

DR. JASH DESAI

The Power of the Conscious Mind

Awaken the Power of Your Conscious Mind

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THE POWER OF THE CONSCIOUS MIND

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From the Author

I do not consider myself a writer. To me, writers are those who dive into the unfathomable ocean of thought and return with pearls of wisdom—those who pluck stars from the sky of imagination and weave them into words so beautifully that, while reading, the reader is transported into an entirely new world.

I am not such a writer. I am merely an ordinary human being who has made an honest attempt to share, through this book, what I have seen, understood, learned, and experienced in life. If even one idea from this book can bring about a positive change in your life, I will consider myself truly fortunate.

My journey, too, has been the journey of an ordinary person—just like yours. There was a time when I was searching for answers to the same questions that you may be searching for today. Why am I unable to change, even though I genuinely want to? Can our thoughts truly change our lives? Can destiny be changed? Approximately eighteen or nineteen years ago, my journey began with the concept of the *Power of the Subconscious Mind*. At that time, I too had many dreams. I believed that if I could understand the power of the Subconscious Mind, I could shape my life exactly as I wished. But as I continued chasing those dreams, questions began to arise within me. And while searching for answers to those questions, the study of psychology, human behaviour, and consciousness gradually became an important part of my life.

This search eventually led me to hypnosis. I studied it and later began

teaching it. But one day, while I was teaching hypnosis in a classroom, I had a realisation that completely transformed my way of thinking.

I saw how the power that we call the *Subconscious Mind* actually works and at that very moment, a new question arose within me: If the Subconscious Mind is so powerful, why are most people still unable to create lasting change in their lives? That was the point at which my search took a new direction. Gradually, I began to realise that the power of genuine transformation does not lie only in the Subconscious Mind. It lies in the awakened, Conscious Mind. It is a person's conscious decision that has the power to change the direction of their life. This marked the beginning of my journey into the **POWER OF THE CONSCIOUS MIND**.

For nearly fifteen years after that, I continued studying, practising, and counselling people in this field. I am not a celebrated mind trainer. I do not stand on enormous stages and inspire thousands of people. I am an ordinary counsellor. But throughout this seemingly ordinary journey, I had the opportunity to spend thousands of hours sitting with people, listening to their problems, understanding their mental patterns, and helping them make small but meaningful changes. Those experiences taught me more than perhaps any book ever could. Many of the ideas presented in this book are based on those experiences, experiments, and real-life case studies.

While working with people, I repeatedly observed one thing.

Everyone says:

“Live in the present.” But very few people explain how one can actually live in the present. This led me to begin observing human behaviour more deeply. I found that a young mind usually lives in the future. It remains occupied with dreams, plans, and the possibilities of tomorrow. An elderly mind, on the other hand, often lives in the past. It struggles to move beyond memories, regrets, and experiences that have already passed. In such a state, the present remains merely an idea rather than becoming a lived

experience. Based on this understanding, I began working on certain practical techniques whose sole purpose was to help people learn to live with greater awareness in the present moment. I practised these techniques with many individuals and witnessed encouraging results.

Preface

Why People Today Appear Successful on the Outside but Remain Unstable Within

People today appear more connected, informed and comfortable than ever before. They have fast communication, better transport, instant entertainment, countless choices and access to information from across the world. Yet anxiety, restlessness, comparison, emotional fatigue and disconnection appear to be increasing within them.

This contradiction is not simply the result of technology. The problem is not technology, money, education, career or comfort. The problem begins when these means start taking the place of consciousness. We begin to mistake convenience for life, information for wisdom, connection for presence, productivity for self-worth and consumption for happiness.

From childhood, a person is taught about the outer world. The language of marks, rank, career, status, income and social image is explained. Yet very few places teach why breathing changes during a trigger, how comparison turns into desire, how fear takes control of a decision, and why reasoning becomes weaker once the body's reaction has begun.

As a result, people today know a great deal, but know themselves very little. They can see another person's success, yet fail to recognise their own real need. They can listen to motivational content, yet cannot tell whether it is awakening strength or inferiority within them. They can narrate the story of their past, yet fail to see how that same story is being repeated in their

behaviour today.

The journey of this book does not reject the race of the outer world; it adds awareness to it. Work, earn, learn, use technology and enjoy comfort—but do not hand your identity over to these things. Do not allow any product, speaker, system, relationship or old experience to become greater than your conscious choice.

A person's greatest power is not that they will never be triggered. Their power lies in the ability to create a small pause between the trigger and the reaction. This pause is the doorway to awareness. Within that pause, the body becomes visible, the breath can be heard, the emotion can be recognised and a new response becomes possible.

In this book, the term “Conscious Mind” does not refer only to logical thinking. It means active awareness: observing what is happening within and around you without being immediately swept away by it. It is the critical filter that does not blindly accept every suggestion. It is responsibility that understands the past but does not surrender the present decision to someone else.

You will encounter several English terms throughout the chapters—pattern, response, conditioning, critical filter, subconscious, identity and awareness. They have been retained deliberately because they are familiar in everyday contemporary language. The purpose of the book, however, is not to debate words; it is to understand the experience behind them.

Some ideas may appear different from your existing beliefs. You do not need to accept them immediately. Question them. Compare them with your experience. Observe them in your body and behaviour. Put into practice whatever appears true in life. Do not accept what does not appear true merely because an authority has said it.

After every chapter, ask yourself one simple question: “Where does this appear in my life?” Then take three breaths and write down the small conscious response you could choose the next time the same situation arises. This is the process that turns reading into transformation.

This book was not written to make you perfect. It was written to make you present. Perfection may be an image, but presence is a living experience. Only when a person is present can life move from automatic reaction towards conscious choice.

Acknowledgements

First and foremost, I express my heartfelt gratitude to my parents, who gave me life, raised me, and laid the first foundation of this journey. Whatever I am today carries the deep contribution of their love, values, and sacrifices. It is not easy for me to express in words the gratitude I feel towards my wife. We have completed nearly fifteen years of married life. During all these years, she has not merely stood beside me—she has patiently accepted my search, my restlessness, my struggles, and even my incompleteness. However, the most special place in the creation of this book belongs to my son. In some way, he was the one who truly initiated the writing of this book. I would often explain the *Theory of Mind* and the functioning of the human mind to him through different situations and through the small and significant experiences of everyday life. But he did not merely listen.

