



**Your
Quest**

For

**Being
Better**

Capt. Ravi Mahajan (Retd.)

Copyright © 2025, Capt. Ravi Mahajan
All rights reserved.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording or any information storage and retrieval system now known or to be invented, without permission in writing from the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or broadcast.

Published in India by Prowess Publishing,
GJ Complex, Thadikara Swamy Koil St, Alandur,
Chennai, Tamil Nadu 600016

eISBN: 978-1-5457-6171-7

Library of Congress Cataloging in Publication

Contents

1. Always keep in touch with your Creator through Simple & Sincere PRAYERS. Seek no Rewards, no Demands. Just PRAY & Be Happy.
2. In Life, Exams come first, then Learning. Wise learn from own experience, WISER learn from others'. Be Wiser not just wise.
3. Extremes in Life? Do not feel helpless. Meet the challenges with Courage & Wisdom.
4. Treat everyone as you yourself would like to be treated. Never Forget This GOLDEN RULE.
5. SMILE & Brighten the corner where you are. Smile is infectious. In life, anything may fail but SMILE NEVER FAILS.
6. LOVE: The Origin & Epicenter of Goodwill, Kindness, Caring, Sacrifice & Compassion.
7. Mind is Everything. We become what we Think. Think High, Think Positive.
8. A BALANCED Life brings you Serenity, Peace and Happiness. Never over-indulge & avoid show-offs.
9. APPRECIATION! Soul Soup and Sweet Dish for All! Be Proactive when you can be APPRECIATIVE. It's the best Motivational Aid.

10. Life is not about hearing and seeing but what counts most is LISTENING and OBSERVING. Be adept at Both.
11. You cannot please all the people all the time. Don't even try. Never let 'WHAT will people Say', rule your life.
12. When circumstances cannot be changed, CHANGE YOURSELF. Always, be prepared to Give up Good for the Better.
13. Biggest Myth of Life: It won't happen to me. It happens to others only.
14. DREAM Big about your Future & Back it up with Passion, Hard work & Determination.
15. Want Good to happen to you? Be GOOD. Spread GOODNESS. Good will automatically rebound.
16. There is no way to Happiness. HAPPINESS is the way.
17. Material Possessions, Worldly Pleasures, Wealth or Money. 'Ye Dil Maange more'.
18. Problems, Roadblocks, Challenges and Adversities? You are bigger than all combined. Meet them Head-on & WIN.
19. Best time to plant a tree was twenty years ago. Second Best is NOW.
20. WORDS or PROMISES are made to be kept. Be as Good as your Words
21. Aspiring to be a LEADER? Be Positive, be Different, be Innovative, be a Thinker. Bring out the best in people.
22. If you are not happy with what you have, you can never be happy with what you want. COUNT YOUR BLESSINGS.

23. People are both Good or Difficult. Learn how to deal with them. Apply LOVE and GOODNESS.
24. Life is for Living, not Complaining or Cribbing. Live it Well. Live it Full. Live for what MATTERS MOST in life.
25. Reach the Divine through FORGIVENESS. FORGIVE & See how Great You Feel.
26. If people are rude & unkind, ignore them. Always maintain your OWN STANDARD.
27. Everything in the world starts small. It Grows big with time and repeated effort.
28. An Attitude of Modesty & Humility, brings you closer to People's heart, makes you a LOVABLE BEING.
29. Money, Money, Money.....Good SLAVE but Worst Master. Take Care.
30. If you have an idea, simply thinking about it, won't help. Take ACTION, lest someone does.
31. Howsoever, people or situations try, NEVER let them diminish YOUR SELF-WORTH.
32. We all want GROWTH & PROGRESS. Realize them through your TALENTS and STRENGTHS.
33. Manage your ANGER with Grace, Dignity & Aplomb. Dreadful & Ugly you look when you Are ANGRY.

