stuck in a traffic jam; we lose our temper at the waiter who serves us the wrong dish; we hate our nosy or noisy neighbours; we're angry because our boss does not appreciate us; we get annoyed if the kids do things they're not supposed to do, or we envy those who have more than we have and the list goes on and on. These are all minor inconveniences that occur on a daily basis to all of us and they're here to stay. The variety changes but they're always there confronting us every single day of our lives.

To act as if each minor problem is a huge catastrophe in your life is a waste of both your time and your energy. Besides while focusing on the annoyance of the moment, you are missing the point.

The first lesson towards developing the pearl is this –

Shift your focus to the good things in your life. Do not dwell on things that annoy you. Do not focus your attention on the many inconveniences of life. There is a reason for little annoyances and for bigger problems in life that make us suffer. How about if you think, that annoyances are in fact opportunities for us to learn and to grow. We are challenged when we are annoyed to deal with our emotions and attitudes. It is up to us to decide what we want to feel and what attitude to take in our dealings with our world. Some people prefer to suffer rather than learn from each

minor obstacle and major challenge in life. They fall into the habit of suffering always more and more, which in turn can have drastic influence on their physical health and so they suffer some more.

Instead of rebelling and suffering, accept the circumstances that you cannot change for what they are, and depending on each case you either ignore it or then you find a solution. You can well ignore the neighbour, for example, who is nosy but at the same time, be friendly. You may well ignore the traffic jam that is annoying you by reading the paper, or listen to the radio as you wait. And you have no choice but to find solutions for the major problems that you should not ignore. You can accept the fact that you are aging and learn to age with dignity. You can come to terms with life when it passes you a hard blow, learn from the process and change your approach to life and so the list goes on and on. And be assured that there is always a solution to every problem. In cases which you cannot ignore, change your attitude and your approach and you'll be nearer to the solutions.

In other words change your focus and your attitude to life and watch your life change. Cultivate the energies of patience, understanding and flexibility. Be kind to people who are rude to you. Develop an even mood and pleasant temper. Difficulties are there in life to help us develop our intelligence, so we can grow to become better human beings. Trials and difficulties in life contribute towards our evolution process.

Here's a lovely short tale from the East about Sand and Stone.

Two friends were walking through the desert. They had an argument and one friend slapped the other one in the face. The one who got slapped was very hurt, but without saying anything, he bent down and wrote in the sand. 'Today my best friend slapped me in the face.' They kept on walking until they found an oasis, where they decided to take a bath. The one, who had been slapped, got stuck in the mire and was going to drown, but then his friend saved him. After the friend recovered from the ordeal, he found a stone nearby and he wrote on the stone. 'Today my best friend saved my life.' The friend who had first slapped him and then saved his life asked him, 'After I hurt you, you wrote in the sand and now, you write on a stone, why?' The other friend replied. 'When someone hurts us, we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it.'

The lesson is for us to learn to write our hurts in the sand and to let them be blown away with the wind and to carve our benefits in stone and keep that in our memory bank.

The good and the bad happen to all of us, keep your focus on the good and be grateful. Forget the rest. It's not worth to hang on to because it turns you into a miserable person. And who wants to be miserable? Turn a page, put an end to your suffering right now and decide to join the ranks of those who appreciate life and embrace it with joy.

## 2 - BE CONTENT AND SPEAK CONSTRUCTIVELY

TO COMPLAIN IS TO WASTE YOUR BREATH  
AND YOUR ENERGY  
PRACTICE GRATITUDE INSTEAD

And in the beginning was the word! Isn't that what the Bible says? Words are sound and any sound is vibration, energy vibrating. Words are energy in action. Words can hurt and words can heal. Words can be destructive and words can be constructive. What do your words do?

Words of complain are a complete waste of energy. Are you perhaps one of those who complain continuously about anything and everything? Are you discontented with yourself and with your life in general? Is the grass for you always greener on the other side of the fence? Or perhaps you like to criticize and judge others around you finding fault everywhere?

If you do none of that habitually, then thumbs up for you, you're doing great and you can skip this chapter. But first you need to be quite sure that you are not putting on a façade to cover up deep-rooted discontent or resentments. And should that not be the case at all then again, you can skip this chapter and go on to the next one. If you, however, are in the habit of being discontented and putting the blame on someone else every time anything goes wrong, then you must read on, because it is perhaps time for you to face yourself with eyes wide open and to take responsibility for your thoughts, perceptions, emotions and actions.

