

Habitual Hero

The Art Of Winning



By Santosh Jha

**

Copyright 2013 Santosh Jha

**

License Notes

Thank you for downloading this free eBook. Although this is a free eBook, it remains the copyrighted property of the author, and may not be reproduced, copied and distributed for commercial or non-commercial purposes. Thanks for your support.

**

Table of Contents

[Let Us Talk Like Friends: Welcome Note](#)

[God On Vacation, Makes You His Deputy](#)

[Mechanism Of Populism](#)

[The Mechanism And More](#)

[The James Bond In Us](#)

[Diagnosis Of Patterns](#)

[The Answer And The Right Process](#)

[Do Not Be, You Shall Be](#)

[The Somethingness In Nothingness](#)

[Innocence As Eligibility For Ultimate Intelligence](#)

[Innocence As Procrastinated Virtue](#)

[Let Egoistic Identities Be Compassionate](#)

[Resurrection: Compassion Within Initiates Facilitation](#)

[Those With Humility Shall Arrive](#)

[Between Unviable Yes And Viable No](#)

[Accept My Gratitude](#)

[About The Author](#)

[Other Titles By The Author](#)

**

Thrilled to have you with me!

I feel truly happy to tell you that this, I do not intend to be a book. Rather, it is like friends chatting up, sharing whatever we can together to enhance the wellness space.

It is my humble belief that any person, in whatever state of consciousness and positioning, is in some special ways, better than a wisdom-book, for the purpose of life & living learning. I must tell you, I have learnt and more importantly, unlearnt, primarily from people. Books somehow are people-material in text-format.

We shall talk about how we all have a ‘warrior’ within us who wins but only ‘randomly’ and how we can make it an ‘all-weather all-season Hero’, who acquires winning as a habitual art. However, first, we have to come down to one common premise, which shall help us is the fruition of the issue at hand – **Making Winning A Habit.**

There has to be a humble admittance – Any word, however well meant and well spelt, is a possible suspect of ‘misrepresentation’. There is a simple reason. Do you remember when your flight is about to land, the pilot aborts the landing, jolting your peace, just because something as insignificant as a ‘stray dog’ happens to be on the runway?

You already know, how similar is the fate of human words, which we all accept as the best and worthy carriers of human ‘intentions’. This airplane of human words, carrying good and noble intentions need to make a good, smooth and safe landing on the runway of another human’s mind and consciousness, which again is worthy and hugely able.

Still, the good intentioned words sometimes fail to land on the mind of others, as there is some 'insignificant', yet potentially fatal obstacle standing midway the runway!

It is believed, "If the hypothesis is right, the idea is accepted as right". If two people have an assimilative and integrative attitude, one can easily see that root trouble is in subjectivity of the hypotheses. This helps in resolution of conflict of ideas.

Friendship is one positioning, where assimilation and integration about divergent hypotheses has larger accommodative space. A seed is more objectively accommodative in space than a grown up tree. Friendship is seed positioning.

That is why, at the very start, I very affectionately requested you to be my friend and accept this all as one long conversation between friends. Kindly, accept this not as a book but a 'confabulation' between friends. This, I am confident, shall engender smoothness of navigation and fruition of the entire exercise.

With all humility and sincerity at my behest, I wish to tell you, it needs to be said that there is only one person on the earth, who can say that he has understood. Otherwise, this domain is reserved for a metaphor called God. This is not available for humans.

It is also a heart-felt realization that our very worthy ancestors, who had the intelligence and courage to face the worst, life made them to, so that we inherit a better beautiful world, have already said almost all good things. What I can do is present them in new set of words with novelty of references.

The only justification of me telling them is that all goodness and wellness ideas and words need to be repeated and retold, to add to their all-pervasiveness.

