

The Ancient Hidden Secrets

1. Day 1

1.1. Time = Energy

1.1.1. 24 Hrs

1.1.2. Same time

1.1.3. Different Results

1.1.4. Devote

1.1.5. Take Control of Life = Take Control of Time

1.1.6. Choose the Battle to Play

1.1.7. Commit to Say No

1.1.8. Per Hr Value = $x / 365 / 24$

1.1.9. Per day income =

1.2. Kings Mindset

1.2.1. Kali

1.2.1.1. 1000 hands

1.2.2. Most Important thing

1.2.3. Only 2 Hrs

1.2.4. Science and Technology

1.2.5. Meditation

1.3. Sacrifice

1.3.1. Mobile

1.3.1.1. Waves

1.3.1.2. Screen Time - 5 Hrs

1.3.1.3. Notification Off

1.3.1.4. Apps Off

1.3.1.5. Conscious Mobile Off

1.3.1.5.1. Redirect

1.3.2. Social Media

1.3.2.1. Other's Stories

1.3.2.1.1. Depression

1.3.3. Food

1.3.4. Alcohol

1.3.4.1. Results

1.3.4.2. Consequence

1.4. Focus ---> Energy ---> Results

1.5. 38 Hr Month

1.5.1. Daily 1 Hr

1.5.1.1. 30

1.5.1.1.1. Template

1.5.1.1.2. 5 mins

1.5.1.1.2.1. Question on Progress

1.5.1.1.2.2. Instruct / Update

1.5.1.1.3. 5 mins

1.5.1.1.3.1. Ask them to report

1.5.1.1.3.2. Question

1.5.1.1.4. 5 mins

1.5.1.1.4.1. Ask them to complaint / feedback

1.5.1.1.4.2. Question

1.5.2. Weekly 2 Hrs

1.5.2.1. 1 x 4 = 4

1.5.2.1.1. Weekly Status Call

1.5.2.1.1.1. 1 hr meeting

1.5.2.1.1.1.1. Weekly Review of the current week

1.5.2.1.1.1.1.1. Opertation

1.5.2.1.1.1.2. Next week Target

1.5.2.1.1.1.2.1. Planning

1.5.2.1.1.1.2.2. Collection Status

1.5.2.1.1.1.3. Monthly progress

1.5.2.1.1.1.3.1. Current percentage

1.5.2.1.1.1.3.2. Collection Status

1.5.2.1.1.1.4. Upcoming Clients?

1.5.2.1.1.1.4.1. Quote Follow Up

1.5.2.1.1.1.5. Marketing plan?

1.5.2.1.1.1.5.1. Flyers

1.5.2.1.1.1.5.2. Social Media

1.5.2.1.1.1.5.3. SMS

1.5.2.1.1.1.5.4. Database

1.5.2.1.1.1.6. Sourcing and Inventory

1.5.2.1.1.1.6.1. Stock and Inventory

1.5.2.1.1.1.6.2. Supply Delivery Pending

1.5.2.1.1.1.7. Sales Plan

1.5.2.1.1.1.8. Escalation?

1.5.2.1.1.1.9. Missed deadlines

1.5.2.1.1.1.9.1. Missing Orders

1.5.2.1.1.1.10. Management Call

1.5.2.1.1.1.10.1. Investment

1.5.2.1.1.1.11. Consultant - R&D?

1.5.3. Monthly

1.5.3.1. 4

1.5.4. Devils Advocate Role !!

1.5.4.1. Potential Challenges

1.5.4.1.1. Information Confidentiality

1.5.4.1.2. Employess No / Less skilled

1.5.4.1.3. Second Line/ Managers

1.5.4.1.4. Dependability

1.5.4.1.4.1. Cost Finalisation

1.5.4.1.4.2. Technology

1.5.4.1.4.3. Payments

1.5.4.1.4.4. Decision Making / Escalation

1.5.5. Plan of Action

1.5.5.1. Daily / Weekly / Monthly

1.5.5.2. Potential Challenges and Solutions

1.6. 7 Day Challenge

1.7. Useful

1.7.1. Sleep

1.7.2. Meditation / Yoga/ Gym

1.7.3. Eating

1.7.4. Learning

1.7.5. Family Time

1.8. Handle Carefully

1.8.1. Mail

1.8.2. Phone calls

1.8.3. Meeting Time

1.8.3.1. Time Based

1.8.4. Netflix/ Youtube

1.8.5. Mobile

1.9. Not so Useful

1.9.1. Travel

1.9.2. Socials

1.10. Avoid

1.10.1. TV

1.10.2. Movies

1.10.3. News

2. Day 2

2.1. 38 Hr Month

3. Day 3

3.1. 7 Day Challenge

3.2. Saying NO

3.2.1. Family call vs Client

3.2.1.1. NO to client

3.2.2. No to parties vs Time with Family

3.2.3. Event Invite

3.2.4. C1 and C2

3.2.5. C1 vs C1

3.2.6. 15 min break

3.2.7. Unwanted Meetings

3.2.8. Travel

3.2.9. Social media

3.2.10. Shopping

3.2.11. Office Politics

3.2.12. No association meeting

4. Day 4

4.1. Sadhus / Sages / Sithars / Prophets /

4.1.1. Water

4.1.2. Air

4.1.2.1. Breathe

4.1.3. Food

4.1.4. Physical Exercises

4.2. Panch Tatva

4.2.1. Agni Tatva

4.2.1.1. Fire

4.2.1.1.1. destruction of enemies

4.2.2. Jal Tatva

4.2.2.1. Water

4.2.2.1.1. mercy

4.2.3. Prithivi Tatva

4.2.3.1. Earth

4.2.3.1.1. patience

4.2.4. Akash Tatva

4.2.4.1. Ether / Sky

4.2.4.1.1. extensive wisdom

4.2.5. Vayu Tatva

4.2.5.1. Air

4.2.5.1.1. strength

4.3. Ancient History and Civilizations

4.3.1. The concept of Five Elements, known as Pancha Bhuta in Indian languages, is found in Greek and Babylonian cultures.

