

A woman in a green shirt and blue jeans is jumping joyfully on a beach. She is in mid-air, with her arms outstretched and her head tilted back, looking up at the sky. The background is a bright blue sky filled with fluffy white clouds. The ocean is visible in the distance, and the sandy beach is in the foreground.

# I AM NEW

**A SELF TRANSFORMATIONAL GUIDE**

**Prof. Dr. Madhavan PhD.,**

**I  
AM  
NEW**

**A SELF TRANSFORMATIONAL GUIDE**

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**Dedicated to our Philosopher, Guide and Guru  
Vaazgha Valamudan Saint of South India**

**SHRI VETHATHIRI MAHARISHI**

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# **1. INTRODUCTION**

**Life is learning.**

**Learning is to make our living happier than before.**

**We start learning from our mothers womb till we reach the tomb.**

**The learning process is progressive with the:**

- **Sensory perceptions in the child hood**
- **Repeating or mimicking others in primary schooling**
- **Memorizing and recalling some abstract concepts later**
- **Thinking in terms of professional concepts**
- **Growing in the intimate relationship of life partner**
- **Getting hands on experience in the responsibility of life**
- **Acquiring name, fame, prosperity and meaning in living**
- **Feeling of satisfaction as we reach end of life cycle**

**In all the above there is one thing that is common, is the relationship. Starting with the mother, father, Teachers, Friends, Relatives, Bosses, Peers, Customers, Suppliers etc., and in short the Society of the World Community.**

**It is said that a better relationship leads to a better performance, better recognition, better pay packet and better acceptance in society leading to an overall happiness.**

**The root of relationship is the Love. Loving yourself first, then loving others and finally loving the entire universe. We are the extension of Spirituality into the Humanity. Lack of this knowledge, understanding and systematic practices leads to misery in life than happiness. This is the purpose of this Book to give you some insights in the areas of making you better and bring out the I AM NEW in you.**

## **2. I AM NEW**

**Life is Action, Action and Actions only.**

**When the actions are not there then the living stops.**

**Therefore life is the total sum of our actions from birth till death.**

**Our actions have three major components, namely Thinking, Talking and Doing. Our actions are always based on the expectations of the results that it would produce. The results we expect are the ones that would make us Happy. Some times it may not happen the way we expect and therefore we analyze what happened and try to make some changes or improvements next time we take the same action. This called the smart way of living with new approaches in life to make it better and interesting. For this we must know where are we now and then where we need to go. Our directions and actions must be clear to take us where we want to go.**

**Such an approach is called Introspection or Self Analysis, so that we are clear in what we must do. This is called as "I AM NEW approach". Each of the letter stand for a particular learning practice for bringing the change in us. The proof of the pudding is in the eating so also the proof this approach is in it practice. Just knowledge alone will not help, practice leads to perfect.**

