

# Ethics of 21st Century





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## History of edits:

27 Jan 2016

Added news sections:

"History of edits", "Who am I", "Day-To-Day stress" (page numbers got changed)

Minor edits like wordings/grammar,

Added "Rate this eBook" link on last page.

## Who I am?

Does it matter who this stranger is? But still I would write about me, just in case if you finish reading the eBook and somehow wants to know about the author.

I won't write my name as it is everywhere in this eBook, so let's start with other basic information about me:

Sun sign: Cusp (Capri-Aqua)

Year of birth: 1977

Place of birth: New Delhi, India

Religion: Sikh

Gender: Male

Education: Not enough to write an eBook

Experience: Good enough to share something precious with everybody.

Religious Beliefs: I live with a simple rule: Leave nothing, and accept all.

I'll never leave my family values & teachings, but will keep learning what science has to tell us.

Any other specific question? Your question might get answered indirectly somewhere in this eBook, but in case if it remains unanswered... Then just ask me.

Don't forget to rate this eBook, your ratings will help others to decide "If they shall be spending time on this eBook or not". 😊

## Why I wrote this eBook.....

Greetings of a blessed and healthy life to everybody :)

If your goal in life is earning money (by any means), fame (as in limelight), enjoyment, having fun, or petty physical pleasures, then please be aware of the fact that this eBook is not for you. In this book I'm giving you "food for thought", you will be healthy and nourished only if you have your food every day. I assure you that you will find something new every time you read the book and think about what you read.

Like every other author in the world I also will be sharing my thoughts with you. Kindly allow me to hurt the ego of those who possess it in enormous amount, let's start accepting our different thoughts, and just like these thoughts we all have our Ethics & Behaviour which we have learnt from our childhood, fortunately our belief/views are as different as we ourselves are. I plan to talk about the worst effect of this smartphone generation who have completely failed in synchronizing the meaning & implementation of what parents/religions have taught.

I come from a religion known as Sikhism, basis of the religion is "Ek Omkar", and means god is one. But I will not talk about "My" religion here, let's just talk about God. Are you not surprised with the fact that all religions in this world talk about all same things: god/faith/belief and humanity. This is something like the Theory of Everything, so where is the difference? It is in the people, it's in all of us. I'd say there are three types of people:

- Those who believes in "Something",
- Those who believe in "Anything", and
- Those who believe in "Nothing".

21st century gave birth to the fourth type of race who believes in "Themselves" only. This kind of people believes that any information is correct only if it matches with the data present in their own brain, otherwise it is rubbish. I'd call such people as worst part of the century.

No matter from which type a person you belong, we all have our Ethics in which we strongly believe in. The only difference is the face/type/kind of those set of moral values/rules/beliefs which we name as Ethics. It does matters what we term as "Right/Wrong", but what matters more is How strongly we hold-on to our ethics. Example: A person must be having ethics, but he will not be kind enough to share/adjust with anybody around him/her.

## Chapter - 1

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**Life is a cocktail of Ethics & Behaviour garnished with love**





## The "Meaning" & "Implementing" that meaning in real life.....

If you have honestly spent time doing the previous chapter of "What is left of it", then only you should be reading further in this page. Believe me otherwise you will not feel interested in reading paragraphs below. They will sound like unwanted talk of ethics by somebody useless who does not have any place in your life.

If you have got all the data of "What is left of it" then I hope that like me you also would be interested in getting back into those sweet childhood days which your parents have blessed you with. Our conscious is the inner voice which we all hear at times, but we all somehow ignore it because of other priorities in life. But when you hear that voice and decide to follow it..... You'll start changing your life into something better.

Now let's give a careful look into the fact of how hard/easy is it to implement those beautiful ethical values which were handed over to us by our parents and family. For achieving this we need to do introspection of our own self. Basically we need to find our worth and ability to strongly hold-on to our moral values. This is not at all easy to figure out because all the previously mentioned reasons in this book will play a significant role in affecting and effecting every part of you and your lifestyle.