34. Money Borrowing-Lending! Careful! Lest '*Buy now, Pay Later*' becomes, '*Pay Now or Face the Consequences*'.
35. Most Arguments are unnecessary. More arguments you win, few Friends you will have. AVOID ARGUMENTS.
36. Thinking of a GIFT? Think hard but Practical, before deciding about.
37. ACTION/KARMA Brings Glory & Success. Be detached from the results. Concentrate on ACTION.
38. Learn to say polite 'NO'. Never say 'yes', when you want to say 'NO'.
39. COOKING: A noble everyday act. Learn Cooking and take pride in the art.
40. Crime doesn't pay. You may think, no one is watching. But He is & someone else may also be.
41. ARROGANCE corrodes your inner self. Do not become an object of detest and pity with arrogance.
42. You are YOU, the Unique & Original. Do not Ape others to become Duplicate. Retain your Originality.
43. Focus, Passion, Positive Energy. Cultivate them for Growth-Progress-Success.
44. MARRIAGE should be a Duet. When one Sings, other Claps.
45. Does your Money Speak for you? Be GENEROUS & KIND. See it Grow your Stature & make it Speak for you.
46. Do you feel IRRITATED often? Though natural, but Not Desirable! Why not do something about it.

47. Change what you can. ACCEPT what you cannot. Don't Crib, don't Criticize, don't Blame. Accept people as they are.
48. Art of COMMUNICATION is vital for Success. Those who communicate well, Shine & remain ahead . Master the Art.
49. Stress, Tension, Worry or Fear, are all the same, leading you to misery. Win them over & lead a Rewarding life.
50. INITIATIVE. Look around & observe what needs to be done. JUST DO IT, without being told to do.
51. LAUGH & the world Laughs with you. LAUGHTER, is the BEST MEDICINE & indeed, your SOUL SOUPE.
52. TIME is the essence in life, difference between Success & Failure. Put this commodity to Best Use. Never waste Time.
53. Start Small, Enjoy Big. Ignore all small things but enjoy all small pleasures life has to offer.
54. Do you always feel hurried, harried, or hassled? Try & stay blissfully calm, serene & cool for optimum productivity & efficiency.
55. Convenience matters in life. But your convenience must not make others 'inconvenient'.
56. In Life, nothing touches you more than FREEDOM from Dependency on others. Yes, try to be SELF-RELIANT.
57. Heaven or Hell! Both are here. Create your own HEAVEN within.
58. PERSEVERANCE is the difference between Success & Failure. Keep TRYING & You will be Successful.

59. Nothing lasts forever. Not even our YOUTH. But, prepare well to meet Dusk of life gracefully with dignity & poise.
60. Accept old Age with Grace and live with Dignity but DO NOT ever accept option of 'Retirement' from productive work.
61. Everything that begins, must end. True of everything including human life! BIRTH and DEATH are part of Life.
62. LIVING PRINCIPALS for a Rewarding Life. Life is a MARATHON, not a sprint. WINNER is the one, who wins ultimately.
63. Our Roads are the Visible sign of our CHARACTER
64. Life Management is the Object and Essence of our books. Life is not about simply coming & going, BUT LEAVING A MARK.

1

Always keep in touch with your Creator through Simple & Sincere PRAYERS. Seek no Rewards, no Demands. Just PRAY & Be Happy.

Let's discuss the profound essence of prayer. It's about maintaining an open, sincere connection with our Creator, not for personal gain or demands, but simply to pray and find happiness. For those who believe in a higher power, no elaborate explanation is needed; for those who don't, words often fall short. Our Creator isn't a physical entity we can see or touch. Instead, God's presence is reflected in the qualities we embody: our kindness, compassion, and generosity towards others. Godliness is manifested in the good we project into the world, in our willingness to help, share, and give.

Consider the tale of the master and his young disciple, who, confused about God's nature, sought clarification. The master, instead of offering a direct answer, presented a rosebud, asking the disciple to unfold it without tearing its petals. The disciple, though perplexed, attempted the impossible task. Witnessing his struggle, the master recited a poignant poem:

**“It is only a tiny rosebud, a flower of God’s design.
But I cannot unfold the petals with clumsy hands of mine.
The secret of unfolding flowers is not known to such as I.**

**God opens this flower so easily but in my hands they die.
If I cannot unfold a rosebud, this flower of God's design,
then how can I have the wisdom to unfold this life of mine?
So, I will trust in God for leading each moment of my day.
I look to God for guidance in each step along the way.
The path that lies before me, only lord and savior know.
I will trust God to unfold the moments, just as He unfolds the Rose.”**

Prayer is a noble act of gratitude towards the Higher Power who created this beautiful world for us to share in peace and harmony. It's a way to remember, connect with, and express our love and affection for our Creator, accepting Him in totality.