He asked questions. His questions were sometimes simple and sometimes extraordinary. On many occasions, a single question from him led me into a depth of thought that I might never have reached on my own. Nearly half of the questions presented in this book were born, in one form or another, from his curiosity. To be honest, he brought out the metaphorical thinker hidden within me. There were many thoughts and experiences within me, but it was his questions that inspired me to shape them into words, examples, and metaphors. He drew out of me those metaphors that might never have emerged without him.

Many times, I find myself wondering:

If there had been no Arjuna, how would the dialogue of the *Bhagavad Gita*

have been born?

Without Arjuna's questions, how would those answers have emerged from Shri Krishna—the answers that the world now knows as the Gita? The grace of the Gita reached us because of Arjuna's curiosity. I am not comparing my son to Arjuna, but in my life, he has played the role of a questioner. His questions gave the answers hidden within me an opportunity to emerge. His contribution to the form this book has taken today is profound. Therefore, within every idea, every metaphor, and every question in this book, the imprint of his curiosity exists in some form. I also bow with heartfelt reverence to all the gurus who have entered my life.

If I began writing down all their names, the list would become very long. Some gurus met me personally. Some reached me through their teachings, and some are no longer physically present in this world, yet their words and philosophies have continued to guide my life. Lord Shri Krishna, Lord Shri Ram, and Osho have had a particularly significant influence on my life. One statement by Osho completely transformed my approach to learning: "Do not mistake borrowed knowledge for your own. That which you have not experienced for yourself cannot truly be called your knowledge."

After hearing this statement, I began discussing everything I learned, examining it in my own life, and seeking direct, practical experience of it. With the same intention, I would also like to say to my readers: do not allow anything you read in this book to remain confined to words. When an idea touches you, discuss it. Test it in your own life. Experience it. Books can offer ideas, but it is often a guru who shows us how to weave those ideas into our lives. Pride can easily be born alongside knowledge. Therefore, there must always be some place in our lives where our head naturally bows—before a guru, an ideal, a tradition, or God. Learning is necessary. But remaining humble while learning is even more important. I offer my respectful salutations to every direct and indirect guru who has entered my life. Finally, I express my gratitude to all those people who, through a

question, an experience, their support, a challenge, or even a disagreement, helped move this journey forward. This book was not created through my writing alone.

It was brought to life collectively by all the relationships, questions, experiences, and blessings that became a part of my life.

PART I - THE ILLUSION OF MODERN LIFE

CHAPTER 1 - THE ILLUSION OF MODERN LIFE

Comfort Increased, but Consciousness Declined

Sometimes the direction of an entire society is changed not by a great victory, but by a small defeat.

History has witnessed moments when a powerful army lost on a minor front. The defeat did not occur because the enemy was stronger. Nor did it occur because weapons were lacking or the soldiers were untrained. The problem lay somewhere else.

Some soldiers did not blindly follow every order. At certain moments, their moral values, personal discernment and human sensitivity stood between the orders of senior officers and their own actions. For any authority or system, this is a very serious matter. What happens to obedience if soldiers begin to think during a war? How can control continue if a person places personal discernment before an order? How can a system use people without resistance if they act from inner awareness?

From here, a major idea emerges:

A person must not only be made skilled.

They must also be made obedient.

They must not only be educated.
They must also be taught to stand in line.
They must not only learn.
They must also learn to follow a structure.

Gradually, uniformity, discipline, standardisation and obedience gained increasing importance within the education system.

One uniform.
One syllabus.
One set of books.
One timetable.
One examination.
One marking system.
One line for everyone.

Whether a child is a boy or a girl, gifted in art or science, learns through imagination or observation, through the body or language, through emotion or experience—the system places everyone in the same line and judges everyone through the same examination paper. This is where the illusion of modern life begins. The purpose of education should have been to awaken a child's inner potential. Yet education has often become a system that repeatedly reminds children of their weaknesses.

Education: Awakening Talent or Displaying Weakness?

From childhood, a child is told: get good marks, gain admission to a good school, earn a good degree, find a good job and secure a good salary package.

Only then will you be successful. Gradually, the child begins to believe that personal value is not determined by awareness, sensitivity, intelligence, creativity, courage, originality, emotional depth or understanding of life. Value is instead determined by marks, rank, percentage, certificates and comparison.

Good marks mean you are intelligent.

Low marks mean you are weak.

A high salary package means you are successful.

A low salary package means you are average.

A big brand means you are valuable.

A small position means you are ordinary.

This is modern conditioning.

But here we must ask a very important question:

Was the education system created to awaken a student's talent?

Or was it created to repeatedly show the student their weaknesses?

If a student is not good at a particular subject, does that mean the student is weak?

If a child has no interest in a particular subject, why should that child repeatedly be judged in that same subject?

If a child is naturally gifted in music, drawing, sport, business, communication, observation, craft, farming, healing, leadership or practical work, should that child be considered weak merely for not scoring highly in prescribed subjects?

The system often fails to ask:

Where is this child naturally strong?

What has this child come to express?

What is this child's real capacity?

What kind of intelligence exists within this child?

The system asks only:

How many marks did the child obtain in the prescribed syllabus?

And even if the child receives good marks, the message often remains the same:

You did not get full marks.

You did not score ten out of ten.

You did not score one hundred out of one hundred.

You are not perfect.
You still need to improve.
You are weak here.
You are behind there.

Gradually, the child stops seeing personal talent and begins seeing deficiency.

Education is no longer a joyful process of discovery.
Education becomes pressure, comparison and fear.
The child no longer asks, "What is my gift?"
The child asks, "Where am I weak?"
This is the deepest damage caused by modern education.

The Examination System and the Constant Reminder of Imperfection

An examination can be useful when it is used to understand a student, guide them and support their growth.

But when an examination becomes merely a means of exposing shortcomings, it can damage a child's confidence.

After every examination, the child is shown:

Where marks were deducted.
Where the answer was incomplete.
Where a mistake was made.
Where the rank fell.
Where the percentage was low.
Where another student performed better.

Gradually, the child begins to feel permanently incomplete.

A little more.
A little better.

A little higher.

A little faster.

A little closer to perfection.

But who defined this perfection?

Not every child is made for every subject.

Not every person is made for every field.

