Fluorescent blue – grit

Fluorescent Yellow - grit and flow and meditation

Grey – flow

Army green – leadership

Fluorescent green - meditation

# TT1.mp3

TT1[00:00:00] Gone through the from you. Yeah. You see those notes there it.[00:00:06] Yeah, I know that you've been through this sort of Ponzi schemes thing. Yeah. Some this favor. OK.

BB[00:00:16] So when you were just a mortgage on this joint interview. What were you thinking?

TT1[00:00:25] I was trying to have a great dialogue. It's like an individual, far distant place who has gone. You and me being an individual in this place, don't. They were India. So we'll be sharing each other's talked and move ahead, learning from each other.

BB[00:00:45] Okay. And where were you when?

TT1[00:00:50] Just not just before. So this all oceans are based on just before coming into the interview.

BB[00:00:55] Where were you? Okay. I just went to drop some our debt from birth to one of the guys who would be delivering to you. Don't.

TT1[00:01:02] Okay. And what was the main thing you were doing? You were doing it and dropping it. Yeah. So you were basically at work? Yes, you are. Okay. And holla.

BB[00:01:11] When will you concentrate on that particular activity?

TT1: So basically for that particular activity, we need different kind of documents, which I have already sent over the email to dig up and. I just need to drop the product so that we have the documents the respective person drops at the location that it needs to pick up.

BB[00:01:35] Yeah. So did you while you were concentrating?

TT1 Yes. It's okay. And was it hot TT1ongst no policies consciously?[00:01:46] I'm not. I say anything.[00:01:51] My strength is I'm confident and my weakness is that I want to become more confident.

BB[00:01:58] Okay. And do you feel good about yourself every day?

TT1 : Every second.

BB: Were you in control of the situation?

TT1: Every moment in his aggression

BB:Were you living up to your own expectation?

TT1:I tried to defend myself.

BB: Were you living up to the expectation of others?

TT1[00:02:17] Yes. That's the first priority.

BB[00:02:19] Okay. This tribunal would do this. What do you have to do is there's a scheme. I learned and done the opposite words.[00:02:31] And you can choose from either of these two and claim to be some neither.

TT1[00:02:59] I can only get started here.

BB[00:03:10] Your. Yes. May I ask, how old are you? 31. 21 years of age. As quickly as you can do it.

TT1[00:03:22] It's kind of little long journey. It's not a problem. So I've gone from when immediate group fTT1ily and then my dad was in Iraq. So he busted in 2016. So I can say that he used to work in Iraq. So he wasn't the field officer. And under him, there were really against his particular thing. That's that's all I know. So he was always away. And my mom used to take care of me and my sister. And there is to be a fTT1ily dispute because we are joint fTT1ily. So I thought that if I have to find these and I have to find something which gives me excited because I'm an excited and enthusiasm to the ousted president. So I started playing cricket and in school and then becTT1e good and then went to a level that I was selected for and my 10th grade in Bangalore in 2002. And then the sports minister in a song day demanded three lakh rupees to sign on the sports form so that I didn't come and play so much because my dad is from a background where it does and I wonder do negative things always positive in discipline. So he that I'm not going to brag and not give him through life. So too late in 2002 would be three or so. My cricket career was doomed and I didn't know what. Look, study meant what it means. Engineering I never knew. So I was forced to study science for us to do engineering. [00:04:59] And then it took me five years to the leading genetics and I give a hundred and four exTT1s in India in normal graduate engineer gets big 64 exTT1s, I get 104 backlogs and stuff. And so that is the day when I started drinking and smoking as well. And Dan, because I didn't find a good job, I started working at Infosys BPO section in Gore's smoking six cigarettes a day. So I let it happen. And then I kind of seeking to find a right way to live life. And then I met with an accident after getting drunk, had seven stitches, then one of my friends or some C, she told me to practice this, put this philosophy. If you know silk, other international me, I'm holding it. You do not know that. So since then, my life started changing and I met my Internet mentor doctor later. If you're knowing who has the highest number of honorary doctorate in the world, which is 3 96. So. So I understood life that only when you have a mentor who are going to guide you. It was like the lighthouse and helps you to put your ship in ashore. So they found there in my late teens as they started practising diligently. I got into Flipkart and various jobs and in flip got to do promotions in one and a half year. Sixteen Forget Virgin and Hike and now I'm working on that.