Sometimes we tend to take things for granted and we are oblivious to the good things in our life. We focus so much on what is wrong that we fail to appreciate the good that is right in front of our nose. We may be insecure or perhaps we lack in self-esteem, so in order to feel better we gratify ourselves by finding fault in others. We blame, we judge, we criticize and we delight in gossip, make fun of people, be angry with people, putting

down people. Then we wonder why we don't feel better. There's a saying, 'if you want to keep your friends, hide your troubles from them; don't talk about them and above all don't complain.' Have you ever been with someone who is constantly complaining and criticizing others? I don't know about you, but I breathe a sigh of relief when I leave them, feeling totally drained of my energy. Besides I am convinced once this person leaves me, they will talk behind my back about me too. Personally, I prefer to be with happy people, people who are pleasant, constructive in their thoughts and emotions. I like them because when I leave them I feel energized, I feel good, and I feel inspired. Don't you have the same experience?

What can you do to change that? Live with awareness is the answer. Be conscious of how you live, how you spend your time and with whom. Be conscious of your speech and choice of words. Observe yourself for a week and see how you feel after you've been with negative minded people and compare that with how you feel when you are around positive minded people. Be aware of your thoughts and actions. Observe what you are thinking about and try to steer away from negative and destructive thinking patterns. Be aware of the difference between facts as they are and your fantasies that run away with you and prevent you from seeing things as they are. Your life experiences, your thoughts can sometimes distort your perceptions of the facts. We all need to be aware, to check and to control the constant inner dialogue that we have going on in our head, in particular if it steers us far away from the facts, confusing our thoughts, complicating our feelings and our life.

Cultivating the feeling of gratitude is the best remedy. Feeling grateful for everything that is good in our life. And no matter how bad things are we all have a lot to be grateful for. Make a habit of counting at least three things you are grateful for, every single day. And if you have more to be grateful for so much the better, write down a long list of things you are grateful for, keep checking this list, keep adding to this list and feel the gratitude with passion. No matter how many problems you might have, always be thankful to the universe that you are blessed. Say thank you to God / to your Guardian Angel / to the Universe and Cosmos (whatever pleases you) for the good and for the bad experiences that come your way. Believe it or not the universe (which is abundant with wealth and love) will reward you with more good things to be thankful for. The same as you and I like to be noticed, appreciated and loved the universe likes that too. Yes, I am talking about the universe around us that penetrates all things including you and me, it likes to be noticed and

appreciated too. Sounds silly you say? Maybe, but try it and see for yourself, after all what have you got to lose?

Focus on your self and be aware of your own little faults, but also your strengths for you have many of those too. Everyone has. Do not complain and despair but instead make a genuine effort to better yourself and the quality of your life every single day, one little step at a time. Appreciate and use your strong points to your advantage, leave other people be as they are, you are important to yourself. Do this and just watch the miracles that will knock on your door. When they do, accept the miracles with joy and wonder and remember to say thank you.

### 3 - BE GENEROUS IN NATURE BE A GIVER AND A RECEIVER

IF YOU ARE A SCROOGE  
FINANCIALLY, EMOTIONALLY AND  
MENTALLY  
NOW IS A GOOD TIME TO CHANGE

Now that you have practiced focusing on the good in your life, being grateful and watching your words, your inner dialogue and your attitude to life, you are now ready to practice the third step.

For those of you who might not know what a scrooge is here's what the Oxford American Dictionary says: Scrooge is a miserly person in Charles Dickens's novel 'A Christmas Carol' written in 1843. Scrooge is a penny pincher, a cheap stake, and a tightwad. Sounds like a terrible person, doesn't it? And so he is, a miserable, stingy, friendless, loveless, joyless person.

Do you know a scrooge? You know, the one who always disappears when the restaurant bill has to be paid? The one who comes to visit empty handed, and never invites you back? The one who takes and takes and never gives back. Are you perhaps a scrooge yourself? Or do you consider yourself to be a generous person? Because if one has the tendency to be miserly where money is concerned, then for sure it follows that one is miserly with one's thoughts and attitude to one's family and friends or for that matter with life in general.

To be generous entails being magnanimous in every way possible and not only with money. For example, do you love generously, do you spread warmth around you generously to everyone you meet, do you give of yourself and of your time generously to your loved ones? Are you generous in your mind when things occur around you that are not to your liking? Are you generous in your thinking mode? Because if you are short tempered, intolerant, unforgiving, condemn others who are different to you, if you do not care about those who suffer, do nothing to help someone you know who might need help, then I am afraid to have to tell you my friend, that yes, you are a

scrooge after all. But the good news is that you need not remain a scrooge. You can decide to change that right now. It's easy once you have made up your mind.