Each person has a different nature, body, intelligence, rhythm, interest and consciousness.

Yet the system places everyone within the same frame and says:

Perform. This is not education.

This is standardisation.

Standardisation may make a system easier to manage.

But it can also destroy individuality.

Uniformity: Discipline or Conditioning?

A school in which every child wears the same uniform, brings the same books, sits in the same classroom, follows the same bell and writes the same examination appears highly disciplined from the outside.

But discipline and conditioning are not the same thing.

Discipline is necessary.

Blind obedience is dangerous.

Conscious discipline strengthens a person.

Blind obedience turns a person into a tool of the system.

It may be useful for a child to learn to stand in line.

But it is dangerous if the child forgets how to question.

It may be useful for a child to study a syllabus.

But education is incomplete if the child forgets how to study life.

An examination may be necessary.

But it is a profound illusion if the child begins to consider marks the final measure of personal value.

The system teaches the child:

Stand when the bell rings.

Sit when the bell rings.

Speak when permission is granted.

Write only what has been asked.

Study only what has been prescribed.

Think within the syllabus.

Compete within the structure.

Accept the result.

Let me make this clear once again:

Discipline is not the problem. The problem begins when discipline becomes obedience without awareness.

Education should awaken intelligence; it should not manufacture compliance.

Adam Smith, Productivity and the Value of a Human Being

Adam Smith discussed the division of labour and productivity in the context of economics.

The danger begins when the same way of thinking is applied to human beings.

A living person gradually becomes an economic unit.

The questions are no longer:

Who are you?

What is your consciousness?

What is your inner direction?

What is your natural intelligence?

What kind of life have you come to create?

The questions become:

- How much can you produce?
- How much can you earn?
- How useful are you to the system?
- What degree do you possess?
- What is your salary package?
- What is your market value?

Gradually, a person begins to look at themselves through the same lens.

The person stops asking:

- Who am I?
- What am I becoming?
- What is my real capacity?
- What is my consciousness learning?
- Am I awake?

And begins asking:

- What is my salary?
- What is my designation?
- What is my package?
- What do people think about me?
- Am I ahead or behind?

This is the profound illusion of modern life.

- The market does not want a conscious human being.
- The market wants a predictable consumer.
- A company does not always want your consciousness.
- It wants your productivity.
- A system does not always want your originality.

It wants your compliance.

- This may sound harsh, but it needs to be seen clearly.
- If a person does not recognise personal value, the market will define that

value.

If a person does not choose a personal direction, the system will choose one.

If a person does not awaken the Conscious Mind, they will lose themselves in the race of marks, money, productivity and market value.

Adam Smith and Karl Marx on the University Campus

A strange contradiction can be seen on the modern university campus.

On one side sits Adam Smith in silence—productivity, specialisation, market value, economic usefulness, jobs and efficiency.

On the other side sits Karl Marx in silence—labour, class, production structures, worker identity and economic struggle.

Both perspectives can be useful in their own ways for understanding economics and society. But if the entire purpose of education becomes economy, production, labour and employment, where does the conscious human being go?

Most universities do not say:

We will awaken your consciousness.

We will help you discover your real direction.

We will teach you to think independently.

We will teach you to become an entrepreneur.

We will prepare you for life.

Most institutions proudly say:

You will get a job.

You will get a placement.

You will get a salary package.

You will get a company.

You will become useful to the market.

This raises a serious question:

Is education freeing human beings?

Or is it fitting them into the system?

If every student is prepared to become an employee, where will entrepreneurs come from?

If every student is taught to follow instructions, where will original thinking come from?

If every student is measured through marks and placements, what will happen to imagination, courage, risk-taking, wisdom and consciousness?

A human being is not merely market value.

A human being is not merely a unit of labour.

A human being is not merely a marksheet.

A human being is not a machine for producing employees.

A human being is a conscious being.

And if education does not awaken consciousness, education is incomplete.

Women, Productivity and the Illusion of Economic Value

The modern economy has created a very clever definition of productivity.

Only work that visibly generates money is considered productive.

Work performed at home is ignored.

Care given within a family is ignored.

Food cooked at home is ignored.

Children raised with love are ignored.

Elderly people cared for with patience are ignored.

The emotional foundation of a home is ignored.

Because money is not directly exchanged, this work is not counted as productivity.

This has created a major misunderstanding about women's labour.

If a woman cooks at home, looks after the children, manages the household, cares for elderly family members and holds the family together, the economy often does not count her work. But if the same woman works

in someone else's home while another person comes to work in her own, both activities suddenly become part of the economy.

What a strange formula.

The same work inside the home is invisible.

The same work outside the home is productive.

If a woman makes bread at home, it is not counted as economic productivity.

But if bread is manufactured in a factory, packaged, branded and sold in the market, productivity increases.

If a woman makes coffee for her family at home, it is not counted in the economy.

But when the same coffee is purchased from a café, it becomes economic activity.

Food cooked at home is considered ordinary.

Food that is processed, packed, delivered, branded and sold becomes an industry.

This is the deep illusion of modern civilisation.

The question is not whether women should work or should not work.

Women should receive education.

Women should have freedom.

Women should have economic strength.

Women should have the right to choose their own lives.

Women should have dignity, safety and independence.

But the deeper question is:

Is the choice conscious?

Or is the choice being shaped by market pressure, comparison, economic design and social conditioning?

If liberation merely means that women enter the same corporate stress, productivity race, EMI pressure, consumption trap and market slavery in

which men are already trapped, we must ask:

Is this liberation?

Or is it equal exploitation?

Women were once exploited by being confined. If they are now drawn into the market merely as cheaper labour, additional consumers and productivity units, this too can become another form of exploitation.

The issue is not home versus office.

The issue is consciousness versus conditioning.

A woman who works with awareness is free.

A woman who remains at home with awareness is also free.

A woman who works under pressure is not free.

A woman who remains at home under pressure is not free either.

Freedom is not merely a location.

Freedom is consciousness.

The Image of the Witch and the Rejection of Feminine Knowledge

There have been periods in Western history when women were accused of being witches, punished and socially destroyed. Many women who possessed knowledge of herbs, healing, cooking, childbirth, bodily wisdom and nature were viewed with suspicion.

Old cartoons, illustrations and cultural images often portrayed women as witches—stirring strange liquids, cooking something mysterious or creating something dangerous.