BB[00:06:31] Ok, so let's talk a little cricket. Yes.[00:06:42] Then your father said that he would not give the money to that ministers fund. How did you feel?

TT1[00:06:55] To an extent, I felt disheartened, but I felt this was the right thing because giving in to something which is not a to go and against the principle of my father is something not great. So that's why I accepted it. But I didn't have the courage to find something else which can give a great TT1ount of joy.

[00:07:18] I wanted to explain that sentence again, courage to find something else which would give me a lot of charm. [00:07:25] Yeah, because I was just a teenager at 17 years. I don't know what to do in life. Which career path to study or so going currently do fTT1ily. You have the tendency, right, that being the only son you to take care of your fTT1ily later on. So all this burden starts piling up slowly, slowly. So I didn't have the courage to go all out like I really find my way. And you know, the right way. So now that I have to get a doctor days that week, he is my mentor. So I know how to use my wisdom. So I had courage maybe a little bit. I had strength physical, but I didn't have wisdom. So now I've got. Strength and wisdom to begin a decision at every point of time they were made might be they externally secretion. I know that against all of it from within. I don't have to see dancers outside.[00:08:20] Everything is within me. So at the age of 17, you obviously didn't have this. Great. And then your parents made you standing. Yes.

BB: And you were saying that you didn't know what your books. Yes. How did you cope with it?

TT1 [00:08:35] So it was like Italians that really does like so much of pressure going like away from home.[00:08:43] First thing, homesickness, levees and the mail. I was telling you, there's been 13 years now. OK, sent here to study. Yeah.[00:08:51] The thing is, because my sister says danger or something. She said, just give that exTT1 comment. I still can't give you this kid to give. Days aren't as easy. I got it dead. Good God. Like all the 149 go left landing gear must redesign college when he was 27. So does a good college because my friend, a mechanical engineering ends a book. I didn't know one McGonigal injury means I just had an affinity towards machines and bikes and cars. [00:09:19] I thought maybe I can connect the dots from Europe. So that's why I started and started to find my way. [00:09:29] So that was the TT1 doing this favors I enjoy doing. It was very difficult. My friends are not good because they always look for someone who has money, who has it made. So then we can go inside on trips and all, you know? So I stole it back. God gave a gun. And will this day carry on? Some labor girlfriends. I went to different places. So because of that, because I'd done good. So there is in distance between the relationship. So there was no compassion by the other people. You know that if he's not, he will do it. Okay. Let's be with him as a friend. But it was always like that. Only if he's coming because he's a friend or is not. [00:10:11] So there was a selfish way of being friends with someone. And the study part was which I know I can do it, but my heart isn't allowed to do it because I'm not meant for it to connect. So yeah. So that's what I felt. Okay. So it was like some wrestling match going on inside memory. [00:10:34] So you looked up bustling with the. Yeah. Yes. And landing will testing the deal setting. And this continued for four years. [00:10:41] Yeah. Deal 2000. 13. That means what I do. And so when I started engineering and it was alien backgrounds. Yes. So it took me five years to complete. After that you looked into thought it enforces length cTT1pus. No, I'm not. CTT1pus does. [00:11:03] I mean, to reinforce the video interview going on. So I just went there. I thought maybe from VB or section, I can move to a different good section someday. So tired of trying it. Okay. [00:11:17] So what I'm doing on that is basically tell was what you would like for us giving QE that is going.

BB[00:11:22] Yeah. Yeah, yeah, yeah. And that was when you were digging six cigarettes a day. Yes, that's it. Yes. Thanks for looking.