At my age, I can say with innocence that getting old is such a beautiful and satisfying experience. It makes the 'self' accept the 'utility and fruition' of holistic, assimilative and integrative consciousness. Getting old has probably pushed 'me' close to the 'eligibility' of perhaps beginning to understand as what essentially is there to be understood!

I chat up with you to share with you whatever is part of my consciousness. All wisdoms say, human is designed to live in state of 'flux', a state of instinctive semi consciousness. To jolt oneself out of this, one must challenge itself; something humanity has done since millions of years. What stays with you is what sinks in. Wisdom is what we internalize.

I share with you whatever I have internalized in my life.

**

God On Vacation, Makes You His Deputy

Think of it. Someday, God chooses to go on a vacation and he makes you His deputy, delegating all his functions! What you shall do? Can you handle it, anyhow, if not as well as He does?

How can we? We do not have even a slightest idea as "how He does what He does". You know the challenge of the situation, as you have faced similar circumstances at times. Your boss goes on leave and you are put in at his or her place, performing all his or her roles for a while. You do it well as you know the 'mechanism' of everything that involves your new roles and performances. After all, you have worked in tandem with your boss.

The simple fact is – A whole range of qualities, including concentration, determination, patience, courage, discipline, mastery, intensity, power, organization, integration, et al, which are required for the success of a role performance can be of little help, if we do not know the 'mechanism' of the roles and functions, we are expected to perform.

That is why, even when we all accept that humanity has the ultimate role of being in the 'Light of God', we at times fail in performing our functions in that cherished role. The Hero, the brilliant warrior that we all are, loaded with a whole range of beautifully amazing qualities, often fails, baffled about the situation.

It is said, "God is in details". The other variants of the quote are also much in vogue. We all truly believe, goodness and wellness, even evil is in details. The word 'details' means, when we dig down, break the situation into smaller fragments, reach to 'parts' to understand the 'whole'; the mechanism of a situation at hand can be revealed for success optimization.

Very right. Wisdom boils down to the objective understanding of details, the "dynamics of the mechanism" of everything. We all know from our experiences of life and living that those ideas or issues of life, the mechanism of which are not revealed to us in totality, remains mired in conflict, confusion and controversy.

For all of us, when we are out of the security of mother's womb, the first and last awkwardness and challenge is to come to terms with one idea – Immensity and Complexity. The universe we live in, the knowledge we have to acquire, the action and duties we are expected to perform, etc. all seem colossally complex and immense. One life seems too insignificant to deal with the immensity.

However, the core wisdom of all fields – philosophy, spiritualism and even science has been telling us since thousands of years that mechanism of wisdom is not vast. Rather, contrary to our popular beliefs, it is small, simple and above all decisively singular. Those great minds, who said it, were definitively those, who delved deep into the 'details'. The 'mechanism' was unraveled to them and they found it pleasantly simple and singular – very much like the idea of love and God.

In all of us, there is this Hero, who has it all to be a 'winner', the genius of this universe. However, this 'Hero' is what we can label as 'Random Warrior'. We all have the determination, patience, courage, discipline and the mastery to be a sure and sustained 'winner', like a true warrior. However, as many of us somehow miss the

knowledge and acceptance of this ‘mechanism’, this warrior turns out to be only a ‘random’ winner, unable to sustain the artistry of winning.

Once we understand the ‘mechanism’, the ‘Random Warrior’ in us shall become a ‘Hero’ of all weathers and seasons. We shall be then the worthy Deputy of God, the entity; we all have the eligibility to be.

We shall talk about in ‘details’, the “dynamics of this mechanism” to make this ‘Random Warrior’ an all-season “Hero of Sustained Successes”.

Why I say, there is a definite Hero in all of us? The reason is, we all have an in-built and natural ability, a born facility, which makes us ‘eligible’ for understanding the ‘mechanism’. The only trouble is, eligibility is not automatic ‘qualification’. All of us are born with a facility called ‘instinctive inquisitiveness’. This is our born eligibility. However, we need to orient and align our inquisitiveness towards ‘objective knowledge’ to ‘qualify’ as an intelligent person, who is the ‘master of mechanism’. If not, then we are left in lurch as ‘puppet of mechanism’.