**I - Introspection**

**A - Analysis of Thoughts**

**M - Moralisation of Desires**

**N - Neutralisation of Anger**

**E - Eradication of Worries**

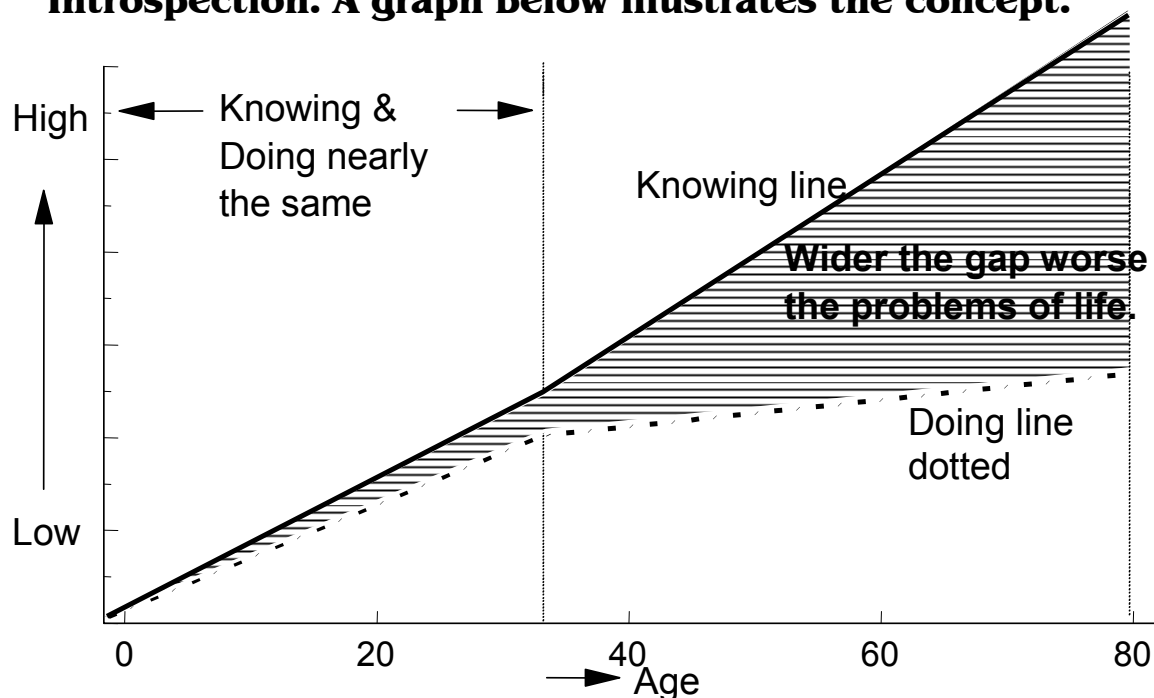
**W - Who am I?**

### 3. INTROSPECTION

**The fundamental of any problem solving methodology is the Analysis. In a process of Self Transformation, the first thing one has to do is Self Analysis or also called as Introspection.**

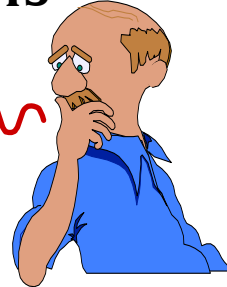
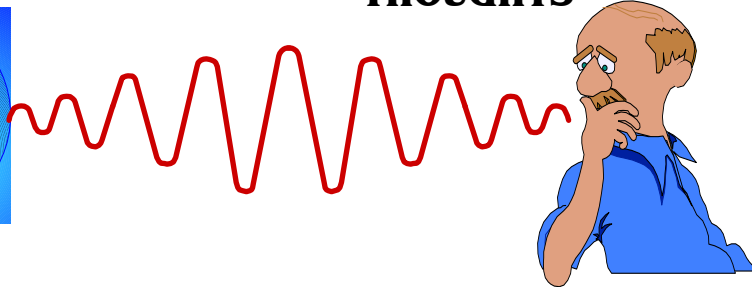
**Why Introspection? As we grow we become more knowledgeable, intelligent, experienced and smart. Then why do we have more problems as we grow than in our School / College days? Is it the burden of responsibility or lack of knowledge how to live well. Our Schools, Colleges and Universities are good in giving us a career in life and not happiness in life. Because none of them teach how to live happily.**

**We are happy when we are young, is mainly for the reason we follow what we know. As we grow we know a lot but follow a few. This is the root cause of all our major life problems. As the gap between Knowing and Doing widens, the problems are also on the increase. It is with our own efforts we can narrow this gap. Such an effort is called Introspection. A graph below illustrates the concept.**



## 4. ANALYSIS OF THOUGHTS

**Living** - **is ACTION**  
**Action** - **is based on THOUGHTS**  
**For Happy Living** - **UNDERSTAND / ANALYSE THOUGHTS**



<b><u>As you Sow</u></b>	—————>	<b><u>So you Reap</u></b>
<b>Thought</b>	—————>	<b>Action</b>
<b>Action</b>	—————>	<b>Habit</b>
<b>Habit</b>	—————>	<b>Character</b>
<b>Character</b>	—————>	<b>Personality</b>

**Every Thought** - **Result in Action**  
**Constructive Thoughts** - **Constructive Results**

**Thoughts - Originate from Mind, as Mind is build up of past/present experiences and future expectations.**

**Understand the 10 Steps of mind sub set:**

**1. Problem Feel, 2. Need, 3. Effort 4. Action, 5. Result, 6. Enjoyment, 7. Experience, 8. Compare experiences & Research, 9. Understand & 10. Decision**