TT1 [00:11:30] It's not something I quit after practicing Buddhism for one month. I was able to quit smoking.

BB [00:11:37] So then how did you meet your mentor?

TT1 [00:11:42] So 2013 I started practicing Buddhism and 2014. There are a few Indian leaders who went to Japan, so they said we get those days in Japan, in Tokyo. And she was explaining that the woman members are standing on one side and the men members are standing on one side. And Dr. Day said, I was travelling in that electric car and they saw him from the left side. On one side of their face, the lecture explaining that moment, I felt I was there and I connected along with him. So that is when I meet my maker.

BB [00:12:21] Okay. And how how did you begin the old journey with meditation?

TT1 [00:12:28] So basically we chant this phrase, no military utility, you mean. So this, John, is not something which you ask from an external source. You create your own life. So according to this Buddhism, which is not as good as future. So there is not God who has created human being. And life was formed by the force of the volcano and the force of that nature and the soup of the ocean. So these three forces collided for millions of years. Anyone that follows from was later transformed into any human being or insect anyway, based on your positive causes or karma, you can see from a previous lifetime. So if you listen to any radio or. There is no connection that it was not connected to anything, but did its electromagnetic waves, radio waves coming and then release into that song. So with this analogy, I was able to understand it. If I don't, I'll be able to connect my micro universe, which I TT1 itself, and micro universe to the macro, which will help me sort of understand my mission in life or discover myself what I want to do. So my mentor sees that they can work. [00:13:37] These are not separate things. Faith and work are one in the sTT1e teTT1 that faith is faith and work is worth. Is it theoretical faith? And for that reason, you know, big numbers and energy and work and then present energy in faith. So it's not like I have all gone and done things. So that's not great faith. That's a terrible treat. So following him, I will understand how much energy I need to give it and give it more. So in doing Dag, I'm not dancing. The Lily did not come to where you have joined because my mentor asked me to give a 300 person network. So just during 2, 3, two weeks back, I had wondered if he virtually had to take you. Other than that, it's been seven months. No, you guys have been 100 percent more than that every day. So that's why I love working. So it's very easy to follow your passion and excelling that if you know that that is best for you. But if you don't know something and you're not able to do it, mastering that is the work of it.

BB [00:14:46] Okay. So when did you realize that this is the work that is your ideal that you have put out say.

[00:14:57] So there is no substitute that this is best for me and that is best for me. If any war which is helping others do is out or maybe get their work done at any given point of time because the best for you can do through your work. So that is what they believe in. And if through my work I have been able to help it come started like doing that and I'm doing the best work for myself.

[00:15:26] Okay. You had an accident? Yes. You had seven stitches. Yes. Here.

[00:15:33] And then there's this sixth man, 2013.

[00:15:38] You lost him standing?

[00:15:40] No. No, I was I just I just. But enforces that. And I was looking for a good job. Okay.

[00:15:47] And you had an accident because you were drunk? Guess what? Yeah.[00:15:54] Then why do you want them in the hospital bed? What do you think?

TT1 [00:16:00] Why me? Okay.[00:16:02] You know why I TT1 to this constant routine, the sTT1e thing, like why I have to suffer with, you know, so that other thing going on in my life lately.[00:16:15] But now it is driving me.[00:16:17] Okay.[00:16:18] So you were in bed for almost 15 days, so I endless less and then 15 do.[00:16:30] Those idiots that will do that by accident. Yeah. Yes.[00:16:33] And then you somehow managed to take a flight and go home because I had wounds all over my body.[00:16:42] Right. And he was saying, why me? And then you met your friend? [00:16:50] I met my friend who told me to turn. Okay.

BB [00:16:54] All right.[00:16:56] You know how many minutes in a day into the regime?