Give a toy car to a child and witness the magic of ‘instinctive inquisitiveness’. The child will first taste it, inspect it closely, will attempt to dismantle it into pieces and then try to join the scrambled pieces. This does not however mean, the child has understood the mechanism of car and its making. The kid shall however learn it well later, if this inquisitiveness is persisted and is transformed into a persistent art.

The world we come into is also like a toy to us, when we are child. Our natural inquisitiveness makes us experiment with the toy. We are just a ‘random warrior’ at that time. We may have initial successes, like some kids, who would be successful in joining back the dismantled pieces of the toy car. However, as we grow, we shall need objective knowledge to understand the ‘dynamics of mechanism’ of the toy called the ‘complex world’, we shall share with billions others. We shall need ‘specialization of artistry’ to be an all-weather and all-season Hero.

The crucial element, which converts our natural instinctive ‘eligibility’ into a cultivated and evolved ‘qualification’ is the ‘objective knowledge’ of the ‘mechanism’.

In my previous talks, in the form of the ebook titled, ‘Naked Solutions Of Dressed Up Life Woes’, we discussed about the ‘mechanism’ in periphery. Here, we shall focus primarily on mind-consciousness and its functional mechanisms in details, as it is within our minds that we shall find our true Hero.

It is the mind, which makes us a ‘random warrior’ and it is the same mind, which holds the potential of us being the all-weather and all-season Hero, the cherished pole-position, for which we all have born eligibility.

**

Mechanism Of Populism

At the very outset, it has to be admitted very humbly and innocently that the multidimensionality of ideas, the consciousness and the larger domain of sub-conscious mind can lead us to, can be resplendently astounding and even miraculous. That is why, it remains largely beyond the suffocatingly diminutive universe of human language and words we have designed.

Words, we have invented for our communication are largely successful, when they are used for actionable requirements. However, when it comes to using them for reception of wisdom, they are very restrictive in utility. Words are successful in societal-exchange domain, however often flop in the domain of personal and inter-personal utility.

Given the limitations of words in describing consciousness ideas, still, we can say, as the mind-consciousness unravels and promulgates its stunningly satiating templates of asymmetrical super-positioning and vice-versa, not a single human on this earth can resist the exclamation that it is not magic.

It seems, in holistic value summation, that it is mysticism at its best and divinity at its most magnanimous manifestation! That is why, tough to understand through words. Still, if we are in total reception of words, accepting its utility and worth with an affectionate and compassionate heart, we can instill loads of fruition and meaning into them.

All those who understood and accepted the intricate and expansive mechanisms of mind and willingly, spontaneously and consciously gave it to its playful possibilities, they found it colossally self-fulfilling and rewarding.

They proclaimed, ‘every song, every dance, all poetry, all magic, divinity, revelation and almost all possibilities are within self; no need to search them and validate them in outside world; not even the need for an expression as it would only be misunderstood’.

Let us understand it with day-to-day life example. The food we eat is felt until it stays up to the throat. After that the body mechanism, which continues to work upon the food, is not felt. The mind has 100 billion neurons and billions of other supportive neurons are working incessantly. We can feel and understand only a fraction of its operative mechanism. Rest is mysticism for most.

This is our design. However, the real Hero is a person, who does not divert his or her attention and focus from the food, even when it is past the ‘felt-zone’ of throat. We all need to be aware of and receptive towards the journey of this vital food down the tracts till its last processing.

Doctors have been warning us. They say, “Own the onus of the food your mouth shoves to the body, as you are not just your tongue, but the entire body”. The idea is

to convey the fact that usually, in our restrictive consciousness, we eat in loads what our mouth, especially tongue likes. It is true that the taste buds are restricted to tongue only and as the food goes down beyond it, we do not wish to remember and care about.

