

BREAK AND STUDY SECRETS FOR SUCCESSFUL LIVING

AN INSPIRATIONAL JOURNEY TO
KNOW THE SECRETS OF SUCCESS
AND PEACEFUL LIVING

A photograph of a single, vibrant yellow flower with a green stem and leaves, growing out of a deep crack in dry, cracked earth. The background shows more of the parched, fissured soil, symbolizing resilience and growth in adversity.

SIKKANDHAR BOOKS CREATION

Preface

Congratulations for your success in advance. Your effort of reading this book is a life changing one. Once you read this simple but powerful book your life definitely change. For the convenience of the reader, I am compacting the content of the book in simple 10 contents. I am using simple language to better communication with my reader.

In our life we have lot of problems since birth to death. Actually the problems comes to the people who have the capacity to deal with it. Problems makes us very stronger than we think. In this book I have provide lot of useful information about negative (-) to positive (+) thought transformation. Who is controlling your mind and how to suggest your subconscious mind to work for you. What is the key for your success, and how to inject burning desire. If you have a burning desire that will lead you, where you want to be. There is nothing stops you.

Everybody has a specific talent, only thing is how to bring it out. the trying, trying .. more and more trying than you fail, until you found your special talent. I assure that you will be more successful than any other people. The success rate is not measure by money or wealth. It is measured by your happiness of inner soul.

Feel good forever and make others the same. Let's get started our life changing journey of reading this book.



- B. Sikkandhar basha..

BREAK AND STUDY SECRETS FOR SUCCESSFUL LIVING

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1) Our Life is Started from a Break of mother's birth cord (umbilical cord)



It is an amazing fact of human but we often forget in regular life and get tense, fear and etc..

When a baby comes out of the womb with connected birth cord, He or she will cry first, the reason is atmosphere or the environment in simple by the first cry he or she will takes some air in to the lungs for the first time in their life. This is the first break of human started.

Cutting of birth cord is not breaking actually because a NEW WORLD is awaiting for baby. Where he or she can see, hear, smell , touch and breath senses. In other hand new relationship also awaiting like mother, father and etc.

Breaking is the start point to make a new journey or things not for become inactive or useless. Our journey of life is started from breaking.. just kick and start it now.

We do not want to feel too sad for any thing in the life because life is changing one, it has elixir for all.

An Inspirational quote from former president of india and scientist Dr. A.P.J. Abdul Kalam.

“ Our birth may be an accident but our death should be a history. ”

2) Heavenly Home To Learning School



A home with mother, father and other relations with love and caring is called heaven.

While child growing in the age of 1 to 3 is an amazing, all things assisted by mother like feeding, eating, drinking and getting ready. There are so many people to love a child. There are so many relations formed like grand mother, grand father, aunty, uncle, brother and sister and etc.. These relations can help a child and make *entertainment* NOT *edutainment*.

Again a break in his or her HEAVEN HOME. Now child grownup and needs to study

In this scenario no one willing to go with ease of home to studying school.

At this stage a child think : why I am joining school ?..

Child will get fear to leaving home and get enter into studying atmosphere.

Atmosphere always have the tendency of changing, naturally.

Leaving home means not leaving mother and father. There are so many things to learn and have the fun with others and making new friendship.

Naturally we have break to get study, YES it is life. We have to understand the scenario.

Every stage of life break is scheduled not for stop, For study better than before.

3) School And Friends Break



finding more friends at the school gives more enjoyment than home life. Yes we were also have the same.

At the stage a child transform into student by the parents whether child willing or not.

School is the second embryo of the student where student going to learn world knowledge.

In this stage he or she can have the fun of studying with friends, moreover this is also going to be break.

Once schooling completed need to be promote for higher education or what the student willing.

Here again a break in life and need to kick start studying.

4) Negative(-) to positive(+) thought transformation

Transformation ...going **beyond** change



This is very important part of your life because past decisions would be taken by some one.

Do not let them to decide your way because you are the capable one to decide it.

Whether you have money or not. Money is the second thing in the life.

If you have a passion to do something big, that will leads you where you want to be.

Do you know Thomas alva Edison great scientist was terminated from school by his teachers.

Reason was Edison behaving like mentally disordered person or mentally affected person.

One day he was returning from school with a note in his hand, his teacher advice him that give this note to your mom. He showed the note to his mom. The message was..