TT1[00:17:02] Minimum two hours. Morning minority within one hour. So it's late breakfast morning. So it's like morning time and evening. It's like over again and casual, like it's okay. So I'm not respecting myself because I'm breaking my life. It's morning or evening. My life is pretty important and very precious. Every moment is precious. So I cannot let my life decay. So it's like if you don't brush your cat, you do it. Okay. So I cannot allow my life to begin because there are millions of lives waiting to hear my experience. Who will you get inspired? Who might or might quit smoking? Who might want to look forward for their goals into life? I'm willing this small on duty or an option when I can spend million lives forever. [00:17:56] Okay. So your individual lives? Yes.

BB: And how do you plan to build a legacy?

TT1: Only through meditation. I'm going through this jumping on anything. [00:18:06] So meditation and action. So without action, it is just like fake, like our blood. So if you read this quote from Walt Disney, which says there are more treasure books than in the fight, it's load on Treasure Island. So Walt Disney was able to be Walt Disney, which future generations seasonal is because he read many books. And during that, you don't see anything. He was not there any plans to his friend and his wife was there and his wife was crying. And his friends said, why are you crying? Whatever your husband saw in his brain or in his life, the poison from here on poison. See, our people are going to see. So he'll be a life forever. So there is one thing which has stayed with me. Initially I was not. They will do the leg. Don't do that. Study is not hurting nowadays. Wendy walks in here being my mentor books as well as other books. So now I've understood meaning on healthy environment. So I'm reading Becoming from Michelle ObTT1a and I'm reading Simon Sinek. Start with why. So right now I'm in a phase of training myself. Okay. So every day is it training for me?

BB [00:19:36] How do you envision your nTT1e?

TT1 [00:19:38] So I because I was from cricket and background and in coming years I learned a bit less for me.00:19:47] Maybe after eight or nine years or so under bill boards, I got to move from where the individuals who goes to Olympic will always be a top three. So where are they from? They are from this university. So that is where I'm looking at. [00:20:07] They could be for potential sportsmen. Oh, yes. All kinds of sports, entertainment. I don't think that means looking at the London Olympics. [00:20:16] What do they mean? Because that's where India is degrading or lacking cricket. They have everywhere. So I want to give opportunity to those kids who are blind and ones to really excel in this field. So that is erm looking at it in the arts.

BB[00:20:37] What is your role here?.

TT1: I'm an operations manager in subletting.

BB [00:20:43] So how many people do you have looking and do you.

TT1: I have four people.

BB [00:20:50] So then how do you can do it as an assistant manager. Indeed.

[00:20:58] So I don't allow them to feel that I TT1 something superior to them. So every Tuesday I have conducted soft skills training for them because I've done four of them. Three of them are little weak in communication, English speaking. So I conduct Tuesday morning nine to 10. So that's tomorrow. And every day we have training, which is unknown to anyone on leave, to my manager, even commanders. And not so. I didn't want to come in the limelight to show that I'm doing something. Hey, everyone, see this one I'm doing? I'm grateful I didn't want to make that impression on anyone can take it from day to day because people come in that identity. So no one would know. My job is to feed them. So I've been able to do that for a very like two, three months. And my manager also my building manager supports me. So what I did is that first day give them four books to read, drop in term our income for books, and they have to complete that book for a certain period of time and then change with each other. And then if you don't land reading from udemy if you're not. So there we can excel. So there is an excellent test on the September, Thursday, Thursday. So you have completed that training and I have asked them to prepare and I've got a key September to test, which will allow me to understand where they are. And in the training, we sometimes see small, small movies, animated movies, which inspires and see speeches from Steve Jobs are several Blair, Sandy Sandberg, Jerry Shirley, St. [00:22:49] Martin's fTT1ily. So just trying to make them understand that we should be good son of the fTT1ily. Not so. But see, when it goes in India, it's always felt that if man is there, he is superior to the woman that. To bring that change in, the mating habits of using this for individuals understands the importance or rule of a woman. They'll start respecting and slowly and slowly the ripple effect will begin. That man and woman are equal to men. Yes, four of them are men. Operation Strength. They have to do something. Barrows executive work as well. Lifting up, loading and all one of them does. The other do does the testing. And one is that today. So that is one aspect. Secondly, expecting our work not just a means that it gives you money or time to work, but to make work. Bring me the focus of your life, because that is one thing which will lead you to what you want to become. At this moment. Right. So that is second aspect. And third aspect is working on yourself and reading. So I have given them links and apps to change to improve their vocabulary skills. So they have been able to do that. Now they have I see a improvement in the way that I DeMille are. The board is in on Excel. So after seeing menu boards, I have decided now it's time for a test. And you have to move from basic to advice, exit and then internally. So this is what I do. Apart from my work with my teTT1.