**Using the same decisions for the same problems leads to what is called habit. To break from this habit we need "Analysis of thoughts"**

## **4. ANALYSIS OF THOUGHTS (contd.)**

**Let us understand the major six roots from where the thoughts generally originate:**

### **Six root causes of thoughts**

- **Need**
- **Habit**
- **Environment**
- **Others Imposition**
- **Heredity**
- **Divinity**



**Each of the above have certain effects depending on its roots. For example those originate out of habits etc., need to be analysed before we can even entertain them. That's why we need to analyse them. Let us see the process of analysis.**

### **Analysis of Thought Process**

- **Watch the flow of thoughts**
- **Catch any one thought**
- **Identify its root cause**
- **Assess consequences (Positive or Negative)**
- **Positive; Beneficial to self & others**
- **Negative; Painful & Damaging**
- **Decide to**
  - **Strengthen positive thoughts for fructification**
  - **Eliminate negative thoughts at the outset**
- **Practice to develop awareness on Thought Process**
- **Cultivate positive thought process**

## **5. MORALISATION OF DESIRES (SETTING GOALS)**

### **Desire:**

- **Driver in Life**
- **All have Desires**
- **Is Natural**
- **Is not root cause for pain**



### **Pain/Pleasure:**

- **Pain is in the implementation of Desire beyond certain Limits / Methods (eating in excess)**
- **Pleasure is in the implementation of Desire within certain Limits / Methods (eating to satisfy hunger)**

### **Million Desires:**

- **Not Meaningful ; But wasteful**
- **Dilutes Fructification to one in millionth**
- **Cannot be enjoyed by oneself within the limits of Body and Life Time**

### **Desire fructification depends on:**

- **Purpose**
- **Quantity**
- **Quality**
- **Object of contact**
- **Time**



### **Process of Moralisation of Desires:**

- **List out desires in quietness**
- **Shortlist by Assessing**
  - **Is it essential**
  - **Cannot manage without it**
  - **Have adequate infrastructure**
  - **Positive consequential effects**
  - **Benefits to self / others**
  - **Decide to strengthen them for fructification.**

## **6. NEUTRALISATION OF ANGER**

### **Anger:**

- **Negative Emotion**
- **Indicates inability to overcome obstacles in our path**
- **Require extra energy to overcome which the body cannot withstand**

### **When in Anger:**

- **Eyes get congested**
- **Blood pressure shoots up**
- **Strained nerves**
- **Body, limbs, legs, speech tremble**
- **Forget oneself**
- **Life energy zapped out**
- **Susceptible for Illness**
- **Mind registers a harmful habit**
- **Hated by family / others**



### **Therefore Anger:**

- **Not to be suppressed as it leads to stress / Vengeance**
- **Hence to be neutralised**

### **Neutralization of Anger - Process**

**When in anger act with awareness. This is a process to neutralise your anger and not others.**

- 1. Write down names of persons on whom anger is shown.**
- 2. Prioritise names depending upon the degree and frequency of anger.**

## **6. NEUTRALISATION OF ANGER (contd.,)**

### **3. Take the first name and analyse**

- **Relationship**
- **Reason to the core**
- **Who is responsible**
- **My mistake, how much**
- **What efforts are taken to correct**
- **Anger removed the mistake ?**
- **Benefits / damage by this anger**
- **Contemplate on the efforts to correct mistakes.**

### **4. Take following "angry neutralisation resolution" and repeat every day by-heart morning and evening 10 times "I shall not be angry with this person in future whenever I contact him/her."**

**I shall always be aware not to get emotional.**

**I shall protect my wisdom without getting angry".**

### **5. Meet that person with the above Awareness.**

### **6. Practice for a week and check results.**

### **7. If okay, take the next person in the list. If not okay, skip a meal as punishment when you get angry and repeat the resolution.**

### **8. For duty bound anger, practice pseudo anger.**

**This has worked wonders in thousands at work and at home.  
Why not we give it a try?**

## 7. ERADICATION OF WORRIES

**Anger and worry are the two worst villains in our life of growth  
Wasting all our energy for performance and success.  
We have to have them under check!**