Hold on man... What's the mess of affecting and effecting?

By affecting I mean to show visible changes in your ethical or moral values. You will be carrying these values and your present lifestyle will reflect your values silently in your thoughts and beliefs. For example: You will believe only in those things which your brain accepts as correct, for other information you might make fun of them, or you might just avoid them, or you may remain silent till the time you let your brain gather more data before it accepts that new and unknown information.

By effecting I mean is to show visible changes in your real life actions and behaviour. Your moral values will always over power your actions as your basic behaviour will be your driver. You may not know but it might be possible that all those 50 people around you are there for some other reason OTHER than the love of your friendship.

Hope now you are aware of the fact that implementing those forgotten moral values is not a child's play anymore. You surely need to be really strong in your decision to change yourself for the good. It is not easy to carry your family name with the same pride with which it was handed to you by the family. Your inner most desire to live like an example in this society will be the basic and most required driving force in this process. We have to really need to put in our honest hard work in this.

It's just because we had put hard work in forgetting too many things in the past.

Stand up for yourself, I'm sure in later days you will be really proud of yourself for making this impossible task turn into a practically possible beautiful memory.

## What's left of it now....

On this page I'd like you to grab few blank papers or a diary to start writing your habits, in the next paper write your beliefs, in another write down your thoughts, in the next paper write your likings. Be honest with yourself because nobody else in the world will be seeing whatever you have written in these papers. You will impress nobody.

On a new day whenever you find some more time for yourself, take another fresh paper. Grab a cup of coffee, sit and make yourself comfortable, clear your brain from office, TV serials, baseball score, your desires, and your plans. Spending time with your past will be like making the foundation of what you will be doing in the future, and you cannot lay the foundation unless you dig out that mud which is already occupying the area. The stronger the foundation, the higher and taller can be your tower of self-realization and self-control.

I'm using the word "try" because I completely understand the fact that with passing time our lifestyle have turned into a running machine, this have affected our human brain a lot too. Now the most difficult part in life is to calm & clear your brain from any kind of thoughts. Sadly our brains have got into habit of thinking... thinking... and thinking unwantedly, and hence we are wasting our precious energy. Please make yourself accept the fact that you have done an unintentional but really ignorant mistake.

Now if you are able to clear your brain from all those thoughts which are not required right now, then let's just spend some time to remember what your parents have taught you about the family, ethics, religion, good habit, respect, and education. Try to remember as much as possible, even the smallest thing which your parents have ever told to you.

I myself have a bad memory but fortunately all those words have stayed inside my heart, which helps me to recall them in the time of silence. I would strongly recommend you to write them (if possible), but don't start immediately. Give time to yourself; think about your childhood, your parents, your times of gaining education. Think again and again, after few days of practise you can now take pen and paper to write.

Being a human we might make a mistake in the first chance, or we might miss something out. So why not do the same steps once again and take few more blank papers to write down your memories again. Now we will have two separate sets with same memories in them, just have a proper look into them to find out any missed-out memories or events. You can take any set of those papers (A or B) and can start noting down those missed memories so that you can make one final master paper to refer.

This is that master draft which shall be referred with the very first paper I wanted you to write down. Now you are comparing those two papers in which you are living your present life and the other in which your childhood was carved. On another day listen to some soothing music so that you forget about your papers, give time to yourself and compare them again, on another day pamper yourself with good food to forget about your papers and then compare those papers again, on the last day.... spend some quality time with your family, and then compare those papers again.

Believe me that this is the time when not just your brain, but your heart will realize the fact we have lost too much of whatever was given to us. We need to ponder of the thought of:

"What is left of it now....."

## Where are we making the mistake.....

My sincere apologies for starting the page with realization of a mistake which we all are making, and that too every minute. What mistake?