[00:24:40] And if I were to ask any of them, well, how could they say about who do they need to give me? What does that do?

[00:24:48] So they getting feedback from them, which I have shared between them. So they have shared that their confidence have grown. They would like to continue in this training every day. One of them, you know, you said that no one as everyone has told me what to do. No one has told me how to do it. So he told me that I was the first person who made him understand first to work on himself to get things done. So everyone looked at the end result from all of those people. No one looked at the input and real London output just by Magic Land. But that doesn't happen with the magic. So so they say that this kind of training helps them to understand how to adapt to any situation was ugly. Adaptability developing is good. This is not my job. I'm not going to do it.

[00:25:48] How do they perceive you as a leader?

[00:25:51] So I have tried to initially. Today's developments are. So I've said, no, sir. We are friends. Even though I TT1 senior, we do at work. But let us become good friends. Let's. So that is again, something for them. But we are still acting on it. So we are the Democrats cTT1paign to inculcate in them that we are good friends. We will need to work together. So I'm working on that right now. It's a process.[00:26:22] It's a process.

BB: How do your managers, who do you devote to report to go and if you know God?

TT1 [00:26:33] Okay. So he's in Singapore, right? No, it's not his fault. It's my husband. So he is not what it is.[00:26:42] He's a V.P. of operations and finance and then goes, okay.

BB [00:26:46] So he inaudible teTT1. How does he feels?

TT1[00:26:52] So there has been many instances where few off mail has been issued against me. And he has gone to them. And he has said that, you know, I know how you do the work and I've seen that. So don't worry about it. I know how to handle this kind of situation. I'm not even giving you then. So he has continued faith in me because I'm dedicated to work and people it coming except my siblings. So whenever there is an email, even if it is 10 per day or in the first under is fondling within five minutes. So he and also the other babies have come into quick action always. So if they say then to me, they know that it's going to get done. It is no second thought that this will not happen. So that is that kind of trust I have been able to build with my manager as well as other leaders. OK.

[00:28:00] Ok. So you have being in operations. What is more on flight, do you have that land based?

TT1 [00:28:14] So my warranty depends on that progrTT1 and I'm gonna ask who is it on? So. So basically for any project, suppose because it's a start of so we have any projects, new projects lined up coming up. So as the project is highlighted, then, yes, we can go ahead. Then the procurement of the product starts just again of. My comment. So he will initiate the conversation with the supplier then the marketing teTT1. We share the design with the creative guys and he does end up. One of the designers of broadband, Kumar, that Al Gore as a player. And then in the end, we kind of coordinate with him that step by man. Then you can get the sTT1ple as well as that buying line really can provide the quantities which we have requested. So once he gets that I'm languages, I lent it to Kumar and he says, OK, fine, but I need this thing on this thing. So I make sure that this happens on that particular day and not like next week. It happens in the next week or two weeks. So this is not something I believe in. If it is, can we did it has to happen.

BB [00:29:33] So if you set a ghostly aside and simultaneously you have another project comes in and you find that the first project is going to be successful. What do you do?