Throughout history, various religions and deities have emerged, often stemming from human divisions and selfish motives, despite a singular Creator. This has led to discord and disharmony in a world meant for equality. In these circumstances, prayer can unite us, inspiring us to help and care for one another with universal love and compassion.

In times of distress, be it natural calamities, personal challenges, or illnesses, we often turn to our Creator, in whom we've placed our faith, expecting assistance. When our trust in God is absolute, how do we approach Him? The most crucial aspect is a pure heart, spreading goodness, and praying for the collective good rather than solely for personal gain. We shouldn't approach God as a beggar or a bargainer, but simply to connect with Him. If we ask for anything, let it be for forgiveness, with a sincere commitment not to repeat the act for which forgiveness was sought.

Our scriptures tell us God is Omnipresent, meaning He is everywhere. If God is Omnipresent, we don't need to tell Him what we need; He knows what is best for us. We may not know what the next moment holds, but He does, for He is the doer. Everything unfolds according to His will.

Ideally, even a brief prayer should be our first act upon waking and our last before sleep. Our Creator should always be in our thoughts and hearts,

with prayers offered frequently throughout the day. Prayer is a serene state of mind, free from a wish-list of desires. When things don't go our way, we sometimes feel frustrated, but this often stems from a transactional view of prayer. True prayer brings peace, joy, tranquility, and harmony. I firmly believe that God reserves the best for those who don't ask and leave the choice to Him.

Prayer isn't about memorizing mantras or performing rituals robotically. It's about quietly sitting, with a heart full of gratitude for our Provider, feeling fulfilled by His love and blessings. Prayer reflects our sincerity, honesty, earnestness, and emotions of love and gratitude from a pure heart.

Ultimately, prayer is about being a good human being—spreading goodness, serving humanity, and upholding what we believe is right. Figures like Vivekananda, Mother Teresa, Mahatma Gandhi, Nelson Mandela, Martin Luther King, and Abraham Lincoln lived lives that were, in essence, continuous prayers. We should emulate these noble individuals who transformed the world through their dedication, sacrifices, and selfless service. Formal prayers become secondary when our actions embody our devotion.

Prayer requires more heart than mind or tongue. It's the bridge connecting us to our Source or Creator, and it doesn't need to be elaborate or ritualistic. Prayer helps tame our ego and false pride, representing a complete surrender to the Almighty, trusting Him to decide what is best for us. Whatever He gives, we accept with grace and humility.

We should love our Creator, not fear Him, for He is always with us when we pray sincerely and without conditions. We pray because we desire to, with a sincere purpose to connect with our Source, as this generates joy, harmony, peace of mind, security, serenity, and tranquility within us. God's delays are not denials. When facing difficulties, don't lose heart; just pray, remembering that during a test, the teacher is often quiet.

The saying "Faith can move mountains" truly means that unwavering faith in God and unceasing prayer grant us the strength to overcome every

challenge. Humans have limits, but God's abundance is limitless, far exceeding our dreams. By begging, we limit His options for us.

Consider the child at a function who asked the host for sweets instead of taking them himself. He explained to his father, "Papa, my hands are so small. I could take only a little. Uncle's hands were so big. See how many sweets he has given me." Such are God's benevolent ways: when we ask, we receive little; when He gives, we receive abundance to fulfill our dreams.

Often, we engage in wrongdoing, then seek forgiveness at a temple, only to repeat the actions. This mindset has unfortunately made a mockery of many religions. We spend fortunes on temple functions or create grand showpieces, yet outside, we ignore the hungry and destitute. How can we truly please God with our prayers and devotion if we treat His creations so shabbily? It's a common, unfortunate sight to see people arrive at temples ostentatiously, ignoring the suffering outside, only to prostrate themselves before the deity within.

Regardless of our religion, we must be true and sincere. In God's eyes, prayers, spirituality, or religious rituals hold no meaning if we don't work to alleviate the suffering of our fellow human beings or help the less fortunate. It is a giving, helping, and sharing attitude that elevates us. People are recognized and rewarded for what they give, not for what they get.

Prayer isn't a duty. We can pray through our good deeds, goodwill, good intentions, our giving-helping-sharing nature, and by being kind and compassionate to His creations. We pray because we want to, remembering Him, thanking Him, and expressing gratitude for all the good He has provided. There is no punishment or reward in prayer.