### **Worry:**

- **The difference between (Expectation - Reality)**
- **Helplessness to achieve the goal**
- **Mental condition leading to disease**
- **Rapid loss of life energy**

### **Worry arises due to:**

- **Poverty**
- **Disease**
- **Debts**
- **Difference of opinion**
- **Greed**
- **Jealousy**
- **Inefficiency**
- **Fear of Loosing**    - **Wealth**
- **Prestige**
- **Influence**
- **Death of Self / Dear - ones**



**Worry is - A problem, hence need to be solved and  
not to be worried about.**

### **Eradication of worry by**

- **Analysis**
- **Self Confidence**
- **Understanding law of Nature**
- **Endeavor and Courage**
- **Plan of actions**
- **Accepting divine judgement**

## **7. ERADICATION OF WORRIES (contd.,)**

### **Process**

- 1. List out worries. This is the best way to tackle it than thinking about it.**
- 2. Analyse them into four categories into chewable bits.**
  - 2.1 Face and endure**

**There is no point in worrying over spilt milk. It sometimes happens to us to have someone in the family with physically challenged. Do something about it instead of keeping on worrying about it.**
  - 2.2 Ignore**

**There are rumors and insults passed on through someone. What is the point in picking quarrels on it?  
Some elderly people keep on reeling out advises that are not valid at this point of time . It is up to us to tactfully avoid them.**

**The point is just ignore them,**
  - 2.3 Plan to work & Work the Plan**

**Convert your worry into a problem. Then a problem can be solved but not a worry. Draw out an action plan on time scale and carry out meticulously.**
  - 2.4 Take immediate action**

**In case of emergency, don't panic. Stop all other work and take quick action to save a life or grave loss.**
- 3. Avoid emotional quick solutions, as it would lead to more problems.**
- 4. For every worry, draw up a well thought out action plan on time scale and actively follow through.**
- 5. Worry / problems are part of life. Accept them. Act to resolve.**

## 8. WHO AM I?

**If you know the Car, you drive the car better  
If you know yourself, will you not drive yourself better ?**

<b>Man</b>	<b>Lives in</b>	<b>The World</b>
<b>World</b>	<b>Live in</b>	<b>The Universe</b>
<b>Universe</b>	<b>Live in</b>	<b>???</b>
<b>"I"</b>	<b>Lives in</b>	<b>Man/World/Universe ?</b>

### **Man Identifies:**

**Others (Easily) by**

- **Body name**
- **Birth place**
- **Parents**
- **Profession**
- **Achievements etc.,**



**Himself (uneasily) by**

- **Self Assessment**
- **Development of Consciousness**
- **Self Realisation**

### **What is the Origin ?**

**Silence is the Origin of Sound**

**Darkness is the Origin of Light**

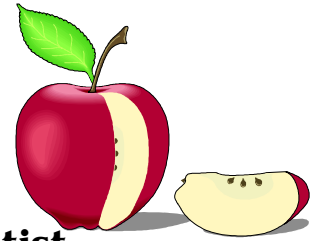
**Line is the Origin of Letter**

**Is Nothing is the Origin of Everything ?**

## **8. WHO AM I? (contd.,)**

**What is an Apple ?**

- **A spherical object red / green colour with sweet taste and priced at approx.. Rs. 15/- per pc. This is as per a Layman**



- **It is a Collection of Atoms, as per a Scientist**

- **It is Nothing, but an illusion, as per a Philosopher**

**Then, what is the truth ?**

**Truth**

- **Which does not change with respect to time and space**

- **Applicable to all objects / living beings**

- **Called by different names :**

**Absolute, Infinite, Nature, Energy, Unified force, Almighty, God, Brahmam, Super Consciousness, Eternal bliss etc.,**

**How does this knowledge help ?**

- 1. It satisfies the quest for self.**
- 2. Clear perspective ; seeing appearances as a collection of energy particles with the absolute space in the core.**
- 3. Expression of Universal love / compassion to all and self.**
- 4. Resist / stop harming / hurting others.**
- 5. Help to alleviate sufferings of others wherever possible.**
- 6. Understand the limitations and relationship of body**
- 7. Develop good human relations, improve friends circle**
- 8. Lead a satisfactory, happy and enjoyable life.**

