

FOREWORD BY PRICE PRITCHETT

'I have personally benefited from what he shares ... a must-read'

N.R. NARAYANA MURTHY

THE SEVENTH JAR

*Your Path
to Personal
Mastery and
Success*

SRIKUMAR RAO

BLOOMSBURY

The Seventh Jar

BOOK HIGHLIGHTS

Deconstructing Your Reality

Every time you get a glow of satisfaction, a warm feeling you get when you read about someone doing something you admire, record it in your journal

If you do this consistently for a few months, you'll have anywhere from 6 to 12 incidents. Go back to these entries and determine which people continue to inspire you at a deep level

Reach out to the person expressing your admiration, and it'd be nice if you could come up with a specific offer of what you're willing to do . This is how you let the network form around you.

Deconstructing Your Reality

Your mental chatter feeds into the creation of mental models. A mental model is a notion about how the world works. You have mental models for everything

Together, you use your mental chatter and mental models chatter and mental models to create your reality

These models create your reality, and it's a very liberating concept. And if so, then you can deconstruct the ones that can create a reality that you don't care for

Deconstructing Your Reality

Shifting your mental model can greatly affect your happiness. You are the sole person in charge of your happiness. But, too often, we imagine that others are, and we ascribe to these others

You may be having a difficult time with your boss. Call it ‘toxic boss’. Close your eyes and reflect on this area of your life. Imagine all of the details around that situation.

What does he do that negatively impacts your life?

What have you done to resolve this situation? And in what ways has this not worked?

Deconstructing Your Reality

Now open your eyes and come up with a few possible alternative realities for the situation. Categorise the different problems that he might have and label them.

Allow yourself to think of quite a few realities.

Remember, you have to devise ones that you can plausibly accept at some level.

You cannot fool yourself.

Pick an alternative reality that is the easiest for you to accept.

Take some time and write down the details about this alternative reality under the label created

Deconstructing Your Reality

Your homework for the next week is to live as if this alternative reality is true.

If you're dealing with an overwhelmed boss, what will you do to express your sympathy and help him cope with the situation?

If you're dealing with a boss with personal problems, notice the waves of compassion that comes out from you

Notice the changes in your emotional tenor as you interact with your boss and write them down in your journal below this alternative reality

Use this exercise in virtually any situation that is troubling you.

Take help of friends who can help you come up with alternative realities as they can see things that you might be eventually willing to accept but are unable to see on your own

Construct an alternative reality for yourself. Start living as if this alternative reality were the reality, and run check on whether or not the reality is working

Living In Awareness

Review in your mind all of the wonderful things that occurred in your day that you have to be grateful for: the warm shower or project completed, a safe drive home, a nice dinner with your loved one

This practice is merely a starting point for cultivating heart of gratitude. You begin with gratitude for something in your life. But you would have to connect with the feeling of gratitude itself, not gratitude for any specific circumstance

Eliminate The Stress In Your Life

All of the stress in your life is caused by the fact that the universe presents you with the circumstances you don't like, and you are not ready to accept it

Find a comfortable place where you will not be disturbed

Sit with your back straight, feet flat, or crossed on the floor.

Close your eyes and take a few deep breaths.

Feel yourself relax. Imagine that you are a trauma surgeon in a busy hospital and witness horrific injuries.

You have to act quickly because there is a constant stream of patients coming

Eliminate The Stress In Your Life

The trauma surgeon doesn't get emotionally involved with the situation of her patient

She does her part. Sometimes the operation is successful and sometimes not but, she does what she has to, and then moves on.

If a person becomes emotionally involved with the patient, she will be far less effective. Hence, surgeons aren't allowed to operate their families.

Eliminate The Stress In Your Life

**Now, come back to the present, and be like a trauma surgeon.
The situation has not changed. It's still a difficult situation but
you're observing it detached**

**What are the probable outcomes? Which approach you think will
lead to the best overall outcome for all involved?**

**Take a few deep breaths. Come back to the room you're in.
Open your eyes. This is a practice that you can use again and
again to begin cultivating your inner witness**

Surrender & Accept

Surrender and acceptance are linked. The outcome that you are facing was provided to you by a sentient universe and thus, in some way that you can't fathom, is perfect.

So, you accept it gratefully, you embrace it.

But having embraced it, you are still a human being, confronting a world around you wanting to change that world.

This is a new beginning for you.

3 Steps To Surrender & Accept

How do we begin surrendering and accepting any outcome?

1- Intention

Take action with a clear intent. What is it that you'd like to happen?

Expect the outcomes to happen, but don't get attached to it

2- Wish that there are no losers. We are brought up to believe that if one person wins, others must lose. We can think beyond the mental model of "we win, others lose" and consciously intend that all people affected by your actions can benefit

3 Steps To Surrender & Accept

3- Detach & Accept

If the outcome that comes your way is different from what you intended, don't label it good or bad.

Embrace it

Cheerfully accept whatever comes your way.

The Me-Centred Universe

In a me-centred universe, every conversation you have, every thought, and outcome to a situation somehow relates back to 'me'. This translates to stress.

Understanding that everyone always acts in his/her self-interest can help you put down too heavy boulders that you may be carrying. These are the boulders of guilt and shame.

The Me-Centred Universe

Every time you feel guilty about something you've done or you shouldn't have done, recognize that you were acting at the time in your perceived best self-interest.

With the wisdom of hindsight, your notion of self-interest may have changed, but at that time, that is what you did.

That's a universal law, and there is no point in blaming yourself for conforming to it.

Finding True Freedom & Happiness

**What is happiness? It may seem to come fleetingly and go.
How can you have the kind of happiness that is unwavering,
constant, and steady?**

**Happiness isn't dependent on any of your lists, although you think
it does. You do not have to do anything to be happy.**

Finding True Freedom & Happiness

When you surrender to the universe, and accept the outcome, then you stop being attached to what you want

You stop thinking ‘this is what I need to be happy’. And you’ll find as you practice it, that you don’t have to seek happiness. It will seek you out & arise unbidden in your heart, and your life will blossom

Finding True Freedom & Happiness

If you're unemployed and wish to find a job, then you instantly go to all the career sites, networking events, ask your friends for possible openings etc.

There is an alternative to the model of 'Frantic Doing'.

This is the model of 'Calm Being'. You witness that you're not satisfied with the current situation. In this, you work internally and gain clarity over what exactly you'd like to manifest. This clarity helps you find simpler ways of getting to your goal

Finding True Freedom & Happiness

This means that you need to take much less action and with much less stress than under the model of frantic doing

The universe is a ‘force multiplier’. It takes what you send out and beams it back at you. You can harness its power & your creativity by being intentional in your broadcast.

With the ‘Law of Increase’, the practice of gratitude causes those things we appreciate to increase in our lives

Finding True Freedom & Happiness

Every time you're frustrated, angry or unhappy, you are living in a 'me-centred' world and you are ignoring the many things that are actually pretty good

Disclaimer

This is just a summary. This summary is as per my interpretation and learning Please excuse any errors

For a better understanding, reading the book is highly recommended

Please excuse any errors

Thank You For Reading

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