“ Your son is mentally affected and behaving like psychologically disordered person, do not send him to school”

Actually Her mom convey the message to Edison like this,

“ Your son is genius and our school is very small, please educate your child at big school ”

Since his mom received the message she was teaching Edison at home until she died.

After so many years EDISON found electric bulb and 1000+ inventions which change the world from dark to light.

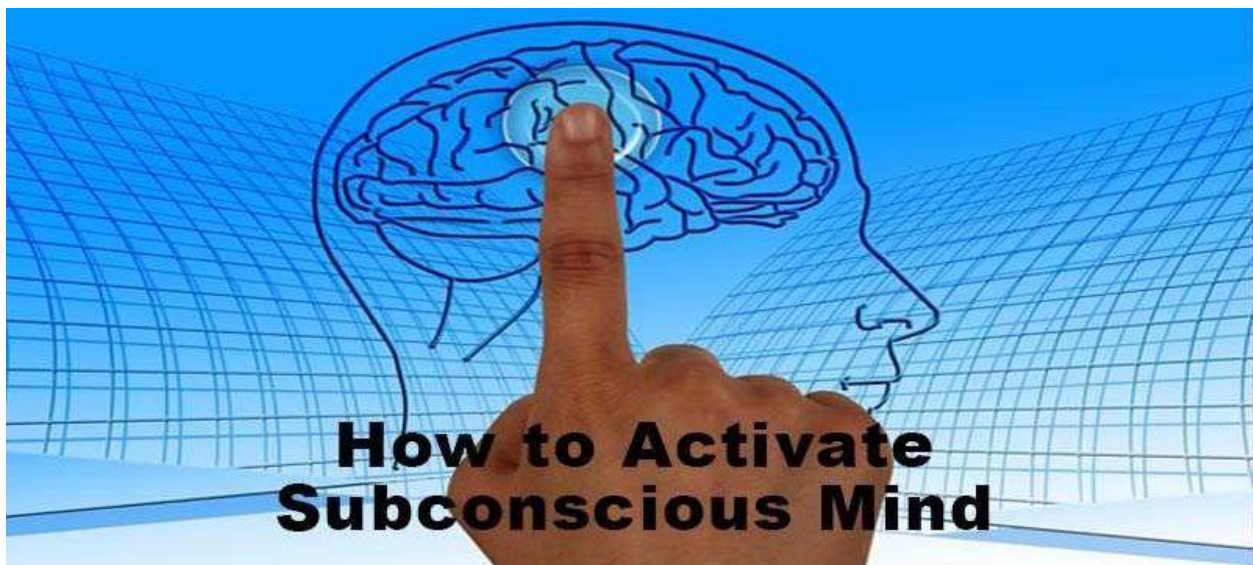
After lot of inventions and all, One day Edison unexpectedly found the old note which was given to him from the school teachers.

“ Your son is mentally affected and behaving like psychologically disorder person, do not send him to school ”

See how a genius created by a mother by changing words negative(-) to positive(+) in message.

It is life changing message, everybody can study and become succeed.

5) Secret of success is your SUBCONSCIOUS MIND



Do you think ! , who is controlling your mind ?..

Yes this is very important question to you. If you want success in your goal, first under stand your subconscious mind.

Subconscious mind is always ON and It is giant tap recorder. All the messages you sent to subconscious mind will converted to IMAGES. This images working like a analyzing tool, to find results.