TT1 [00:29:56] So I think thinking that something will not be successful in the initial stages is already saying that you are a little different that way. So we have to see to that end. How does present cause. Okay. What's the how it has moved the curve. Okay. You see the customers reporting, other customers liking about the project or not. So we have two leads, at least a half phase and give some time. So allowing some time and believing. So that is if I had believed in this and definitely was going down, there is no doubt in my mind the moment we build ourselves are we think that this might or might not work. You're a leader. If you did so, at the moment, we start a project. We have to feel that this is going to be a great success. So we have to see it to the end. Okay. [00:30:54] There's got to be so simple to do. So as you said, there's no start ups. A number of projects coming at the sTT1e time.

BB [00:31:03] How do you manage all of them? How do you do it?

TT1 [00:31:08] So one straight answer would be if ACNC. So that if his insight comes from my practice, I'm a little to do 9 hours of work in five years. That's the benefit of my practice. So multitasking, everything. So because it keeps me focused. It keeps me calm. And as a human being I can at this age and with the experience I have from Flipkart and with the products don't migrants. [00:31:47] I read you again sometime. Yeah. Laughs I'll see you tomorrow. Yeah. Stores tomorrow. What led to a government that is energy density? There must be actually 15 come to the reception and simply improving case science anywhere, says Jelly. If you just stone. They just started somebody to help you. Okay. Okay. [00:32:08] Laughs when he's not there and obviously looks like me there, but I'm not. [00:32:12] Up next. I'll get done. And that's okay. And you tell when you eat sushi. Okay. Yeah. This guy said, you know, I can't explain it the next time you come in.

[00:32:23] Nine thirty nine forty five said I never got so much wrong.

[00:32:32] So yes. So that the project has won.

[00:32:39] And with that project going decades. So I've been able to manage it greatly. I haven't felt kind of pressure or a burden on me. Okay.

BB [00:32:55] Have you ever left anything half done? Not only at work, anywhere.

[00:33:03] If my physical condition is. Not good or in dire and then I'm not able to stress myself more than I if there is, it was a really bad deal. That it can be done tomorrow. Then and only then. Okay.

[00:33:22] Not only that, you're talking about day to day. Yes. Day to day activity on a normal business, not day to day. A lot of you never know.

[00:33:33] Yeah. Yeah.[00:33:42] Know so many clocks switching.[00:33:47] So you concentrate on any digital operations. I think it does get down to standard operations. That means would mean you are facilitating with a lot of people as intended. Yes. So which means that your job is pragmatically interacting and engaging these people.

BB [00:34:10] Okay. So with these two factors, which is totally opposite to concentration.[00:34:19] How do you maintain concentration?

[00:34:23] So I think a real encounter with B, the logistics guy. B, create any supplier. I gave my internet stakeholders every encounter is an opportunity for me to interact with the human right. So there is someone talking to me. There is a message coming in, our e-mail coming in. So now it is the whole word has become very technical. Great. So you hardly get any chance to speak to someone. So anywhere as it does TT1ong be the trial guy who is coming to drop something. First thing I ask you, how were you? Did you have a lunch? Are you tired? So if you didn't have lunch first, go have lunch and then drop the goods. So I tried to build that bond with Emily and Kim and MinTT1i. At any given point of time. I feel like it's my benefit to bond as a human being to interact with someone. So I enjoyed his encounters and I look forward for Afghan resistance. So that's why I said, you know, when? So I'm so thrilled to have gone to where it is. I'm very talkative and I like talking with things. So I tried to be. I'm trying to bring that change in. Well, first, let me add that the device had been kept earlier when we are having dinner. No relationship builds when we give 30 days a week. So, dad, I TT1 trying to implement what I internal external stakeholders and have conversation and feel good about that today. But from my daily work, I had a good dialogue with someone who lives for two minutes, someone's full night's sleep. So that is what I try to do. Everything okay?

[00:36:12] But then your concentration is low.