Open your mind and be generous in the way you think about everything that you do not agree with, and try to see the other people's point of view. Be more tolerant of those who differ from you in thoughts and actions. Have compassion with those who suffer. Be kind and friendly, adopt a generous attitude by both giving and receiving by embracing life and you'll open doors to new rich experiences in your life. Generosity is charity of the heart. In every little thing one can show it. Generosity is an attitude a person shows in every little action that he does for people that he comes in contact with in his everyday life. One can show generosity by a kind glance, a smile, by a warm handshake, by showing appreciation or expressing affection.

Give with pleasure without expecting anything in return - and that, is a tough one, I know. It needs some practice. With such behaviour you will be activating the energies of the cosmic Law of Giving, which will in turn activate the Law of Circle and the Law of Receiving. This means that your good deeds will be making the circle and will be coming back to you tenfold stronger, always making you richer than before. But for this you need to be in a mode of receiving as well. Be prepared with wide open arms to the abundance that the universe will shower on you. The return might not be immediate and not from the same source that you gave to, but return it will. The energy will return to you because according to the law, the circle must close.

Be free and generous with giving gifts to your loved ones and those who are near to you and working with you or for you. Never go empty handed when you are invited anywhere, and if you can't afford a bunch of flowers, then one flower will do it too. The more generous you are to people in general, the more you make people happy, the more you show that you care, the more people will feel warmth for you. You will find people being generous to you in return. Accept that with gratitude and consider yourself lucky. Being shy, being depressed, being insecure are selfish traits in reality because we are focusing on ourselves, on our needs, our weaknesses and our limitations. As we do that we forget that we might be hurting other people by not communicating, by not sharing and that our silence or withdrawal is mistaken for not caring about them. Instead shift your focus on to others, go outside of your little scrooge self, open up to others, be generous in nature.

The universe works in a scientific way. Everything in the universe is regulated according to cosmic laws. Even the chaos is regulated. The only way for us to understand this is to try it out for ourselves to have our proof of how the universal laws work. As per the Law of Magnet, be generous first with whatever it is you wish to have for yourself. For example, do you want to have love in your life? Then fill your heart and your being with love and spread it around you and in time love will bounce back to you. You cannot possibly attract love if you are a miserable unhappy dissatisfied person. Why would love be attracted to you? You want material wealth? Focus on wealth, don't focus on how poor you are. Don't have thoughts such as 'I'm the poor one, I never have enough money, and how am I ever going to manage?' Instead think how wonderful it is to be wealthy. Think 'I love money and I attract wealth to me now. I am a magnet to money, to love and to all good things in life. My life is full of miracles.' If you create this new inner dialogue in time you will attract wealth and everything else that you wish for to you. You want friends then learn to be a friend yourself and you'll get friends. If you want people to notice you, then take good care of yourself, respect yourself, and be charming and notice others and people will take notice of you. If you have something special to celebrate then share your joy with others around you. When you are with others forget yourself, your insecurities, your needs, wants and dislikes, focus on them instead and learn to please. You'll be loved for that.

Learn to forgive those who wrong you and learn to ask for forgiveness of those whom you have wronged. There is no feeling that is more freeing than the feeling of forgiveness. When you experience the feeling of forgiving or letting go, an old resentment, a huge burden is lifted from your shoulders and a heavy stone is lifted from your heart allowing you to breathe, to feel light and free. As the popular saying goes, sorrows shared are halved and joys shared are doubled. So who wants to be a scrooge? I don't. Do you? Of course not, do something about it right NOW. By the way, you do realize that it shows on your face too. Miserly people walk around with a tense, grumpy unhappy and angry face always frowning, worried, looking older than their age, and those who walk around with a happy face, eyes shining with enthusiasm and love for life, always ready to smile at you—are the generous ones of course. They usually look youthful and sparkle with energy. How your face looks now or when you are older is your decision. You hold the key to your looks in your hands.

*'There are two kinds of generosity - the real and the shadow; the former is prompted by love, the latter by vanity.'* by Hazrat Inayat Khan, Sufi Sage

## 4 - BE YOURSELF BE AUTHENTIC AND SINCERE

BE TRUE TO YOURSELF  
WITH PUTTING ON AN ACT YOU FOOL NO  
ONE BUT YOURSELF

There's an old well known saying that is quoted often, I don't remember who the author of this quote is but here it is for you to think about. *If you happen to know the author please tell me.*

We can fool some people some of the time  
We can fool most people most of the time  
But we can never fool all the people all the time.