This imagery was not always innocent. It often reflected society's fear of feminine knowledge, domestic wisdom, healing power and an independent female presence.

A woman who cooked at home was called non-productive.

A woman who prepared herbal remedies was considered suspicious.

A woman who held family knowledge was dismissed.

A woman connected with the body, food, children and nature was given no value in the economic model.

But when the same food became factory food, it acquired market value.

When the same care became a paid service, it acquired economic value.

When the same healing became a commercial product, it acquired industrial value.

When the same nutrition was packaged, branded and sold, it acquired productivity value.

In this way, modern civilisation has repeatedly converted the home, care, food, family and feminine wisdom into market products.

First, the home was weakened. Then the market sold the very things the home once provided. This needs to be seen clearly.

Equality or Equal Exploitation?

A great deal is said today in the name of women's liberation. This is a sensitive subject and therefore must be understood with care.

Women's freedom is necessary.

Women's education is necessary.

Women's financial independence is necessary.

Women's dignity is necessary.

Women's right to choose is necessary.

But if liberation only means that women enter the same race that has already exhausted men, the question still remains:

Is this true freedom?

Or is it equal exploitation?

Men once carried the pressure to earn. Now women carry that pressure

too.

Men were already trapped in the productivity race. Now women are being pulled into the same race.

Men first became disconnected from family, the body, food, rest and inner life. Now women are being pushed into the same disconnection.

If both men and women become disconnected from the home, children, elders, food, the body, nature, rest and inner awareness, society may appear modern on the outside while becoming empty within.

Society cannot survive on productivity alone.

It also needs care.

A family cannot survive on money alone.

It also needs presence.

A human being cannot survive on success alone.

A human being also needs consciousness.

This is why modern life becomes dangerous when comfort increases but consciousness declines.

The Market's Real Target: Not a Conscious Human Being, but a Predictable Consumer

The modern market does not want a deeply conscious human being.

A conscious human being pauses.

A conscious human being questions.

A conscious human being observes desire.

A conscious human being does not buy merely because comparison has been created.

The market wants a predictable consumer:

Someone who sees and immediately wants.

Someone who compares and immediately feels a lack.

Someone who feels incomplete and immediately searches for a product.

Someone who is tired and immediately seeks stimulation.
Someone who is lonely and immediately turns to a screen.
Someone who is insecure and immediately clings to a brand.
Someone who feels empty and immediately consumes.

First the market creates a sense of lack.
Then it sells the solution to that lack.

First it tells you that your phone is old.
Then it sells you status.

First it tells you that your skin is not perfect.
Then it sells you beauty.

First it tells you that your body is not ideal.
Then it sells you fitness, diets, supplements and correction.

First it tells you that your lifestyle is ordinary.
Then it sells you luxury.
This is the modern market.
The market does not need your actual need.
It needs your insecurity.

An insecure person consumes more.
A satisfied person consumes less.
An aware person is difficult to manipulate.
A stable person does not panic-buy.
A connected person does not constantly seek external validation.
That is why the Conscious Mind is a threat to the modern market.

Comfort Increased, but Stability Declined

Comfort is not wrong in itself. Technology is not wrong. Modern life is not wrong.

Comfort is not the problem.

The unconscious use of comfort is the problem.

When comfort is used consciously, it can make life easier.

When comfort is used unconsciously, it can make a person weak.

Earlier, people had to wait. Today everything is instant.

Earlier, relationships involved dialogue. Today many relationships are filled with reactions.

Earlier, the body worked. Today the body sits while the mind keeps running.

Earlier, people were connected with nature. Today many are connected mainly with screens.

Earlier, life was slower but experience was deeper. Today life is faster but experience is often superficial.

We have comfort, but less patience.

We have speed, but less direction.

We have access, but less self-connection.

We have information, but less awareness.

A person appears modern on the outside but becomes unstable within.

Information Increased, but Awareness Declined

Human beings today read, watch, listen to and consume more information than ever before.

But information and awareness are not the same.
Information comes from outside.
Awareness awakens from within.
Information tells you what is happening in the world.

Awareness shows you what is happening within you.
Information can tell you about others.
Awareness connects you with yourself.
People know health tips but do not listen to the body.

They know motivational quotations but do not observe fear.
They know relationship advice but do not understand attachment.
They know spiritual words but do not observe their reactions.
They know formulas for success but do not know their own direction.
This is the illusion.

A person can know many things and still not know themselves.

And when a person does not know oneself, that person becomes a slave to personal patterns.

Outer Connection and Inner Disconnection

Social media has connected us with thousands of people. But are we truly connected?

Someone's photograph creates comparison.
Someone's success creates a feeling of lack.
Someone's lifestyle makes our own life feel small.
Someone's praise inflates the ego.
Someone's criticism breaks the mind.
Someone's achievement makes our own journey feel weak.

We appear connected on the outside.

Within, we are often trapped in comparison, anxiety, fear and dissatisfaction.

Connection is not merely a network.

Connection is presence.

Am I present in my body?

Can I feel my breath?

Can I observe my thoughts?

Can I understand the difference between desire and need?

Can I recognise my reaction?

If not, outer connection cannot remove inner disconnection.

The Illusion of Comfort and EMI Life

One of the major illusions of modern life is visible success.

A person begins to live according to comparison rather than need.

A bigger house.

A better phone.

A new car.

Branded products.

Luxury experiences.

A lifestyle that appears successful.

Gradually, life becomes divided into EMIs.

The house is on EMI.

The car is on EMI.

The phone is on EMI.

The lifestyle is on EMI.

Status is on EMI.

And sometimes even peace of mind goes on EMI.

The EMI itself is not the problem. The question is:

Did the decision come from a real need?

Or did it come from comparison?

If comfort makes life simpler, it is useful.

But if comfort brings anxiety, pressure and a race for identity, comfort becomes bondage.

Modern people think they own things.

But gradually, those things begin to own their lives.

The Body Is Resting, but the Mind Is Restless

The modern lifestyle has reduced the movement of the body and increased the movement of the mind.

The body is sitting on a chair, but the mind is running in a hundred directions.

The body is in a room, but the mind is in messages, reels, comparison and anxiety about the future.

The body is tired, but the mind is not ready to sleep.