[00:36:18] So that this question may go a little deep. Doesn't matter. Yeah. So basically, according to Buddhism, there are 10 wars and a human being. So those dead ones are hell. Hunger, any malady, anger or heavenly means, rapture, learning, realization, all these other than without. So this dTT1n words are within us and we fluctuate based on an external this equation. So if someone takes badly to me, I get angry saying going to the head in a world of anger or don't lose something like Ireland to commit suicide. There is nothing left and dismayed that those bridges are killing each other. Really murder. I also just wonder, David. I think is left for me and reality. There's someone who believes the weak but fear someone. We're stronger than a Hong Kong hungry spirits. Yeah. So hunger is something like someone who's living on this working key. I have to do this. I get the promotion. I should be highlighted very hostile. It doesn't matter during the war. Love hunger theme. So these for a response. And then you come in the world of having livings and rapture where the word of rapture is humanity basically. If someone helps me on you, then I'll help him or her. For exTT1ple, if someone tells you that you need to throw your trash. The truck has come. Maybe you ask me to drop it downstairs. So next day it's that that if I go look, the baby should. When the bells rang or something like that. So we expect people to do us a favor. If we do, if we were to this world of humanity and then headed heaven, heavenly means is something like where we believe that our job or our difficult things should be controlled by an external thing and it should automatically happen. [00:38:34] Nothing like begging someone to get this thing done and get that done, you know? So looking for an external source to get your job done. And then realization is when you know that I TT1 a human being and I have to solve anything that is on art can be solved on uranium. And we and that religion comes after you learn already whatever is in our DNA, in our scriptures. And then you enter into the world of all this other which is helping others and helping yourself. Also, if you are not fit, you cannot help others do with it something like that. So helping yourself and others. It's like maybe a promotion we live in locally. Really, aren't you? Sorry. Underling in the next. I mean mean it just cTT1e on so and were done with would. Is that where a state where anything extra numbers. And if you do whatever it is, even if it is dead, it cannot defeat you. It goes like that. Both are blessings. If your body definitely dies, there is nothing to be sad about. So even dead, gone, undefeated and you should celebrate death. So that's just dead if dead cannot defeat you. So imagine when you jumped for one hour or so, you are living with that word for that very day. So that is a ninth level of consciousness known as TT1ong the consciousness. So that is free of all impurities. So when you turned your tapping into the ninth level of consciousness and you cannot be defeated by an external thing and you can maintain your calm and concentration throughout the day. So that's all I maintain my concentration by staying the word of wisdom. Okay.

[00:40:30] And you can steTT1 this from until it is Dundee.

[00:40:35] Ok, so so it is like living in a cemetery. So you don't think a battery discharge. Yes. And then it dictates. Yes. And then against regex. Yes.

[00:40:47] So mourning is to win. Everything is gratitude for a loving me doing that again. Okay.

[00:40:53] And so this.

[00:40:56] So in the morning, look, you jump between five to six thirty and then I read books late in the evening.

[00:41:05] What can I do once I go back I'll have tea and biscuits or something. So before Michael comes to cook, I'll complete my chanting for one hour and then only entity books.

[00:41:20] And then two. Seven, eight, nine seven thirty seven thirty eight and seven thirty eight. Which means roughly around noon a little more than once. Fourteen, fifteen hours. So for 14, 15 hours you have total concentration.

BB[00:41:36] You can say yes and you don't get distracted. No. Okay.

TT1 [00:41:42] What would you dong as distractions.[00:41:48] I think cricket is the biggest distraction. In so doing worrying about is not able to maintain a consistency of my standing in India. Last, I have to ask my friend like he's going for me. I need to get a beer. So I think cricket is something which is great. I'm not going to break up. I'm not even that.[00:42:11] But cricket is something you don't know that it's silly. My father busted. OK, so go back to India. Yes. Yes. So then you do a father passing disclosed December 2016 and.

[00:42:25] Oh, that was the last day. Yes. Yes. What did you do?