Develop the habit of being authentic, believe me, in the long run, it pays and works to your advantage and benefit. It does not pay to be false, to pretend you are what you are not, to put on act of having false virtues. It smells of insincerity. Sooner or later this mask is bound to drop and you will be revealed for the fraud that you are. You'll be branded as a liar and a hypocrite! It takes a long time to build up a good reputation and it takes seconds, just one wrong act to destroy it. You must never underestimate peoples' intelligence and sense of intuition. Putting on a show to impress a girlfriend, a boyfriend, an employer, a neighbour or a business partner, is the wrong foundation to build up a solid and healthy relationship. It will not stand the test of time and is bound to crumble under stressful situations. Other than that, putting on a mask for the world at large is a terrible drain on your energy. The stress is unbearable and will wear you down.

Some people go so far as to change their name, deny their background and family, and make up a false identity, anything to appear different in order to be accepted into a certain group socially. Sooner or later it catches up with them and they have to then take the sad consequences when they are exposed and time will expose them, be sure of that. The strain of the lie is too heavy. I am sure you have, just as I have, met

someone in your life who is so fake, it is pathetic to watch. It is embarrassing to watch someone who pretends so hard to be what one is not, who is not open or honest about their background or experiences in life afraid of saying something that would give their secret away. For me personally, it is a waste of my time to deal with anyone who is not honest, authentic and sincere. How do I know this? I guess you can call it intuition. When you practice being in touch with yourself you will feel it too when someone around you is false, putting on a show to impress you or telling you lies to sell you something.

Be yourself, be natural, accept yourself for what you are, be who you are. Real people of high calibre will not hold this against you. Be in control of your emotions. If you have anything in your background at all that is let's say, a little seedy or unacceptable, it's much better to be open and honest about it when confronted. I do not mean you have to advertise it, but if confronted then it's better to be honest. It will speak for you. Honesty always does. People of quality will admire your honesty. And if you have moved on to improve yourself, they will respect you all the more. Those who might hold it against you, you don't want to know because they are not worth knowing anyway. The only person you want to impress is yourself.

Your past, your background, undesirable relatives, faults and mistakes you have committed in the past are not who YOU are today. It is who you are NOW that counts. It is WHAT you do now that counts. It is what you BELIEVE in now that counts. No one is perfect in this world. You can always minimize your vices and maximize your virtues. That is what life is about. Use your assets and make an effort to minimize your liabilities. Some might have more advantage than others from birth, but that in itself does not make them better, they too have their crosses to bear and rocky paths to go through.

Focus on yourself, be yourself and make the most of yourself in your unique way, in an honest and authentic manner. You are very lucky to be living in a time when this is well possible and opportunities are plenty out there. Stay awake so that you recognize the opportunities that pass your way. It happens more often than you think and you need to grab the opportunity, with both faith and confidence.

There's a short tale that I would like to tell you to serve as a good reminder that no one is perfect.

A man planted a rose. He watered it faithfully and before

it blossomed, he examined it. He saw the bud that would soon blossom, but he also noticed thorns upon the stem. He thought, 'How can a beautiful flower come from a plant burdened with so many sharp thorns?' Saddened by this thought, he neglected to water the rose, and just before it was ready to bloom... it died.

So it is with many people. Within every soul there is a rose. The God-like qualities planted in us at birth, grow amid the thorns of our faults. Many of us look at ourselves and see only the thorns, the defects. We despair, thinking that nothing good can possibly come from us. We neglect to water the good within us, and eventually it dies. We never realize our potential.

Some people do not see the rose within themselves; someone else must show it to them. One of the greatest gifts a person can possess is to be able to reach past the thorns of another, and find the rose within them. This is one of the characteristic of love... to look at a person, know their true faults and accepting that person into your life... all the while recognizing the nobility in their soul. Help others to realize they can overcome their faults. If we show them the 'rose' within themselves, they will conquer their thorns. Only then will they blossom many times over.

## 5 - OPEN YOURSELF TO GOOD INFLUENCES THE CHOICE IS YOURS

FREE YOURSELF OF SELF DEFEATING HABITS,  
BEHAVIOURS  
AND THINKING PATTERNS

Liberate yourself of your self-imposed limitations. Free yourself of heavy chains and old baggage that weigh you down and hamper you from moving forward. Do not sabotage your own success, your happiness and enjoyment of life. If your inner dialogue is now saying, 'What is she talking about, I do nothing of the sort. I do not sabotage myself!' I would say maybe you're right but then on the other hand, there is a good chance that you could be wrong about that. Just think how many times have you procrastinated doing something that you needed to do and you kept putting it off till later. How many times have you had brilliant ideas and you let them just fly by you without taking action to make them come true. How many times have you given in to the part of you that is lazy or depressed, and just laid back and let life pass you by? How many times have you done something that you knew very well is not good for you, yet you did it anyway. I bet you have habits right now that you know very well bring you nothing good, yet you carry on happily continuing with the bad habits always finding an excuse why you can't do this or can't do that, telling yourself it wouldn't have worked anyway. All of us go through this scenario.