The body wants rest, but the mind wants stimulation.

This is why so many people today remain tired even while resting.

Rest and distraction are different.

Relaxation and unconsciousness are different.

Escaping into a screen is not healing.

Keeping the mind busy is not peace.

Real rest begins when a person returns to the body, the breath and the present moment.

This is the beginning of awareness.

Rejecting Modern Life Is Not the Solution

The purpose of this chapter is not to reject modern life.

Technology is not the enemy.

Education is not the enemy.

Money is not the enemy.

Jobs are not the enemy.

Comfort is not the enemy.

It is not wrong for women to work.

It is not wrong for men to earn.

Success is not wrong.

The problem begins when all these things are lived unconsciously.

Use technology, but do not allow technology to use you.

Receive education, but do not lose your individuality.

Do a job, but do not become only an employee.

Earn money, but do not derive your self-worth from money.

Use comfort, but do not lose your inner strength.

Choose freedom, but do not become a slave to the market.

Rejecting the modern world is not the solution.

Being swallowed by the modern world is not the solution either.

The solution is conscious living.

See Life as Patterns, Not Merely as Events

Most people understand life through events.

Someone said something, so I am hurt.

Someone ignored me, so I am broken.

Someone criticised me, so I am angry.

The situation is difficult, so I am unstable.

But an aware person sees the pattern behind the event.

Which thought arises repeatedly?

Which emotion becomes active immediately?

How does the body react?

Where does the breath change?

Why do I react immediately?

What do I repeatedly believe?

This is the real study.

There is no need to blame yourself.

There is no need to blame the past.

There is no need to blame the family.

There is no need to blame society.

Blame weakens a person.

Awareness gives strength.

The moment a person says, "This is happening within me, but it is not me," that person becomes slightly separate from the pattern.

Where separation begins, transformation becomes possible.

Where Does Change Begin?

Change does not begin by first changing the outer world. It begins by looking within.

When you begin to observe your thoughts, change begins.

When you begin to observe your breath, change begins.

When you begin to observe the body's reactions, change begins.

When you begin to observe your habits, change begins.

When you begin to question your desires, change begins.

When you ask, “Is this my need, or is it only comparison?” change begins.

Insight gives direction.

Practice changes life.

Whatever you repeat daily becomes your new pattern.

Therefore, do not ignore small conscious choices.

Pause once.

Observe the breath once.

Feel the body once.

Listen once without reacting.

Choose gratitude instead of comparison once.

Before picking up the phone, ask once: “Do I genuinely need this right now?”

Small conscious choices gradually create a new pattern of life.

Practice / Reflection

After reading this chapter, write your answers to these three questions:

1. From where do I derive my value—marks, money, position, social image, lifestyle, productivity or inner consciousness?
2. Which decisions in my life came from real need, and which came from comparison, market pressure or conditioning by the system?
3. What one small conscious action can I take today to reconnect with myself?

Do not merely read these questions. Write your answers.

What is written becomes visible to the mind.

What becomes visible can be observed.

What can be observed can be changed.

Conclusion

The illusion of modern life is not that comfort has increased. The illusion is that comfort has been mistaken for life.

Comfort is a tool, not life.

Technology is a tool, not consciousness.

Information is a tool, not awareness.

Connection is a tool, not presence.

Marks are tools, not human value.

Money is a tool, not identity.

Market value may be useful, but it is not self-worth.

Productivity may be useful, but it is not the wholeness of a human being.

A human being is not merely a phone, lifestyle, status, EMI, social image, marks, salary, package or job title.

A human being is not merely a product of the system.

Not merely a consumer of the market.

Not merely an employee of a company.

Not merely a number on a marksheet.

Not merely a unit of labour in the economy.

Not a productivity machine.

A human being is a conscious being.

There is an ability to observe within us.

There is an ability to pause.

There is an ability to question.

There is an ability to understand.

There is an ability to choose again.

Whatever is to change in life must first become visible.

What remains invisible becomes destiny.

THE POWER OF THE CONSCIOUS MIND

What becomes visible can become practice.

And what becomes practice gradually becomes a new life.

This is the first step in the Power of the Conscious Mind:

Do not lose yourself in comfort, market value, education-system conditioning, the productivity race, social comparison and economic definitions of worth.

Return to your consciousness.

See clearly.

Question deeply.

Choose consciously.

This is where real change begins.

CHAPTER 2 - THE ILLUSION OF NEED AND DESIRE

The Play of Need, Want and Identity Desire

Human needs are very simple, but the modern market makes them complicated. The basic needs of life are food, clothing, shelter, bodily safety, mental stability and healthy relationships with the people around us. These sustain life. Whatever lies beyond them moves towards convenience, preference or luxury.

Three terms must be understood very clearly: Need, Want and Identity Desire. A Need is connected with the body and life. A Want is connected with comfort, convenience and preference. Identity Desire is connected with ego, comparison and display.

Need says, "I require this for life." Want says, "This will increase my comfort." Identity Desire says, "If I have this, people will look at me differently." This third state is the most dangerous, because the object no longer remains something to use; it becomes part of one's self-image.

The market's greatest game today is to present a Want as a Need and a Need as Identity Desire. First, the market creates a sense of deficiency, then it

sells a solution to that deficiency. First you are told that you are incomplete; then a product is sold in the name of making you complete.

A Basic Need and a Manufactured Need

A human being needs food, but is every packaged product truly food? The body needs nourishment, but does it genuinely require every powder, supplement and processed product? The body needs activity, but does every person need the same products advertised in the name of fitness?

A major illusion is being spread today in the name of nutrition and fitness. People are told that if they go to the gym, a protein shake is essential, supplements are essential and a special powder is essential. An atmosphere is created in which normal food appears inferior, while boxed products filled with preservatives and designed not to spoil for long periods are presented as modern nutrition.

The issue here is not opposition to protein. The body needs nourishment, muscle recovery and strength. The question is: does your body truly need that particular powder? Is it appropriate to give everyone the same formula without considering diet, age, level of activity, digestion, recovery and lifestyle?

At times, the education system, certification system and product companies together create a language that makes people lose trust in their own bodies. They are told: what you eat is not complete, not pure, not modern and not scientific. The same person then begins to consider natural food inferior and packaged solutions superior.