Imagine a supervisor on the sixth floor trying to get a worker's attention on the ground. He called, but the worker didn't hear due to noise. He threw a ten-rupee note, which the worker pocketed. Then a hundred-rupee note, also pocketed. Finally, he threw a stone, which hit the worker, making him look up. We are often like that worker. When God sends us blessings, we

often take them for granted, pocketing them without thanks. Only when problems arise, when we are "hit with a stone," do we remember Him and pray. So, when looking around doesn't yield answers, try looking up.

When we turn to God for help, we must be equally quick to thank Him when that help is granted. Expressing our thanks and gratitude is a form of prayer. When we remember Him, He remembers us. For effective prayer, it must come from our heart with full sincerity and honesty of intention. But we must also fulfill our part through our actions or Karma. Prayer is a bridge to connect with our God, Source, or Higher Power. This connection must be pious, sacred, full of humility, sincerity, selflessness, compassion, and kindness.

Remember: We should pray every moment for all humanity because when we pray, we express our love, thanks, and gratitude to the Higher Source, our Creator, who brought this universe into being. Praying doesn't mean robotically chanting His name, visiting temples, or prostrating before Him. We pray through our actions and intentions, through our good deeds, our sincerity, altruism, goodness, our helping-giving-sharing nature, and the compassion, empathy, and kindness we show towards His creations.

2

In Life, Exams come first, then Learning. Wise learn from own experience, WISER learn from others. Be Wiser not just wise.

In life, experience is invaluable. However, gaining experience takes time, and by the time we learn from it, it might be too late to apply those lessons effectively. The wise learn from their own experiences, but the wiser learn from others. Therefore, it's crucial to always remain in a learning mode. While learning from each personal experience is good, it's even better to be a keen observer and learn from the experiences of others. This approach can help you navigate life more effectively.

This book aims to share my experiences through various lessons. It's essential to develop an analytical mind and not accept things without personal analysis. You're thinking and mine cannot be identical, as our situations, ages, aims, and objectives in life differ. My intention is not for you to blindly accept what is said or read, but rather to analyze it with your own analytical mind before accepting and internalizing it.

Always maintain a learning attitude, actively seeking opportunities to learn and instill good habits, mannerisms, ethics, etiquette, basic courtesies, self-discipline, and a high degree of civic sense. There are countless learning opportunities around you. Before you go to sleep each day, analyze

the day's events. Reflect on where you went wrong and what good qualities you observed in others that you can adopt. Cultivate this learning attitude to quickly internalize these lessons.

The faster we learn, the better off we are. Take an interest in others and observe their good habits. Be a good listener—listen carefully, observe diligently, and internalize effectively. Make self-improvement and self-development a way of life. Regardless of how good or accomplished you may be, there is always room for improvement. Never become complacent, even if you are at your best; strive to be even better.

Change where change is required. Change what you can but accept what you cannot. Not everything in life will be to your taste or liking; you must adapt. Cultivate a habit of accepting what you cannot change. A habit, good or bad, is typically formed by repeating an action for about 21 days. Always keep an open mind, as "minds are like parachutes; they work only when open." Never close your mind to possibilities. Chances and opportunities await you everywhere; keep your eyes and ears open because opportunities often knock softly.

People often overreact to situations beyond their control, such as sudden weather changes leading to program cancellations, new government taxes, increases in utility prices, unexpected traffic jams, or the defeat of a favorite sports team. These events happen to everyone and will continue to occur, not just to you. Remain calm, unperturbed, and non-reactive. If others are complaining, let them.

As a positive and substantial person, maintain your dignity and composure. Focus on how best to meet challenges. Most problems have a limited lifespan; eventually, they will either pass, or you will adapt to the new situation. The best approach is often to let go. If you have fully surrendered to God, then it becomes His problem, not yours. Your 'Dharma is Karma' (Action), so keep performing your Dharma.

Remember: "Life's battles are not always won by the faster or stronger person. The person who wins is the one who thinks HE CAN." If you try, try hard and smart enough, and keep trying, nothing is impossible to achieve in life. It requires persistent effort. Never give up. Try, try, and try again. In life, everything may or may not work, but persistence always works. Never give up. Never, never, never.

You've Just Finished your Free Sample

Enjoyed the preview?

Buy: <http://www.ebooks2go.com>