If that is not sabotaging you then what is? Do you want to know who your worst enemy is? You are. We've heard this a zillion times before. YOU are YOUR worst enemy. Accept that! But it doesn't have to be that way. So why not turn the tables and change that right now and learn to be your own best friend?

You can turn a page right now and decide to be friends with yourself. If you can't be your own best friend, how can you be a good friend to anyone else? Start right now to cultivate a good habit. Be a good friend to your own self and you'll never be lonely again. Become aware and accept yourself with all your

good points but also your many faults and then begin systematically, to tackle each fault at a time, and make an effort to correct it. Love yourself as you are. You don't have to be perfect but you can give a go at being the very best you can be. You have dormant potential in you that you're not even aware of, and unless you explore, tap in to get it out; you'll never know what you are capable of. No one will know just how good you are. Surprise yourself and your friends, why ever not? You have nothing to lose and everything to gain.

Where do you begin, how do you start? Well, I have news for you. You have started already. The fact that you are reading this right now shows that you are interested and curious to know more and that is a very good sign. From here you carry on in several ways. I'll suggest some for you and you take it from there.

First thing do not stop after this. Reading this e book is not the end it is just the beginning. Make a habit from now on of reading one book, after another, listening to one tape after another, watching one movie after another, that is inspirational, educational, motivational. Listen to the hints, accept them practice them and work continuously to develop yourself. Religious people read the scriptures and learn to memorize what is written word for word. I'm not so convinced that they even understand what they are memorizing. There lies a big problem of misinterpretation of what they are memorizing. You want to read motivational books and you do not have to learn anything by heart, but you want to understand what is written. Even if you read the bible, understand each paragraph you are reading, look for the real message. The key is to understand the whys as well as the hows. Then you want to practice what you read, you want to experiment and to practice until you see and feel the difference in your life. Seek help if you find it difficult to change, get a coach, and go to a therapist. Do whatever it takes. Just don't give up on yourself. You are important to you. In fact you are the most important person in your life.

Second you will want to surround yourself with happy, motivational, inspirational, enthusiastic, intelligent, healthy people. Be choosy whom you move around with, who you allow into your inner circle, who you befriend. We are influenced whether we like it or not by what surrounds us. We are all influenced, whether we like or not by our environment and by the people we meet every day. It can't be helped, it just happens no matter how strong we are and how much we resist it. For example, if you keep the company of people who are in the habit of speaking foul language, using curse words with every

sentence, in time your ears will be so accustomed to this that you will inevitably begin to speak and sound like them. You might fight it for a while but if you persist in keeping that company you can't win. How does the old saying go? Show me your friends and I will tell you who you are.

Third live a healthy life, watch your nutrition habits, and eat healthy fresh foods that give you energy, avoid drugs and narcotics, and exercise your body. Once you have tasted the bliss of being physically healthy, you won't want to be otherwise. Your body is the temple of your soul and you should take good care of it. You only have this one body for this present lifetime so for it to serve you well, you need to care for it the same as you would take care of your car if you wanted it to work well.

Fourth add cultural activities to your agenda on a weekly basis. Art, music, beauty is nourishment for the soul. Visit a museum at least once a month, ok once a season at least, go to art shows, and see documentaries to widen your knowledge about history, science, geography and the arts. The more knowledge you have the more self-confidence you will gain and the more interesting you will be to talk to. Move around with people who know more than you, people with culture and good manners who speak well, enthusiastic people on the move and who contribute to the world around them. We are living in turbulent times and are exposed to chaos and violence constantly, which can be very depressing. Join the army of those who contribute to humanity, put your energy there, that's where you'll find hope, love and joy. That's where you'll get healthy nourishment for your soul, body and mind.

At the same time remember to take time off, to be on your own, with yourself, to have time to reflect, to digest, to accept, to retain the good and to throw away the bad and the useless. Our bodies do that with food naturally and we need to learn individually to do the same emotionally and mentally. We need to analyze and to digest our experiences, our emotions as well as our thoughts, to throw away negativity and to retain what makes us feel good, to retain that which makes sense to us. Failing to do that means you store away a lot of garbage in your body and which in time produces disease, physical or mental. Spend some time regularly in solitude. Give yourself a rest. Nurture your inner being. Give yourself time to dream and to be.