This is where the reader must awaken. Going to the gym is good. Strengthening the body is good. Fitness is necessary. But if your basic intelligence is taken away in the name of fitness and everything has to be done according to a market formula, that is where the Conscious Mind

must become alert.

The Illusion of Brand and Status

Consider this through the example of gadgets. A person says, “I must have an iPhone, and it must be the latest or most advanced model.” The question then is: what is your actual need? Calling, messaging, basic applications, a decent camera and ordinary use can all be handled by a standard smartphone.

If someone wants to play games, specialised gaming devices exist. A PlayStation, Xbox or gaming computer can provide a level of gaming experience different from a phone. If someone wants an excellent camera, dedicated devices such as a DSLR, mirrorless camera or GoPro exist for photography and videography.

A person may buy a phone costing one and a half lakh rupees merely so that people see the logo. But if that person genuinely examines personal needs, it may be possible to buy a decent smartphone, a good camera and a gaming device separately—and perhaps use each of them better according to their actual requirements.

This is not an argument against the iPhone or any other brand. If your entire ecosystem is Apple, you genuinely use its features and your workflow is connected with it, it may be a functional need. But if your phone uses Android, your work runs on another system and you want a laptop merely to display the Apple logo, it may not be a Need; it may be an Identity Desire.

A brand is not wrong. Becoming obsessed with a brand is the problem. A product is for use, not for displaying status. If an object fulfils your need, that is fine. But if it is being purchased to conceal a feeling of inadequacy, the Conscious Mind should pause and ask: am I buying a product, or am I trying to protect my identity?

Want, Comfort and Preference

It would also be a mistake to misunderstand Want. Human beings do not live by necessity alone. They also need beauty, convenience, comfort, preference and enjoyment. A good phone, a comfortable chair, a pleasant home, a good journey and good food can all make life enjoyable.

But a Want should not be mistaken for a Need. If convenience improves your life, it is useful. If it draws you into comparison and display, it can make you inwardly unstable.

Conscious living does not mean killing desire. It means observing desire. It means asking whether the desire has come from the body, from comfort, or from ego and comparison.

Identity Desire: When an Object Becomes an Identity

Identity Desire arises when a person chooses an object not for its use, but for an image. The person does not possess a phone; the person possesses status. The person does not possess clothing; the person possesses a social image. The person does not possess a car; the person possesses a symbol of superiority.

In this state, the person is not buying a product but trying to buy a place in the eyes of others. This is the trap of comparison. Someone has something, so I must have it too. Someone has bought a premium brand, so I must buy it too. Someone displays a luxury lifestyle, and I begin to consider my own life small.

Awareness is necessary here. Do not destroy your hut merely because you have seen someone else's bungalow. First see whether there is light in your hut. What is your need? What is your capacity? What is your priority? In which direction do you wish your life to move?

Practice for This Chapter

Whenever the desire to buy an object arises, ask three questions: Is this my Need? Is this my Want? Or is this my Identity Desire?

If it is a Need, honour it. If it is a Want, decide with awareness. If it is an Identity Desire, pause and observe whether you are buying an object or trying to fill a sense of inadequacy created through comparison.

Need sustains life. Want gives comfort to life. Identity Desire can make a person a slave to the eyes of others. The work of the Conscious Mind is to recognise the difference among all three.

CHAPTER 3 - THE COMMERCIAL MIND TRAP

How the Market Controls Our Desires and Identity

The market is very clever. It does not merely sell a product; it first sells the feeling that something is missing. It first tells you that there is a deficiency within you, and then sells a solution in the name of filling that deficiency.

I often say that the work of the market is like selling a comb to a bald person or spectacles to a blind person. But it does not sell the comb directly. First, it shows you the pain of hair loss. Then it sells a hair solution, and afterwards, it comes to sell the comb. First it tells you that you are incomplete, then offers a package that promises to complete you.

The problem is not the product. The problem is the psychological trap in which a person begins to regard a natural condition as a deficiency. The person is then no longer buying a product; the person is trying to conceal insecurity.

Selling a Comb to a Bald Person: Create a Deficiency, Then Sell the Solution

If a person's hair is falling, it may sometimes be a natural part of life. For some, it may be related to genetics, age, health or bodily changes. It is not the end of life in itself.

But the market first makes the person feel incomplete without hair, less attractive, less confident and less successful. It then sells oils, serums, treatments, transplants, styling products, grooming packages and image solutions.

If a person's profession is one in which appearance is a professional tool—for example, an actor, performer or model—that person may consciously choose a wig, styling or treatment. There is no problem in that. But when the decision comes only from shame, comparison and inferiority, the person is trapped by the market.

Many artists remain as they are in real life and use wigs, make-up or styling on screen according to the role. That is conscious use. But if a person turns life itself into a stage and spends every moment trying to preserve an image, inner instability may follow.

The Beauty and Body Market That Targets Women

This trap is not limited to men or hair. The market targets women very deeply as well. Companies understand very well that a woman's body changes with age, hormonal shifts, pregnancy, motherhood and different stages of life.

Becoming a mother is not merely a biological event; it is a matter of immense dignity. A woman gives birth to another body through her own body. She gives her child nourishment, calcium, protein, blood, energy and

a large part of her life through her own body. It is natural for the body to change after such an experience.

Yet the market presents this natural transformation as a deficiency. Through beauty products, slimming packages, diet plans, body-shaping programmes, fitness promises and anti-ageing solutions, women are made to feel that they should not accept their changing bodies.

Great care is needed here. Looking after health is necessary. Fitness is good. Caring for the body, developing strength, paying attention to nutrition and remaining active are all important. But hating the body, considering changes after motherhood or ageing a source of shame, and trying to erase every change with a product are not conscious living.

The graph of life does not move upwards forever. Every body has a peak. After a certain age, the body will change. The form of beauty will change. The nature of strength will change. Shape will change. Performance will change. This is not decline; it is a natural stage of life.

This does not mean abandoning oneself. It means finding a balance between acceptance and effort. I will respect my body and keep it healthy, but I will not turn it into an enemy because of inferiority created by the market.

The Example of an Athlete: Understanding Peak and Retirement

Athletics offers a beautiful example of life. Athletes reach the peak of their careers at a particular age. Their speed, strength, concentration and performance may be exceptionally high then. But performance changes as age advances.