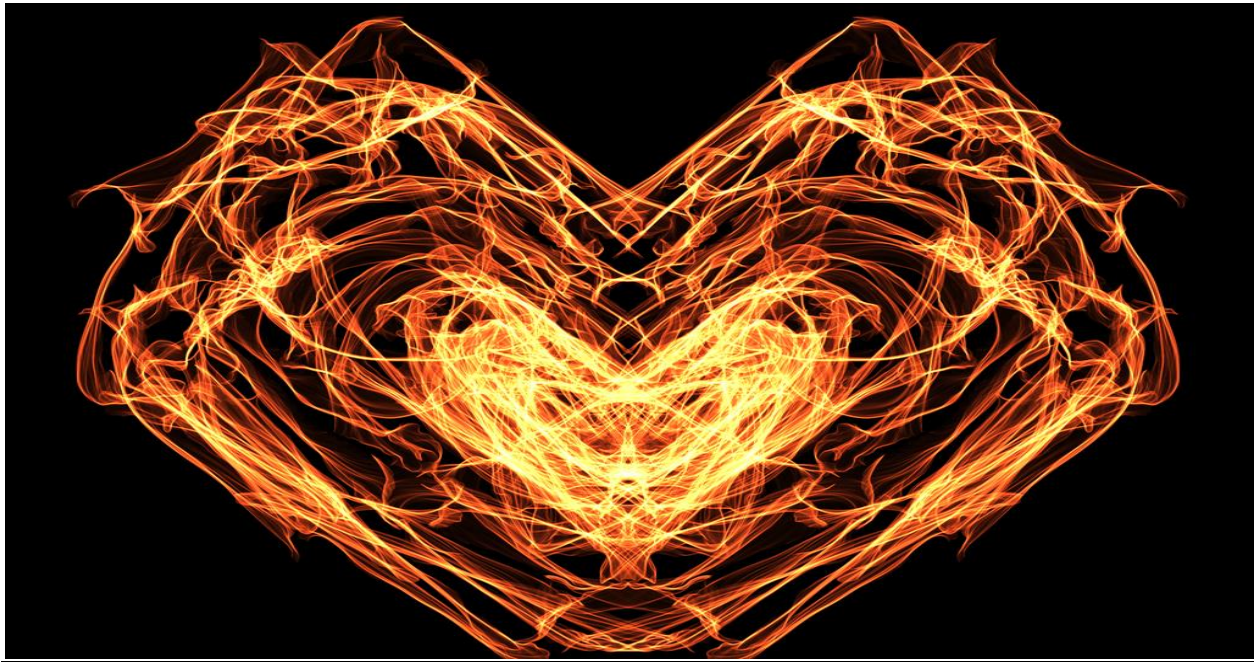
95% of our life is controlled by our subconscious mind, only 5% controlled by conscious mind.

Subconscious mind will work only on present situation.

The following steps will control your subconscious mind

- Write down your goal on a paper eg : your dream job, car or financial status.
- Visualize your goal like a mental movie
- Affirmation of your goal or a statement eg : I am succeed, I got it, I have achieved, Because subconscious mind only work on present tense not in future or past tense.
- Create an affirmative line of your goal and paste it where you often see.
- Create an MP3 of your affirmative goal and listen it in your device while just before sleep.
- Communicate with your friends regarding your goal, this will takes you in reality life.
- Repeat, repeat, repeat,.. above said because new habits and beliefs are formed flow of repeated actions not in just only words. Do it until you reach your goal.

6) Burning desire is the key



Desire is the word which will change your whole life. Every lock is made up of a key, without a key lock will be useless. If you want to open your career, dream home, love life and financial status there will be a key that's called DESIRE.

Burning desire is like a rocket, it will takes you faster than any other vehicle reach the destination. It doesn't fly automatically, you need to fuel and program it.

Do you know world famous American business magnate Mr. BILL GATES, Yes in this digital world everyone knows his success and wealth status. In the beginning of his career he was also an unsuccessful man. Bill gates was a Harvard university dropout and his first business TRAF-O-DATA was a failure. Then how he became a great business man in the world, that's called BURNING DESIRE. Once the desire ignited in mind that will not off till the desire fulfill.

Another interesting event of BURNING DESIRE. Once a man went to guru (spiritual leader) and asked him guru would you please tell me " how to become successful man in life" guru advised him that you should come to river side tomorrow. He did not know why he advised to come river side he was confused about guru's talk.

Next day he went to river side along with guru. At the situation guru had decide to show him a BURNING DESIRE. Guru said him go downwards in water. He just started to go inside the water but not fully. At his shoulder level of water he stop. Guru came near and

asked him, why you stop. He replied that I couldn't go more deeper because my breath will get stop. At the time of conversation guru suddenly push him deep into water, he was shouting and trying to escape from water. Guru did not leave him for certain while to teach him a BURNING DESIRE.

After certain while guru leave him and asked.

“ What is the desire you had deep into the water ”

I had only one desire that is BREATH.

So once you decided to do something big, your burning desire will do for you.

7) **Try more and more than you fail**



This is most important part of your life. The goal which you dream to achieve is possible by breakout failures. Yes you must fight back with failures because no one in this world has no failure.