## 6 – HAVE RESPECT

TREAT YOURSELF AND OTHERS  
WITH RESPECT AND LOVE

Respect leads to compassion and compassion leads to love and love is life itself. Life is love. I am not talking about physical love. I am talking about loving and respecting life, people, animals, nature and the Unknown. Begin with the nearest and dearest to you. That is no one else but you. Have respect for yourself. Treat yourself with respect all the time no matter where you are and what you happen to be doing. When you do that, you will find it easy to have genuine respect for other human beings, animals, nature and the world around you. It will be easy for you to feel compassion for others everywhere, and it will be even easier for your heart to fill with love. Love for humanity, love for the world, love for God.

Having respect for yourself, for others, for life itself, will change the quality of your life. We live today in a world that has lost all respect, respect for human life, for the animal world and for nature itself, even respect for God. God of love and peace that is. We individually can make a difference in the world by practicing respect with ourselves and with each other slowly spreading it around.

You know how badly you feel when you are treated with disrespect by anyone for whatever reason, and you also know how much better it feels to be treated with respect and dignity. Here's a short story about how life reflects back to us whatever we give it.

A father and his son were walking in the mountains. Suddenly, the son trips, falls and hurts himself. 'Aaaahhhh!' he cries out in pain. To his surprise, he hears the voice repeating, somewhere in the mountain. 'Aaaahhhh!' Curious, he yells out: 'Who are you?' He receives the answer, 'Who are you?' So he screams to the mountain. 'I admire you!' And the voice answers promptly, 'I admire you!' Angered at the response, the boy

screams, 'Coward' and he receives the answer 'Coward'. The boy looks at his father and asks: 'What is this? What's going on?'

The father smiles and says: 'My son, pay attention.' The man screams: 'You are a champion.' The voice answers back 'You are a champion!' The boy is surprised, but does not understand. The father explains to the boy. 'People call this ECHO, my son. This is what LIFE is. It gives you back everything you say or do. Our life is simply a reflection of our actions. If you want more respect, treat others with respect. If you want more love in the world, create more love in your heart and spread it around you. If you want more competence in your team at work, improve your own competence. If you want people to be good to you, first you be good to them. This relationship applies to everything, in all aspects of life. Life will give you back everything you have given it.'

And that is exactly how it is. Life is like a bank, you get from the bank what you have put into it, nothing more nothing less. Observe life around you and you will see it for yourself. Have and act with respect towards your parents, your partner and your children, if you want to have respect and love from them. Some people are erroneously in the belief that at home they can be themselves, in other words they let themselves go. So they let their guards down and hang up their respectful manners and polite attitude that they have for the outside world, along with their coat on the hanger by the door, as they walk into their homes. With family, they think, they can relax meaning they do not need to be respectful or considerate. Wrong. In fact very wrong! If we do not practice respect at home, we cannot possibly know how to be respectful outside of our homes. It would only be an act for the outside world and not genuine respect. Develop a habit of respect and watch how much joy it will bring into your life.

We are creatures of habit and we develop automatically both good and bad habits as we live, so you might as well be in control and conscious of what habits you develop. In particular have respect for all those who differ in opinion from you. Respect their opinion and point of view. They are as entitled as you are to their own thoughts and beliefs. Go ahead and practice this faithfully for four weeks or longer if necessary until it becomes your second nature.

## 7 – BE IN TOUCH WITH THE SOURCE

ACKNOWLEDGE AND CONNECT TO  
THE LIFE FORCE  
THE SOURCE OF ENERGY

I don't know about you but this is how I feel. I feel as if I am connected with an invisible cord to a main source, a main force, for my life and for my energy. It is this connection that allows me to breathe and to live. I also feel that it is through this connection that I can recharge my own batteries, energize myself and heal myself even. I find comfort in this thought. I never feel disconnected or alone. At my end I know the plug is connected to my heart, we all know that, once the invisible plug is withdrawn the heart stops beating and that's the end of life. But I can't tell you where the plug is connected at the other end of the cord, of course, it's somewhere out there in space I like to think. But connected it is, that I have no doubt about. This has been my feeling ever since I was a child I've always reflected on things and asked questions, and when grownups couldn't give me the answers I found my own. So I reflected many long nights on this one until one morning I woke up with this certainty. I am connected! I was proud that I had figured this one out for myself and I was happy with this knowledge. Ever since I have never been afraid when major catastrophes have hit me, never lost faith and most of all I never feel lonely or deserted because I know I am connected to something much bigger than I am.