A true athlete understands this truth. The athlete trains and remains disciplined, but also steps down at the appropriate time. Retirement is

not failure. It is the acceptance of a new stage of life.

The same applies to the body, beauty, strength and youth. If every stage of life is compared with an earlier peak, inferiority will arise. If every stage is accepted with awareness, a person can move forward with dignity.

How Does the Commercial Mind Trap Work?

Step one: display a deficiency.

Step two: connect the deficiency with identity.

Step three: sell a solution.

Step four: turn that solution into a lifestyle.

Step five: keep the person permanently dissatisfied so that the person buys repeatedly.

This is the commercial mind trap. The person no longer uses the product; the product begins to control the person's self-worth.

The market says, "You are not enough as you are."

The Conscious Mind says, "First see what is genuinely needed."

The market says, "Buy now."

The Conscious Mind says, "Take three breaths and ask the body and your discernment."

The market says, "Become like others."

The Conscious Mind says, "Recognise the needs of your own life."

The Product Is Not Wrong; Unconscious Buying Is Wrong

This chapter is not against products. Hair treatments, beauty products, fitness programmes, nutritional support, gadgets and fashion can all be used with awareness. The problem arises when a product is sold by exploiting deficiency, shame, inferiority or comparison.

A conscious consumer asks: Does this add real value to my life? Is it a

genuine need of my body and life? Am I buying it for use or for display? Am I choosing it with awareness, or from insecurity induced by the market? When these questions awaken, the market's trap becomes weaker.

Final Message

It is not enough to blame the market. The market will do its work. A seller will sell a product. The question is whether your Conscious Mind is awake. If you recognise your need, observe your desire, catch your Identity Desire and think beyond comparison, the market will not be able to manipulate you easily. First pause. Take three breaths. Ask yourself: Do I genuinely need this, or have I been made to feel that I am incomplete without it? This question breaks the commercial mind trap.

CHAPTER 4 - THE HIDDEN TRAP OF MOTIVATION

External Inspiration, the Influence of the Stage and the Protection of the Conscious Mind

Today, motivation has become a vast industry. Seminars, workshops, videos, reels, courses and programmes are sold everywhere in the name of motivation. People are told that if they are not motivated, they will fall behind. They are told that if they do not have fire, hunger and a big dream within them, they are destined to live an ordinary life.

All this sounds very good. For some time, it can fill a person with energy. The person begins to think, “Now I will change everything.” But is this energy genuinely their own? Did the decision come from the Conscious Mind? Or was it produced by the influence of an external atmosphere, a crowd, music, a stage, lights and emotionally charged language?

Motivation is not wrong. Inspiration is not wrong either. But when inspiration begins to bypass a person’s critical mind instead of increasing awareness, it is no longer inspiration; it becomes a trap.

The Seminar Environment and the Critical Filter

This can be seen very subtly in many motivational events. Seminars are often held in the evening. People arrive after working all day, travelling and becoming mentally exhausted. The body is tired, the mind is slightly open and the critical filter is already in a weakened state.

The person then enters a large, air-conditioned hall. Bright lights, loud music, a giant screen, a crowd of thousands, energetic volunteers, applause, slogans and the grand entry of the speaker together create an altered emotional state within the audience.

The speaker comes onto the stage. The entry is not ordinary. The speaker is presented like a hero. Achievements are announced. Large certificates are displayed. Foreign gurus, international programmes, luxury cars, motorcycles, mansions, an expensive lifestyle and glamorous photographs may be shown. The audience is made to feel that the person standing before them is very great while they themselves are still very small.

Then the zero-to-hero story begins: "I too was once poor. I had nothing. People laughed at me. Today I earn crores. If I could do it, why can't you?"

The audience becomes emotional on hearing this statement. People begin to feel that perhaps their lives can change in the same way.

But an extremely important point must be understood here.

Every Person Has a Different Critical Mind

When a speaker says from the stage, "If I can do it, you can do it too," the statement sounds inspiring. But it does not necessarily apply to every person's life in exactly the same way.

Every person is unique. Every person's circumstances are different. Each

person's body, mind, family, cultural conditioning, education, financial position, social environment and life experiences are different. Therefore, the formula behind one person's success may not apply to another in the same way.

A very important part of the human mind is the Critical Mind. It gives a person the ability to think, examine, decide and accept or reject something. The Critical Mind is not formed suddenly. It develops gradually through the experiences of life.

To understand it, we may examine four principal foundations:

S—Social,
E—Economic,
E—Educational and
R—Religious.

In simple form, this may be called SEER.

Along with these four foundations, past experiences also influence the filtering process of the Critical Mind very deeply.

1. Social — The Social Environment

The people among whom you live, the kind of family in which you grew up, the society around you, your friends and the atmosphere of conversation in your home all influence your Critical Mind. A person who has experienced a supportive environment since childhood will develop one kind of Critical Mind. A person who has experienced fear, comparison, criticism or pressure since childhood will develop another.

2. Economic — Financial Circumstances

Your economic background also influences your Critical Mind. One person may be satisfied drinking tea at a roadside stall. For another, drinking coffee in a café may be normal. For a third, sitting in a five-star hotel may be part of a lifestyle. This is not only a difference of money.

It is also a difference in thought, comfort, risk-taking, decision-making and the experience of self-worth.

A person who has known financial security may make major decisions in a different way. A person who has experienced scarcity, debt, struggle or financial fear will examine every decision differently. If someone on a stage says, “Just think big and do something big,” it may not be practical for every person.

3. Educational — Education and the Learning Environment

Education is not merely a school or college degree. Who taught you, how they taught you and with what attitude they taught you are also parts of education. Our first teachers are our mother and father. Their beliefs, values, fears, confidence and their own Critical Mind all influence the mind of the child.

After this, school, teachers, friends, books, society and experiences together shape a person’s Critical Mind. This is why one person may regard failure as an opportunity to learn, while another makes failure an identity.

4. Religious — Religious and Cultural Background

A person’s religious or cultural background also influences the Critical Mind. The definitions of right and wrong, the meaning of duty, the understanding of sin and virtue, the way success is viewed and the perspectives on money, family, the body, desire and renunciation all influence decisions.

Past Experience

Past experiences are connected with these four foundations. Has a person previously experienced success or failure? Has the person received support or rejection? Has the person experienced love or neglect? Has the person taken a risk and won, or repeatedly broken down? All these experiences become data in the Subconscious Mind and influence the filtering of the

Critical Mind.