However, we are not only our mouth. Our body is an intricate and huge mechanism. There is a long food canal, liver, pancreas, kidneys, heart et al and together there are millions of functions that go on within our body, which we do not consciously register. However, they are crucial for our survival and general well-being. The mouth is our conscious mind but rest of the millions of complex functions are handled by our unconscious mind.

A true Hero, cannot restrict its responsibility and attention to just the miniscule conscious part. The unconscious is also our onus as it is the larger domain, which essentially handles our basic health and survival. The real Hero shall always know and respect the 'details' of the entirety of the 'body-mechanism' and shall own the responsibility of the wellness and success of all parts, not only one part.

The conscious-mind in we all, who is restrictively concerned and knowledgeable about only a 'part' of the entire complex mechanism, shall be only a 'Random Warrior'. The all-weather and all-season true 'Hero' shall definitively be aware and responsible towards the 'whole'. The holistic, assimilative and integrative perspective towards the 'mechanism, its entirety is the hallmark of a true Hero. It is where, many of us fail.

We cannot blame ourselves. It is our mechanism too! The conscious part, the mouth, gives us tangibles as instant utility and fruition. The mind consciousness is bound to register the immediate advantage of 'taste-satisfaction' and extend instant thumbs-up. We eat a huge and rich creamy cake and feel so happy. The tongue gives us a huge thumbs-up as it registers big bonus on satisfaction-scale. However, the burst of calamitous sugar, which goes inside the food tract and gets big disapproval and thumbs down from liver and pancreas are not registered on the satisfaction-scale.

These organs are rather neutral. The mouth is a vocal and populist showman. The liver however is the silent worker.

The 'Random Warrior' has this tendency of giving in to populism. However, the real Hero shall always have the poise and perspective to see the picture in entirety as the Hero understands and accepts the 'mechanism' not in 'parts', but in holism and assimilation.

The 'Hero' shall never be swayed away or blown out by populism, as it has the holistic perspective to understand that 'success' is not in pampering the mouth with all it 'wants', it is rather in ensuring the larger health and wellness 'need' of the whole body. The Hero understands, "Success is not in having all that we want for instant joys, it is rather in the prudence of having what we actually need for persevered satisfaction".

**

[The Mechanism And More](#)

The mystical mechanism of neurotic interplay buoys up and down our 'self' between the vast oceans of consciousness and sub-consciousness. Only two percent or less of mind's mechanisms we can control, like, we can control our food only until it is not past the throat. Still, we all think, we are genius of some kind, perfected for controlling the probabilistic 'self' and almost everything.

Of course, we are not only mechanism. We are surely more than our mechanism but we are for most times, a mystical mix of 'mechanism' and the 'more'. However, many of us would be least concerned and interested in understanding and accepting the massive intricacies of the mechanism and would be engrossed primarily in the

mysticism of the 'more'. Neither mechanism, nor the more can be understood in isolation.

We cannot be concerned exclusively about the success of mouth and tongue. Similarly, we also cannot only be concerned about the success of below the throat mechanism. There always has to be a mix and poised amalgam of both. The segregation is calamitous.

All those, who understood and accepted the intricate and expansive 'mechanisms' and the 'more', they hit the road to '*sat-chit-anand*'. The word in old Indian language of Sanskrit means – the Absolute Existence, Absolute Consciousness and Absolute Bliss.

We now have the facility. Earlier, the facility to understand and unravel 'mechanism' and 'more' was purely psychic and philosophical, reserved for a few evolved minds. Even they erred, as wisdom was observance only, not verifiable objectively.

It is now amenable and available to all, with just the willingness and openness of mind. Still, majority are away and aloof from this modern facility. Unfortunately, most of us are egoistically happy in the comfort zone of inertia, blinded by the rigidity of our age-old hypotheses.