Now wouldn't it be just wonderful if everyone was taught right from childhood of this connection? Just because we don't see it and science cannot prove it does not have to mean that it is not there. I think you will agree with me that there is a Source or a Force which we feel, but which we do not understand. If everyone was taught to recognize this, to have respect, and to understand that it is of utmost importance to our life to connect to this Source every day, to recharge our energies, to center ourselves, to heal ourselves, how do you think we would behave? Don't you think that this would make a huge difference to the way we think and behave? Wouldn't this

put an end to the loneliness and misery that so many suffer from?

So in this last chapter I would like to invite you to adopt this idea and live with it for four weeks and watch the changes in your own way of thinking and in your behaviour, maybe even in your health. This has nothing to do with any religion, sect or any belief system. It has nothing to do with churches or temples, synagogues or mosques. The Source and the Force is everywhere around us. We live in it and it penetrates us. This means that you can be anywhere, in your bed, in your office, on the road, on a bus, in the garden, on top of a tree, in a ditch or on a mountain. Literally anywhere. Naturally it goes without saying that there are areas where the energy is clearer and cleaner than other areas and, therefore, more effective.

All you need to do is to focus your thoughts on this one idea and believe it. You think,

'I am now connecting to the Source.'

And while you are thinking that you take a deep breath, down to your stomach, nice, slow and easy. You think,

'I am breathing in energy, health and vitality.'

You breathe out just as slowly completely. The ratio is something like 4 counts in-breath and 6 counts out-breath. Or 6 counts in and 8 counts out. Depends what you feel comfortable with.

As you are breathing out you relax and let go all your muscles. You let go all stress, all negative thoughts, all fear, all anxiety. As if you are breathing it out of your system, handing over your problems to the universe, and you tank in energy as you breathe in again to regenerate yourself physically, emotionally and mentally. You can ask for guidance as you breathe in and out. You can do this while sitting down or lying down. It is best, however, and most effective to do this standing up with your spine straight. This allows the energies to flow better. It is in a way a form of prayer, the difference is you are consciously connecting and in a few words only you are declaring what it is that you want from the universe at large. And expect it. Recognize it when it happens and always be grateful and say thank you.

Many left brained, linear thinking, tunnel vision people might *poopoo* this idea and think it a lot of nonsense. What you can't touch and see does not exist. But we all know how wrong that is. What I am saying to you is this. Millions of people from all walks of life, all over the world, believe in this and practice this every single day of their lives. The characteristics that such people display in general are self contentment, calmness, centeredness, self discipline and respect. They show inner

strength, they are usually creative people and in charge of their lives. Again what do you have to lose? Even if you don't believe in this, if you followed the instructions minutely, you will notice an improvement in your life guaranteed.

So go ahead and connect with the Source every day for a couple of minutes. About 3 - 4 breaths to begin with. You can gradually extend to 5 minutes and then even 10 minutes if you wish. When you get used to the idea and you notice how you feel you will not want to go through the day without connecting at least once. First thing in the morning is the best to give you a good start for the day. At mid day, it can give you a boost to keep you going; before an important business meeting, to give you energy. At night it can help you have a good restful sleep. You can connect anytime you want whenever you need it. What more if you forget it for a couple of days, or even months, no matter, the universe is very forgiving and will welcome and embrace you immediately when you decide to consciously connect again.

We are after all physical, emotional, mental and spiritual beings and the same as we need to nourish ourselves physically, emotionally and mentally, we need to nourish ourselves spiritually. We cannot deny our feelings, thoughts, intelligence, intuition, which are all invisible, we cannot touch them but they are very much a part of us too. It is futile to deny our spirituality, it would be like denying life itself.

## Words of Wisdom by Pir-o-Murshid Inayat, Sufi Sage

When a person says, 'I will not allow you to take the best of me, if you are crooked I will show you ten times more crookedness,' then this person is clever.

But when a person says, 'Yes, I understand you, you need to play that game, but it won't work, leave me alone,' then the person is wise.

When a person does not know the crookedness of the other person and so allows him to take the best of him, then the person is a fool.

But when one sees clearly the roguery and crookedness of another person and yet allows him to take the best, this is the holy person, he is beyond the regions of humanity, he is beginning to climb the angelic planes. He sees all things, understands all things and tolerates all things. The mystics talk about the innocence of Jesus and Sufis try to follow it as an example. This innocence is the same and the revelation comes to that person who sees all the falsehood and treachery of human nature and pities instead of accusing and forgives because he has reached to that height that no falsehood, roguery, deceit or treachery of an ordinary human being can touch him..... for he is above it.