Therefore, when a speaker says, “If I can do it, you can do it too,” the Conscious Mind should immediately ask: What is my social position? What is my economic position? What is my educational conditioning? What is my religious and cultural background? What do my past experiences say? Is this goal genuinely right for me? Has it come from my consciousness, or from the influence of the crowd?

These questions do not weaken a person. They make the person grounded. The greatest danger of borrowed motivation is that a person applies the formula of someone else’s life without looking at personal reality. This is where confusion begins.

Right inspiration gives you the strength to see your own situation. Wrong inspiration pushes you to run away from your situation and imitate somebody else’s life.

Do Not Destroy Your Hut Because You Have Seen Someone Else’s Bungalow

In such an atmosphere, people often forget their real situation. They do not examine what they genuinely need, what their capacity is, or what their family, circumstances, body, age, responsibilities and state of mind are. They see only the shine of other people’s lives and begin to consider their own lives small.

This is why there is a beautiful Gujarati saying: “Koinā bungalow joīne, potānu jhūmpaḍu na toḍī nākhvu.” It means: do not destroy your hut because you have seen someone else’s bungalow.

Every person’s life is different. Every person’s journey is different. Every person’s timing is different. It is a grave mistake to consider your own life

inferior after seeing someone else's success.

From Inferiority to Dependency

The most dangerous part of the motivational trap is that a feeling of deficiency is first created within a person. The person is made to feel inadequate. Then a course, programme, mentorship, community or next-level seminar is sold as the solution to that deficiency.

First you are told that you have no fire within you. Then an attempt is made to sell you fire. First you are told that your mindset is poor. Then an attempt is made to sell you a millionaire mindset. First you are told that there is a block in your subconscious. Then a programme is sold to remove that block.

Genuinely working on a person's weakness is one thing. Selling the feeling of weakness in order to create dependency is another. Right guidance strengthens a person. Wrong motivation gives a temporary high and creates dependency.

People clap in a seminar. Music plays. They stand, dance, shout and make commitments. At that moment, a person feels, "Now my life will change." Two days later, the same person returns to the old pattern.

The energy that arose in that moment was borrowed energy. It did not come from the person's own stable consciousness. It came from the environment. Until a person decides through the Conscious Mind, no external motivation can produce lasting transformation.

The Experience of Success and the Subconscious Mind

If the experience of success is already stored in a person's Subconscious Mind, and if that person has repeatedly achieved things through personal effort and has an inner experience of "I can do it," there may be no need to repeatedly visit motivational speakers.

The experience of success is already present within that person. It naturally supports confidence. The person gradually multiplies success. Such a person may receive inspiration from outside, but does not become dependent upon it.

But if a person has no deep experience of success, and has repeatedly experienced only failure, fear, comparison, rejection or dependency, the Subconscious Mind has no natural reference point for success. In that situation, life does not change merely by listening to a motivational speech. Energy and excitement may arise for some time, but they do not become permanent transformation.

Here the person must become conscious. The Conscious Mind must examine: Where do I stand? Which pattern is operating within me? What am I afraid of? With whom am I comparing myself? In which direction should I take my first small step? How can I create the first real experience of success in my life?

Success does not come merely from listening. The experience of success is created through action, and action begins with a decision of the Conscious Mind. If the subconscious contains an experience of success, it can help a person move forward. But if it does not, a new experience must be created through conscious action, not borrowed motivation.

Motivation and the Protection of the Conscious Mind

The work of the Conscious Mind is not merely to dream. Its work is to observe, examine, understand and then decide. When a speaker says, "You can do anything," the Conscious Mind should ask: Is this true in my circumstances? Am I properly prepared? Is this genuinely my goal, or the influence of the crowd? Am I making the decision after understanding my capacity, body, family and responsibilities?

If these questions are not asked, motivation does not give direction; it creates confusion. The purpose of motivation should not be to give you blind enthusiasm. Its purpose should be to make you aware.

Right inspiration brings you back within yourself. Wrong inspiration compels you to run after someone else's life. Right inspiration makes you conscious. Wrong inspiration makes you compare. Right inspiration moves you towards action. Wrong inspiration keeps you in an emotional high.

Therefore, do not switch off your Critical Mind while listening to a motivational seminar, video, course or speaker. Do not consider it an enemy. It is your protection. The Critical Mind does not stop you; it protects you. It asks: Is this true? Is this right for me? Is this necessary now?

Borrowed Motivation and Real Transformation

Borrowed motivation always comes from outside. Real transformation begins within.

Borrowed motivation says, "Change everything from today."

Real transformation says, "Take one small conscious step today."

Borrowed motivation says, "Think big."

Real transformation says, "Think clearly."

Borrowed motivation awakens in a crowd. Real transformation survives when you are alone. This is why many people become highly motivated in a seminar but return to the same old patterns as soon as they reach home. The seminar charged the emotion, but it did not create a conscious structure.

Charging emotion alone is not enough to change life. Life changes through daily conscious choices—a small decision, a small practice, a small discipline, a small pause and a little honesty. These gradually create a new experience within the subconscious.

When a person repeatedly takes small conscious actions, new data is created within. The Subconscious Mind then begins to support the new experience. Success is no longer borrowed; it becomes the person's own.

Practice / Reflection

To observe this chapter in your life today, write answers to five questions:

1. Whose success makes me consider my own life small?
2. How does my social, economic, educational and religious conditioning influence my decisions?
3. Where do my past experiences stop me?
4. Am I presently being driven by borrowed motivation or by conscious action?
5. What one small conscious step can I take today?

Conclusion

It is not right to reject motivation completely. Inspiration is necessary in life. But inspiration must be connected with consciousness. If motivation takes you away from the Conscious Mind and places you in comparison, inferiority and dependency, pause and observe.

You do not have to destroy your hut because you have seen someone else's bungalow. You have to light a lamp in your own hut. The transformation of life begins not with borrowed motivation, but with conscious awareness.

A person who keeps the Conscious Mind awake can receive inspiration without becoming trapped in illusion. Such a person can see the success of others without considering themselves small. The person can learn without surrendering their consciousness into someone else's hands. Real transformation does not begin on an external stage; it begins with awareness within.