There is this dangerous and restrictive mindset to accept all knowledge and wisdom only as subjects for academics. Science also becomes a subject for school and college learning syllabus but never becomes a way of life. All knowledge remains 'learning' abilities for grades and jobs but they are seldom internalized and ingrained in our lives. Wisdom when internalized becomes common sense.

All wisdoms are now amenable for easy and quick internalization. Humanity needs a lot of change and new initiations in the learning and educational systems it has so far prescribed for new generations. Not only science, philosophy, psychology, spiritualism, mathematics, history, etc are meant for internalization so that these wisdoms could be an integral and assimilative part of the holistic culture across

humanity. All wisdoms need to be internalized to become common sense for humanity at large.

For example, for centuries, we ascribed eclipse to divinity and put the question in the domain of religion. It is now in the rightful domain of secular and scientific knowledge. Similarly, for centuries, we have put 'consciousness' in the domain of psychic. New thinking puts it rightly in the domain of secular knowledge of mind mechanism.

For centuries, humanity has struggled with a causality of crucial questions of life and living based on psychic interpretation of realism. For the first time in human history, we are successfully attempting to build up secular and objective paradigms for a logical, measurable and replicable causality based on provable and singular logic and facts.

We now have a wisdom to understand the mechanisms of realisms around us in a completely new light, often against and in rejection of our fixated and wired cultural mind's age-old iconic wisdom. Once we accept the knowledge of the mechanism, the mysticism around the 'more' of humanity, build over centuries by psychic and ingenious minds is cleared. Then, we all open up to a completely new realism.

As and when we assimilate this new thinking, objective wisdom becomes humanity's common sense and soon, the psychosis of minds, the devil of humanity flees away for good.

**

The James Bond In Us

Most of us love the character of James bond. He is somehow very close to the concept of our all-weather all season Hero. We also love the superman. However, our James Bond is purely human and more like us, but a ‘winner’ in all tough and almost ‘unwinnable’ situations.

When we see him coming out a winner in all tough situations, we know why he could. He always does it because he is the ‘master of mechanisms’. The best part of his glorious winning ways is the fact that they all seem so spontaneous and habitual. He does not have to move a mountain like our superman to save his beloved. He always knows about a secret pass or a crack opening in the mountain to sneak in beyond it.

We shower his performances with encore and applauds as he pulls out another of his masterly tricks with aplomb, to score over his detractors and conspirators. In all his troubles, he knows a diversion and bypass. Not surprisingly, they are mostly very believable as the winning tricks come out of the same mechanism, which brought about a problematic situation at the first place. This is his heroism – He is the master of mechanisms.

Can we all be James Bond? Why not, but being a James Bond means lots of homework and preparations. And what this homework is all about? It is painful, persevered and postured preparations to arrive at a state of ‘readiness’, where we have the ‘objective knowledge’ of all situations, life can put us in.

Present a latest high-tech car to the James Bond, with first-time features anywhere on the globe and James Bond already knows, how to successfully run it and fruitfully use every new feature in all tough and unwinnable situations, which his work may land him in. The reason he could do it is he has gone through the painful process of ‘preparedness’ of basics, well before he became James Bond, to be in ‘readiness’, which defines him as James Bond.

And, what is this process of preparedness? We have already talked about it. The process is to be aware and responsible towards the 'whole', not only the 'part'. The holistic, assimilative and integrative perspective towards the 'mechanism, its entirety is the hallmark of a true Hero like James Bond.

Only a person, who is receptive enough to respectfully accept the utility and fruition of every little detail of the mechanism of anything he or she is learning, can be ultimately 'ready' to be in the position of an all-weather all-season winning Hero.

**

Diagnosis Of Patterns

We have so many examples in our daily lives, where we see that if we have prepared ourselves well for multiple factors and have anticipated rightly the dynamic interplay of these factors, we are successful in having a smooth and safe go.