## CONCLUSION

In summary, if you are disciplined in going through this program you will be indeed an oyster with a pearl and in time even with many pearls and you can consider yourself rich as I am sure, in accordance with the universal law of attraction, you will be attracting all the wealth and love to you that you want. Again, do not despair or lose hope if you fail to keep up with each step. Read this short e book again and again to remind yourself. Just keep on trying again and again and yet again. As you try, each time a little more, you are in fact developing, very strong positive character traits, the virtues of patience, faith, discipline and will power.

Some people might master things in a few weeks while others might need months or years. Be tenacious and never give up. This is a lifelong journey. Every little bit counts, and lots of little bits or successes make a huge difference.

I'd love to hear from you to let me know of your success. Let me know your story. Even if it is a small success, talk about it with gratitude, tell the world, let me hear it so I can post it to help others. That will also encourage me to write more e books that I can offer the public for free.

As they say in Star Wars ` May the Force be with You.'

*For contact and info please see next pages.*

### **Websites**

[www.margokirtikar.com](http://www.margokirtikar.com)  
[www.yoursouldoctor.com](http://www.yoursouldoctor.com)  
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### **You and Change How to Live with Change**

I wrote this book with those who are beginners on the path of spirituality in mind. It is the first step and the very foundation for self-development, which usually comes after a shock with some personal crisis. It is an excellent self-help book and an 'eye opener to the self'. This is the feedback I receive from my readers whose lives changed for the better after reading this simple book. It has saved many from falling into deep depression. It particularly helps those who have gone through a divorce, job loss, loss of a loved one through death, accident, culture shock and other such shocks that life is in the habit of dishing out to all of us. This book is also meant for those who have little faith and have doubts about 'God'.

The book is simple, practical and down to earth with many practical exercises. It is a book that one can pick up and read any time one feels low, to be inspired and energized, to pick up the pieces and to carry on with life's journey with new awareness. This feedback has come to me from readers in Canada, India, Australia, USA, Eastern Europe, UK, Germany and Switzerland. They all say more or less the same thing. They thank me for this very simple, clear, helpful and energizing book that they happened to find just when they needed it.

## **Visions Unusual**

I was prompted to write this book as a general introduction to the metaphysical world. So many around me had little fragments of information and were tapping in the dark as they searched for answers and help from therapists, workshops and healers. Here the reader can have a holistic view and gain some understanding of the cosmos, cosmic energy, consciousness, the human, the psyche, the psychic world, the science of energy and much more. This is a summary of knowledge from many esoteric books of ancient wisdom made easy for the reader to understand. It is a condensed version of information and knowledge collected over many years again from hundreds of books that I have been reading throughout my life plus very personal experiences of the metaphysical and the spiritual world, from many years of meditation and experimenting.

This is not easy reading and cannot possibly be digested in one reading. Each chapter can be read and studied independently. Again it is a book to refer to again and again and every time you read it you understand a little more. Here again it is packed with very helpful, practical, easily to follow exercises of meditation, visualization and creation.

## **Flowing with Universal Laws**

I was condemned to resting for many months after an accident and a broken leg, which ended up with four operations on my feet over a period of two years. I dislike being idle, so I thought this was a good time as any to put to life a thought that I had had in my head for years.

This book is a collection of cosmic and universal laws, unwritten laws of the universe that have been known to many sages and scholars over the past thousands of years and are known to those, like me, who study the metaphysical world with a passion. What many might not know is that everyone uses these laws at sometime or another during their daily lives, but without being aware of this fact.

I collected these laws again from reading hundreds of books of ancient eastern wisdom. I have been reading since I could read the alphabet starting with the age of four, and have never stopped since. I have an advantage, I read fast, since I've had plenty of practice and I need little sleep.

In this book I list over 240 laws and I am positive there are more that I don't know about. This is a book to refer to again and again. The first reading is just to be informed about the existence of the many laws and their meaning, but after that it is

studying and understanding each law that should be of interest to you, at any particular time in your life.

It is because I have never found one book that listed all these laws that I decided to write one myself. A few of these laws have been written about in connection with business and making money, but there are hundreds of other laws that are good to know about.

With this knowledge we can then make more sense of why things happen to us and what it is that we can do to rectify our mistakes. Our universe is a universe of both order and chaos. It is a universe of never ending abundance and diversity. Everything is regulated in the universe and every cause has an effect. Nothing goes to waste in the universe everything is recycled. It is a super intelligent universe. There is a reason why things happen the way they do and this book will help you understand some of the answers.

If you are moved to write to me and give me feedback, go ahead, I'd love to hear from you. And if you know of a universal law that I have not mentioned in my book please please tell me about it.

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