4.3.2. It was exported to China and Japan.

4.4. Universal Law of Life

4.4.1. Everything is composed of 5 elements

4.4.2. The five elements depict the physical qualities,

characteristics related to the energy and biological functions related to the given element

4.4.3. The animate and inanimate things are made up of these five elements

4.4.4. Following is a verse from the Sangam Tamil literature: "The earth is packed full of molecules, the sky is supported by the earth, -- patience the air embraces the sky, -- extensive wisdom the fire encounters the air, -- strength and the water -- mercy is hostile to the fire. - destruction of enemies Like, in nature, to the five elements, you bear with your enemies; you possess extensive wisdom, you have strength, you have might to destroy and mercy to protect ---Purananuru verse 2, sung by Murinjiyur Mudinagarayar.

4.5. Panchabhutham

4.5.1. Fire (Agni)

4.5.1.1. Thumb

4.5.2. Air (Vayu)

4.5.2.1. Index finger

4.5.3. Space (Akash)

4.5.3.1. Middle finger

4.5.4. Water (Jal)

4.5.4.1. Little Finger

4.5.5. Earth (Prithvi)

4.5.5.1. Ring finger

4.6. Panchabhutam and Organs

4.6.1. Vital force or Pran shakti lies in 5 fingers

4.6.2. the amalgamation of various forms of energy

4.6.2.1. e.g. electrical, chemical, electromagnetic energy, and bioenergy.

4.6.2.2. The imbalance in these vital forces hampers health.

4.6.3. Akash or Space

4.6.3.1. Organ of Hearing

4.6.3.1.1. It can cause disorders related to speech.

4.6.3.1.2. It might lead to diseases in the ear

4.6.3.1.3. Thyroid disorders, epilepsy - central nervous system disorders, speech disorders, throat problems, and mental diseases.

4.6.4. Vayu or Air

4.6.4.1. Organ of Touch

4.6.4.1.1. An imbalance in air element can cause disorders related to the nervous system.

4.6.4.1.2. It can affect blood pressure and lungs.

4.6.4.1.3. It may lead to ataxia (lack of voluntary coordination of muscle movements) , deformities - malfunction , pain, and depression.

4.6.5. Agni or Fire

4.6.5.1. Organ of Seeing

4.6.5.1.1. Disturbed energy flow in and out of the body. It can cause a loss of vital energy.

4.6.5.1.2. The gastric fire can also get disrupted by showing the signs and symptoms of acidity.

4.6.5.1.3. It can lead to diabetes, temperature variation, skin disorders, and mental illness.

4.6.6. Jal or Water

4.6.6.1. Organ of Taste

4.6.6.1.1. Water element can have its effects on the blood and its components.

4.6.6.1.2. It can cause blood thinning or blood clotting.

4.6.6.1.3. Other effects can be manifested as sinusitis, cold, asthma, the problem during micturition or urination (urinary incontinence) , oedema (fluid retention) or swellings and pathology of the reproductive system.

4.6.7. Prithvi or Earth

4.6.7.1. Organ of Smell

4.6.7.1.1. Weight-related effects can be seen in the body.

4.6.7.1.2. Earth element imbalance might manifest itself as obesity or gain in weight as well as by weight loss.

4.6.7.1.3. It can cause a disturbed lipid profile by increasing the level of cholesterol.

4.6.7.1.4. It also results in bones and muscle-related disorders and generalized weakness.

4.7. Only Solution

4.7.1. Yoga

4.7.1.1. Sithars

4.7.1.2. Kings

4.7.1.3. Active Lifestyle

4.7.1.4. Plants

4.7.2. Diet

4.7.2.1. Right Food

4.7.2.1.1. Carbohydrates

4.7.2.1.1.1. Primary Fuel for the body

4.7.2.1.2. Proteins

4.7.2.1.2.1. building blocks of the cell

4.7.2.1.3. Fats

4.7.2.1.3.1. Concentrated Source of Energy

4.7.2.1.3.2. Absorption of fat-soluble vitamins

4.7.2.1.3.3. Insulate the body

4.7.2.1.3.4. Cushion Organs

4.7.2.1.4. Vitamins

4.7.2.1.5. Minerals

4.7.2.1.6. Water

4.7.2.1.7. Fiber

4.7.2.2. What food can do?

4.7.2.2.1. Energize

4.7.2.2.2. Grow and Develop

4.7.2.2.3. Purify and Cleanse

4.7.2.2.4. Prevent and Fight Disease

4.7.2.2.5. Beauty

4.7.2.3. pH

4.7.2.3.1. A vs A

4.7.2.3.2. Health

4.7.3. Breathing

4.7.3.1. Mediation

4.7.3.2. Yoga

4.7.3.3. Running

4.8. Time

4.8.1. 1st 3 Days

4.9. Energy

4.9.1. Water + Air + Good Food

4.10. Results