

GET UP ONCE
MORE

A blueprint for your
success journey

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Dedicated to

This book is dedicated to my family and friends. I have realized how much they mean to me.

All that has shaped my life, all that I have learned has been possible only because of my family and friends.

Thank you!

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Introduction

This is not just a book to be read. This is a book that will give you your own script to transform your life. This book covers the basic but highly effective life lessons that might bring invaluable change in the reader's life. There are several tools and techniques given in the book that will uplift the thought process of the reader. In order to make a long impact of the reading, I have proposed to create reader's own manual with the guidance given in the book. The book offers several essential life lessons that are generally overlooked in the faith of having known to it. Therefore, you'll find 'Reader's guide' followed by the learning given inside the lessons that ensures implementation. The reader must follow through the things given in those sections to make the best use of this book. The given activities must be done exactly at the point where they are given. Pause, do the given activity and then proceed reading the remaining part. Happy reading!

Get up once more

Chapter 1

I met an outsider with a broader view

“Success is not final, failure is not fatal: it is the courage to continue that counts.” - Winston Churchill

The turmoil of life had brought me to a point of devastation. That night at 1:00 am I was standing in the middle of the road, waiting for a fast moving car to hit me and take away my futile life. It was all silent, no life could be seen around. That road would have taken many people to their destination. That day I also wished it to take me to my destination, my life's end point. Suddenly I heard a vehicle's sound and those two lights were speedily coming towards me. My desired destination, death, seemed so near to me. A wave of fear ran through my blood. I could feel it in my abdomen and I closed my eyes. My ears could hear the sound of horn as I kept standing there waiting for the car to hit me.

But, as I opened my eyes, I was still standing; the car had stopped just few inches apart. I had expected that some people would step out of the

car and I would get screwed up badly. Someone opened car's door and stepped out. He seemed to be a man with very alluring spark in his eyes. His face had a confidence that could attract anyone's attention. His athletic physique added to his charm. He seemed to be of my age maybe around 38 or 40 Years old. It was the first time when I saw Sharad Kumar. He stepped towards me and said in a very polite way, "Can I help you with something?" He handed a bottle of water to me and said, "Please have some water". I knelt down on the road and in a very upset tone I denied to take water. He too knelt down and put his hand on my shoulder and said, "Look friend, there are several wishes, several dreams, several expectations for which we make an opinion that they can't be achieved now. And just because we killed those dreams in our mind, we lose all the hope of having them ever in reality. But my dear friend, no dream can be killed unless a smallest hope of its fulfillment is alive. I am Sharad Kumar and you?"

I replied with anger and pain in my voice, "Neeraj, and no hope is alive in me now. Everything is over and the final result of my life is that I am fail. I could do nothing in my life. My life is a big failure" He tried to console me and in a very friendly tone he said, "Final result becomes final only when one decides that he will not try again with a new approach. There is no such thing as final result unless you have accepted it that way and stopped working for it.

Final means something that can't be altered anymore. But speaking about achieving our dreams, there is always a scope of giving another try with some better ways. Please come with me, maybe I can help you with your life's challenges." He asked me where I lived and assured that he would drop me at my home. He forwarded his hand towards me to take me in his car.

I didn't know what was it that made me believe in him. My mind just wanted to rely upon him as if he had all the solutions to my life problems. His words were sounding like a big relief to me. I couldn't understand what was it that was making me attracted towards him. How he created a sense of faith in me. I held his hand and moved into his car. I realized that it was a Porsche 911, one of the most luxurious cars. Sharad shared my address with the driver and instructed him to drop me home.

As the car started he asked, "Now tell me what has happened? Why you wanted to kill yourself? Tell me in detail. I have all the time to listen to you." I was hesitant to share my life's story with a stranger. So I said, "Thanks for saving my life and helping me today. But I don't want to bother you anymore." Sharad said with affection, "Once I was also at the same stage of life where you are today. I was very depressed with recurring failures so one day I left my house and my family. Although I had not thought of ending my

life, I just wanted to escape from everything around me. But when you try to escape from something, that thing haunts you even more. I had escaped the people, place, situation, but those thoughts haunted me badly. I found myself entangled in a trap of high intensity negative emotions. After few weeks, destiny took me to a meditation centre named "Tatvam". There I established an inexplicable connect with one of my mentors. He was totally devoted to bring values to the lives of others. Usually he would deliver lectures for inner peace. He taught people how they could manage their emotions at their own will. People used to come at 'Tatvam' for an hour or two for meditation. Since I had no place to live, I chose to stay there for some days. During this duration I got the opportunity to interact more with my mentor, whom I called Guru ji. I stayed at 'Tatvam' for 2 years and took life lessons from him. After that I returned back to my family but I was a totally changed person in terms of managing emotions and handling situations. I think I had developed more wisdom than I ever had. I had started using my inner potential to a greater extent. I gave a fresh start to everything but with a very different approach.