FAIL Means: (F) First (A) Attempt (I) In (L) Learning

World famous scientist Thomas Edison was failed 10,000 times to invent a light bulb. He tried 2,000 different materials in search of a filament for light bulb. One day his assistant complained him, all our work is useless and we have learned nothing. Edison replied confidently.

“ Oh, we have come a long way and we have learned a lot. We know that there are 2000 elements which we can't use to make a good light bulb ”

“ I have not failed. I have found 10,000 ways that would not work ” - Thomas Edison.

Always failure gives you a great lesson, you can't learn it from any institution. Most of the time failure makes us hopeless but never close your eyes because it will kill you, fight back until you win.

“ I used to serve tea at a shop to support my football training ” – Lionel messi

J.K. Rowling's book HARRY POTTER was 12 times rejected by publishers.

Sylvester stallone was rejected 500 times when selling his script and himself for famous rocky film.

Charlie chaplin was initially rejected by Hollywood studio chiefs because they felt it was a little too non sensible to sell.

The above said individuals had across the failures too many times to become successful man. The failure always has it's own way to fear you but you can beat it. Kill the fear and try more and more until you succeed.

8) Meditate to program your mind



Meditation can only give you inner soul satisfaction, than outer world. Meditation keeps you in single thought. If you have a single minded thought than you will be succeed because there is no alternate. Meditation gives you concentration, absorption, self control for your life.

If you practice meditation in regular basis everything comes to you, like inner soul satisfaction and happiness.

The scientific power of meditation :

- Decrease anxiety
- Decrease depression

- Increase Memory
- Increase self awareness

- Increase empathy
- Increase Goal setting

Meditation of 8 weeks study shows following results

Learning, memory and emotion increased.

Stress and blood pressure decreased.

Proper transportation of oxygen (O₂) and carbon dioxide (CO)₂

A meditating person can produce more antibody than a normal person. Antibody used by the immune system to neutralize pathogen like bacteria and viruses. Meditation can reduce the cardio vascular diseases, diabetes, cancer and etc..

My aim is you have to live the life with stress and disease free. No one can give you health, even you have wealth.

“ Health is wealth”

Health is your main asset that will give you wealth, so practice meditation to make life happier.

9) **Attitude is everything**



Once in a jungle a lion cub (or) lion's kit missed the way and stand alone. Suddenly the lion cub saw the herd of sheep coming towards his way, and lion cub also joined with them.

The lion cub grew up with sheep herd for years. One day A NEW LION came to hunt sheep herd, all of sheep were escaping to survive along with them OLD LION also ran.

This event shocked to NEW LION, what is this the reason lion ran along with sheep. One day NEW LION came to near OLD LION and asked you are not sheep to fear and escape, you are LION. You have the capability to hunt and eat but the old lion did not agree with new lion.

New lion decided to show the reality of old lion. New lion went to river side along with old lion and showed his face on water. New lion came to know that he is also a lion.

The meaning of the story is attitude, it decide everything whether you sheep or lion.

Sheep follows herd and go to slaughter house.

Lion always leader they don't follow herd.

Be like a lion and be like a leader the whole world will follow you.

Roar so loud, Have a lion attitude. hit back to life.

Chase your dream until you catch it.

10) **Shape yourself to become successful man**



What the books you have read in past 5 years and what type of people you hang on that decides your success. It is really true, even a person become more knowledgeable than an university degree holder. It is practical one, everyone can learn by practical.

For example

- 1) An office boy can become general manager of the company without course.
- 2) A mechanic do the expert works without getting any professional course.
- 3) A musician can rock the world without getting any professional course.

How is it possible ?.. yes it can be possible by making (+) positive thought.

Here I am giving some of the most important positive thinking tips for you, this will change your life.

- Your desire is like an order or command to your mind, what you want.
- Write your goal and fix it on a wall where you often see.
- Paint your desire goal that will make positive attitude.
- Don't see bad things of others, see good things.
- Cancer disease can be cured by your immune system just changing positive attitude.
- Don't think which are not you like.
- Write your own story by your hand, it will create more positive attitude.
- Just feel I am getting young daily not old.
- Follow your heart for happiness because it always right.
- Feel good forever.

The most powerful quote for you:

“ We become, what we think of most of the time ” - Earl nightingale.

Your past days are responsible for your present day situation, grab today to create bright future.

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