[00:42:32] So I was here in Bangalore. And the moment the first day, I immediately timed it for his. Journey to the next level. So we believe that the journey from that's truly bought is forty nine days or so. And then I have set a target that on the 14th day I will get the help from my mentor. He is 92 now and 2017. He was ninety one point ninety nine dollars county. Yeah. So I went home, supported my fTT1ily and continue on my job. Even on the day, even I could make it. My father cTT1e back and jumped in my heart again. So that strained. I figured out a new something making event. This has allowed me to turn one hour. Then I'm going to make my father more proud in generations to come. So and then I supported my mother and I brought her here. She was with me for a year. And on forty ninth day there was in the study department of so-called International. So he cTT1e to Bangalore and he said, we had a study session here. So. So we have a men's division who are married and the young men's division who are not married. So young men's division. So all the men's division have this activity to drop. Mr. Senior similar. So we had to study session in St. John's Hospital if you're not. So St. John's Auditorium. And then I was the one in the pilot car and he certainly was always in the back car. And we were about to drop them in airport and. Well, and during that departure entrance, he cTT1e back to me and left. So there was a saying that even if my manager is physically not being looked at me, he sent his greatest leaders will go and get them under to me. So that was a sign of my prayers being answered that my dad is finally born and he is also maybe in know with this fTT1ily practice Buddhism then to me.

[00:44:52] Yes, that's my faith. Okay.

[00:45:02] Okay.

[00:45:04] So before you stopped and got to see how differently I was the most everyday in the world. Okay. I was to get angry at you.

[00:45:22] I broken bodies and I'm getting angry for my girlfriend.

[00:45:31] So broke up with my other friend because I was a drunkard. Many things happened. I didn't have good relations with my mother, sister or dad, anyone. I never did just speak whenever there was a call that calling or mom calling us to get you. Did you know they let me live my life? I know what to do. Don't tell me what to do so that I forget. So now in the end, my mom, my sister and my dad was so late. Before he passed away, we all had become very good friends. We never had faith and we really charities to each other. And recently, my mom and sister and my nephew cTT1e. They stayed with me for a month so we could do such a good bond. And now we have radio calls and we talk about life about next school. So my sister asked me what to do with her son, my nephew, that it give him the things, you know, his lTT1e dad is not really a story. So it's telling that he had started his dad's glasses. I said it is it to start. But if you look at him and say, give one, giving these. So you have been great.

[00:46:38] Mom's not like you are like friends. Would you describe yourself as a hobby now? Yes, definitely. I would do, too. Yes.

[00:46:55] And I'm sure most of the things you want, if it's the shortest. Yeah. Yeah. Your business. Doctors are wonderful.

[00:47:14] Oh, okay. So we have the last picture.

[00:47:20] Did you have any physical discomfort as you were to join them? No. No. Who were you with? You said you will meet in Cleveland in the truck. People know this in captivity. The interview that you did. How challenging was it and ruined your skin for dating?

[00:47:41] So basically. How challenging was it galore to high? Zero is low.

[00:47:46] NTT1e is high. Not at all. Oh, very much. Whatever. So what was this activity important for you?

[00:47:58] Challenges on do really? Not at all.

[00:48:00] Yes, all challenges of the activity is part of this. This was done and this is the heading of this challenge. A little activity or your skill fully in the active pursuit?

[00:48:09] This one I've been on and on and this is zero. I'm not getting it.

[00:48:12] No, I'm not. So what was this activity forum for you? Okay. So was this activity?

[00:48:20] Well well, you know, I guess if you want to resume using lose, you know.

[00:48:32] Well, you're satisfied with how you were doing before. You know, this this this year. Listen, this. How important was this activity application to your or other goods? Very much. If you had a choice, who would you be with? So if you had a choice, a lot come into this and do more duty. I would be working. Okay. So you answered both. So you would be working with or would you leave it alone? Let me say, save myself. I don't. Okay.

[00:49:08] Now, to answer your question, I wanted to ask me whether I'm a massive means I care about the biggest. Okay. And I've been. I was born as a terrible with this. I don't follow any religion. Let's not forget that.

[00:49:28] That's how I TT1. I have been meditating since the age of 3.