We are driving a car on the busy highway. Driving itself is a multi-tasking skill. Those, who have better coordination of their eyes, hands and legs, shall be driver with lesser chances of accidents. This is however only one part of successful driving. You also need to have intuitive anticipation towards possible mistakes of not only your own driving, but also of others, who shall be ahead and behind you on the highway. You have to anticipate correctly and in time, if a driver ahead you does something silly. Accident happens not only when you do a wrong, but also when others do wrong with you. You are in trouble both ways.

Moreover, on the highway, you need to know, where those accident-prone zones are and where drivers usually make errors of judgment. There may be a signboards warning you but you must have this pre-knowledge, back in your subconscious. It means, you must be very aware of the entire stretch of the highway.

We can see, how a simple thing like driving a car is such a multi-dimensional skill, where we have to master the inter-play of so many factors. However, as we have become used to all this, we do not feel its burden as these skills have become part of our subconscious mind. The skill has become an auto-function of subconscious mind.

The fact remains that even when we all have been allowed licenses for driving, this does not mean we all are 'Heroes' of the highways. Many of us are only 'Random Warriors'. Many of us are just 'eligible' drivers. To be a qualified driver, one needs to have long experiences of the highway driving. The finer skills, like coordination, anticipation, judgment of error, preemptive moves and precautionary measures, et al come to us only through practice and experience.

There is a very good metaphor of this skill in psychology. It is called 'helicopter-view' consciousness.

For example, you are standing mid-way a five-kilometer road, between point A and point C. As a car starts on the road from point A for point C, the spheres are defined for you at point B, where you stand mid-way. The car at point A is your 'future' as it shall take ten minutes to reach you. As it reaches you at point B, it is your 'present'. The car shall take another ten minutes to move away to reach point C, which then shall become your 'past'.

You can deal with the safety and wellbeing of its passenger only when it comes to the domain of your 'present at point B, where you stand on the road. Before and after that, you have no control over the car and passengers' destiny.

However, if you are given a helicopter at point B and you lift up to a certain point from where you can see the start of the car at point A, its entire journey down to point C, there shall be no future, no past. The entire stretch shall fall in the domain of your 'present' as you can see the car all along the road. As everything is in 'present', you have full control over the safety of both car and its passenger. You can see everything and therefore can put up a warning, before anything untoward is to happen.

Life and its problems are also like the journey from point A to point C. Usually, we are grounded in our consciousness and perspectives towards life and it is like restricting our views at one small point, between the two ends. If we can rise up our consciousness to this 'helicopter-view' perspective, we can have a view of our entire life-span as one clear long landscape. Everything shall be in the domain of 'present' and within our possible control.

Usually, the conscious-mind in we all is restrictively concerned and knowledgeable only about a 'part' of the entire complex mechanism of life and living. This consciousness is a restrictive positioning of a 'Random Warrior'.

The all-weather and all-season true 'Hero' shall definitively be aware and responsible towards the 'whole'. The holistic, assimilative and integrative perspective towards the 'mechanism, in its entirety is the hallmark of a true Hero.

This facility of conscious mind, to extend the domain of our 'present' to past and even future is not something new to humanity. Somehow, this facility or faculty, which some people had in the past, was based entirely on intuitiveness of the mind consciousness. Modern humans can learn the art by simply understanding the mechanism of mind.

It was believed that some people were born with the quality of an 'intuitive' mind. There was a belief among masses that they could predict events from past and future. There was also a cult of 'Tantricism', an occult tradition as well as mainstream tradition of meditative powers to develop intuition, which was used to predict past and future.

The core idea behind all these was to have a mind consciousness, which could have the receptive brilliance of a 'helicopter-view' perspective. In my research, talking with many of them with intuitive power, I found that the ability to predict right about past and future, which masses called magic, the artistry was essentially that of a mind consciousness, which had special abilities of rising above the plane and be able to see things, as the person could see from a helicopter.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