## 9. PHILOSOPHY OF LIFE

**Life is not mathematics, to give one answer to one question. Life is a complex equation between self, society and nature. Each one have their own laws of regulation, modification and Harmonization. We have to adapt ourselves among them to get the best out of life. This is the philosophy of life.**

**Life is full of problems, is true for some but it is also full of Challenges and opportunities for the others. Finding the solution to the problems of life is the true joy in life.**

**The philosophy of life is divided into four parts, namely i. Basic Needs, ii. Protection to life, iii. Virtuous living and iv. Development of Consciousness. The first two are valid for all living beings and the last two are specific for human Beings.**

**Under each group, there are three points, that will add up to totally 12 points in this philosophy. The table below gives the gist for better understanding.**

Need (sensation based)	Protection (Survival based)	Virtues (Society based)	Development of Consciousness (Search based)
Hunger	Natural Calamities	Morality	Faith
Climatic Temp. Variations	Enmity/Other Living Beings	Duty	Understanding
Excretory Forces	Accidents	Charity	Realisation

## **9. PHILOSOPHY OF LIFE (contd.,)**

**Under Need, it is sensory based. to take care of Basics like Food, Cloth and Shelter. Under protection based, it is safety of their life become important and they started migrating to safe places to live.**

**When the above two are met, people started living together as community. Here the need for virtuous living has become essential for harmonious and peaceful living as a society. The disciplines of Morality, Duty and Charity has become the pillars of their life.**

**Morality means , not to hurt self or others in thinking, talking and doing. Duty are the dues one need to return to the society from where he got everything to live. Therefore we don't do our duty for the salary or profits we get, but to pay back the debts we borrowed from our Parents, Teachers, Farmers and Artisans who built our houses to live and weaved our clothes to wear and many who made our life comfortable. There is no compensation for all this but to do our duty to the best of our ability. This is what is called Karma yoga. Charity, is just sharing the surpluses we have, with those under privileged.**

**Development of consciousness is personal, Only you know it. It begins with Faith in what you think, talk and do. It will be a blind faith if you don't understand yourself. The progress you make in the understanding of yourself leads to the perfection and that is called the Self Realisation.**

**This is all life which revolves with in the 12 points described as the Philosophy of Life.**

## **10. BENEFITS OF BLESSINGS**

**Blessings are Good wishes, we give and as well receive. How do you feel when this happens to you? Generally we say that where there is anger, there is no laughter and where there is laughter, there is no anger. Because both are contra emotions therefore they cannot co exist. Like wise Blessing and Cursing.**

**Our very life is a blessing. We must feel highly grateful to those who are responsible for our present life. The very Good Morning we say every day to others is a blessing. What we mean by saying is that 'let this morning be good to you'. Do we really mean it or it is just a routine uttering? It makes a lot of difference, when you say it with meaning from the heart, it is a blessing and just uttering is a lifeless noise.**

**Blessings are those that works from the heart and de stress the mind for a healthy positive relation ship and enthusiastic environment for better performance. Many research studies have found that having good relationship is one of the most important skills of successful leaders.**

**If we think we must be grateful to the society for our good life, then we must also feel good about them. A simple but effective way of this demonstration is Blessings.**

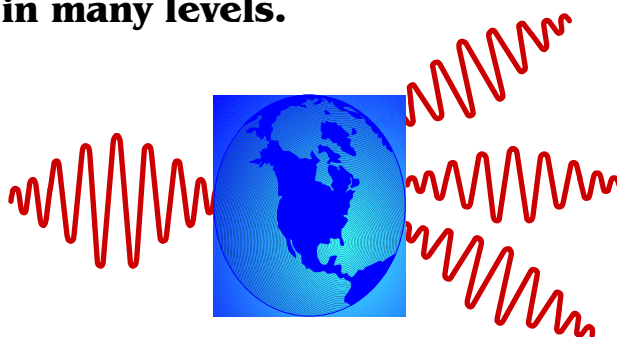
**Now imagine your best friend or relative is in front of you, how do you feel in your heart, full of joy is in it? This is the state we must be in whenever we intent to offer good wishes to others. In the same way if we practice to bless even our worst enemy, then miracles start happening, in your heart as well as in the hearts of others. This is the bond of relationship an effective stress buster.**