I'm talking about the difference in "Meaning" and "Implementing" that meaning. We all are aware of meanings, but sadly the most important part of implementing those meanings in our real life is missing. We have made ourselves so busy that we get restless in silence. The best time when we should be talking to ourselves is seen as boredom. Adding to this situation the technology have given us smartphones which make us more distracted from our self. When was the last time you spent a day with yourself only?

If the above question made you think then I should not be asking about the time you spent with your family. Hope now you know where we are making mistake in life, so the immediate thing our soul needs is to create appropriate distance from the technology (distraction).

Ethics which have been put into us since our sweet childhood are a part of us, a best part of us. We have to work hard to preserve them from the sharp blades of this busy life. Holding on to our ethical values is too difficult for those who have weaker will power, but if you are strong enough to control your distractions then you will find it as easy as learning to write. Simple practise of writing 1 word every day and soon you will find yourself writing pages in the book of your soul.

From today; start spending time with yourself, spend longer time if you are already doing so.

Behaviour is another part of us which grows stronger as we grow older in our life. Old does not mean 60+, a 2yr old is older than 364days old, btw getting old starts as soon as we are born... remember 1 day old?. If you are strong enough in your will then you will not allow your ethics to be diluted by distractions and opinions. Your consciousness will tell you if what you are doing is right or wrong, if it is wrong then stop immediately. But if it is right then don't let anything stop you from doing the right, and this part of your will be seen as your behaviour.

Our actions cannot be right unless we protect our ethical values strongly from all distractions of this busy life. No matter how much you are educated, modern, sad, ill or broken... only you have to make sure that

But all of them in return will glorify or tarnish that family name which is walking along with you. You may get another chance to correct your mistake, but the fact is that this Life may not give a second chance to succeed in correcting a mistake.

Your parents gave you everything which they seem to be best in life? Then how can you be so weak or busy that you will lose this precious gift? Pledge to life a beautiful life just the way your parents wanted you to have, you shall become that adorable gift which your parents wanted to give to this society. They have handed over their precious love/teachings/experience and blessings to you; it will be useless of you if you are not able to carry it proudly in your life.

Remember... You are carrying name of your family along with you.

- Your ethical/moral values will determine your thoughts,
- Your thoughts will shape your behaviour,
- Your behaviour will carve your actions,
- Your actions will earn you respect/disrespect.



## Chapter - 2

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### **Enjoying this amazing mixture called: Life**





## This is the basic rule of life....

Remember your childhood? How your parents used to bring gifts for you? How they used to decorate your room? Buy you things/toys you ask for? And how sometimes they bluntly refuse to your demands and later give you something much more precious in life? Exactly same are the rules of life also.

Now let's assume that the life is your parent. Life gives you a beautiful morning every day, you get another day with a chance to start afresh, an opportunity to correct mistakes of yesterday, a chance to mend broken hearts/relations of the past, a bonus of giving and getting blessings.

How will life feel if you ignore or dislike any of these gifts which life is giving you every day, every now and then? This is the real reason why some around are always lucky, and some are always unlucky, some always get everything and some always lose. You really have to be that loving child which every parent would want to have. You have to love life, as it is the only thing you should love at any time.

Few things which we all can start doing immediately are:

- Loving everything you get in life,
- Giving away everything which is asked from you,
- Giving priority to the love of life instead of loving things, and
- Spreading the love which you have got in life.

It is practical fact that you will never be attracted to shit, garbage or any other dirty things of the world.

Instead of asking the proof, we have to start believing that Life is beautiful, even when it hurts. If you honestly believe in it, you will honestly get it too. Instead of asking questions and waiting for answers, we will be in much more profitable situation if we just take pleasure in believing that I am a blessed child of mother nature, and a mother will never do anything wrong for her child.

If you have allowed letting all these words enter your heart instead of your mind, then you must have understood that main aim of this page is:

This will help us in maintaining positive vibes around us, and positivity around you will help all those who are not able to do the same. You never know when and how your positivity will lift somebody out of the darkness of their pain/sadness. In other words this is a win-win situation for you, everybody will win.

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