## **10. BENEFITS OF BLESSINGS ( contd.,)**

**Blessing are the expression of good wishes, externally or even mentally. Though it is an expression directed to a Person or an event but always gets registered in the universe. There is a sender and there are two receivers. Both get benefited depending upon their quality of Receptivity and the senders Intensity.**

**An expression of blessing, is a wave of actions in sound or in mind. It functions like a wave to cause a series of actions and reactions giving appropriate results in time. It is characterized by the personality of the sender in shape, quality and speed.**

**Universe is filled with Energy - Not for Consumption but for Conversion. Blessing Waves are one form of Energy for Conversion in many levels.**



**Blessings are Positive**

- **Thoughts**
- **Expression**
- **Words**

**Blessings have the Potential**

- **To cleanse the Personality from negative attitudes**
- **To reinforce the Positive attitude.**

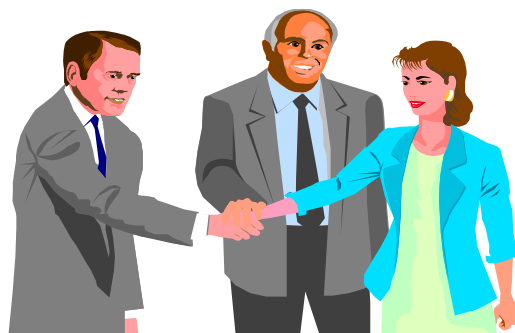
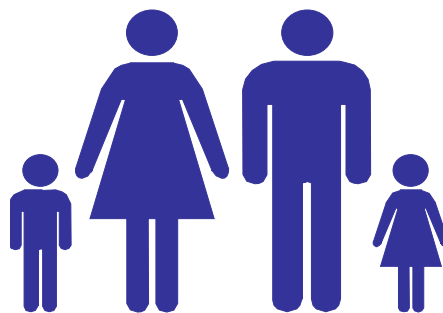
## **10. BENEFITS OF BLESSINGS ( contd.,)**

### **Blessings**

- **A wonderful technique for organising positive thoughts.**
- **Highly potential, effective & divine.**
- **Can be practiced like any powerful Mantras.**
- **Due to wave functions when you bless someone you are automatically blessed.**
- **After meditation with a quite mind at low mental frequency has powerful effect.**

### **Blessing Sequence**

- **Self**
- **Life Partner**
- **Children**
- **Brothers & Sisters**
- **Close Relatives & Friends**
- **Work / Business associates**
- **Enemies**
- **World & the Universe**



**Blessings are the perfect approach for lasting inter personal relationships and happiness**

## **11. CONCLUSION**

- **Renewal is a continuous process of change and growth.**
- **Doing what we did yesterday, will produce same results**
- **Those who want better results to day needs to change.**
- **Changing one self starts from with in.**
- **Forced changes from out side do not have lasting effect.**
- **For such changes one need to introspect.**
- **Introspection begins with the stream lining of thoughts**
- **To Change there must be a powerful change agent – desire**
- **The desires must be aligned to natural ways of working.**
- **Ecological balance prove harmony – the ways of nature.**
- **To act, energy is essential, for growth**
- **Wastage of energy to be reduced if not avoided.**
- **Wastage leads to inability in reaching our goals / desires.**
- **Hence we need to cut out on major waste – Anger & Worry**
- **Learning to manage the waste, conserve energy for action.**
- **Knowing oneself adds more zest and purpose in actions**
- **After all Actions are the beginning of Results**
- **Choose your actions & Change to “I AM NEW”**

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- **Multiple Intelligences – Dr. Gardner**
- **Emerging new Science – Dr. Ashok Gangadean  
ETC.,**

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**Prof. Dr. Madhavan, a mechanical engineer and a management expert, worked in multi national for more than 30 years in various capacities including General Management, new technologies, Project Management and HR development & Training**

**Having retired, fully engaged in Social development activities Especially in youth development besides Management consultancies.**

**Associated with many Social and Corporate organisations in different capacities and continue the work of satisfaction.**

**Feeling great about the association of South Indian Saint Vethathiri Maharishi for about 20 years especially in the areas of Science and Spirituality.**

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