I used all the knowledge that I had learnt in 'Tatvam' and my life changed drastically. My business, my relations, my quality of life has become the way I always wanted. That day when I was trying to escape from everything around me, I was just a broken man with a

marketing job. But today I own five different businesses in my home town Ahmedabad and a beautiful resort in the City of Lakes. I could Change my life because I brought some changes in myself and I'm pretty sure that whatever you are going through, you can change it too.

You said that your life's final result is that you failed, but life is not a school where others will decide what marks make you pass or fail. Here we set that benchmark of failure or winner in our minds. But this is so sorrowful that sometimes we make these benchmarks based upon the expectation of others and then we get caught up into a vicious circle of continuous setbacks that we ultimately label as a failure.

Life is a beautiful gift. Every single day is a beautiful gift. We must give our best to make the most out of it." His words were so magical and true. Sometimes we see life from other people's perspective and we forget what we really wanted at the very first place and when others tell us that we could not succeed, we start believing in them and label ourselves as failure. With a little ray of hope coming to my mind I said, "But can I really change my life's quality now, when I have lost almost everything? I don't think it's possible. It's too late now."

Sharad said eagerly, "The most beautiful thing about life is that we can give it a new direction whenever we decide to. We just need to decide

it first. I am there with you. I will help you in making the best out of your life.”

I hesitantly asked, “Please don't take it otherwise but we have just met. Why are you so keen to help me? We are strangers, you don't even know me.” Sharad said in a very polite and assuring tone, “You know out of many lessons learnt at ‘Tatvam’, one of the most important ones was that we must learn from our mistakes. Unless we take the learning and use that learning in real life, the same challenge will keep coming to us again and again. Once Guru ji was in the meditation when a lady visited there. She was broken and wanted help from my mentor. If I wished I could listen to her and I could show her some way. But I didn't do so and asked her to come the next day to meet Guru ji and I asked her to leave. She went away and to my surprise she never came back. The next evening we came to know that she had jumped into a nearby lake and was no longer alive. If that day I would have listened to her, if I would have given her some assurance, she might have come the next day to meet Guru ji. I am sure that if she had met Guru ji, her life would have been saved. This was my mistake that I didn't help her at the correct time. I promised my mentor that I would never make such a mistake again in life. Today you are at the same stage of life, where that woman was there one day. That day I didn't help her and today I am so much willing to give help to you in making the best of your life. I want you to know many things that might change your life forever. From the core of my heart I want to see you living a life full of happiness, a life of fulfillment. Also this is a human tendency that we

all want to give something to those in need. I insist you to let me guide you for once.”

I was brought up in a middle class family where I was taught to not to cross certain lines that would harm others. I tried to adopt these learning in my life. I worked hard to make things better but every effort was in vain. I made huge losses in business, even though I continued the loss making business for years in the hope that my hard work would pay off. But my luck didn't support me in my efforts to live a better life. And I could not expect anything good in my life anymore. With all those thoughts I said Sharad, “I don't want anyone's guidance. I know it well that nothing can be changed in my life.”

Sharad said with humbleness, “Neeraj life is a result of the choices that we make. Every day we are supposed to make some choices that decide how our life would be. Look at your past life when you were in school. You got chances to choose your friends, choose the games you wanted to play. You even chose whether or not to follow the instructions of your parents and teachers. As an adult you chose what you wanted to do, you took advice from several people regarding what career line you should opt. Then you chose whom to consider and whom not to. You chose to marry a girl. You chose to continue your business with a specific approach even when it was making losses. And the results of each of your choices are in front of you.

Now imagine what would have happened if you had made some other choices. What if you had

chosen a different career path? What if the choices in your business process would have been different? See how little choices may change our entire life. It's all the matter of choices that we make. Right now you again have a choice. You may proceed with your life as you were living it till yesterday, and change nothing about it. Or you may make choice to believe me. You may choose to trust that I might help you in changing your life situations. May be if you make this new choice, you move towards a better life and all your worries, your pain may say you good bye forever. It's up to you to make a choice. It's our choices that can make us or break us. You must choose to decide how you want your life to be and what kind of person you should become. It's up to you to choose to accept your life as it is or you may choose to live your life in a fulfilling way.

That night I had already decided to give up on everything. As Sharad said, I had to make a choice. Now, when I had someone who genuinely wanted to guide me, it felt just like an extremely thirsty person had found water after so long. I said to Sharad, "Even though I want to change my life situations, I am helpless as my business, my identity, my relationships and everything is at stake. Tell me how you can help me?" I asked with the belief that he could help me. He simply asked, "Fine, first you tell me about yourself and your life situations what is it that forced you to commit suicide?"

I told him briefly about what problems I was facing in my life, "I belong to a middle class family. As a kid I was very obedient to my parents. I had no bad habits like smoking or drinking alcohol etc. My father worked as a clerk in a transport company. I had always dreamt of having my own business at large scale. My father saved some money from his years of hard work and bought a small flat. He also helped me set up a small clothes shop in our locality. The shop was doing fine. But after two years I lost almost all my father savings and my savings in the share market. Thereon I could never create a good income. For a few years my shop's income could meet our expenses. But since the last four years I am not even being able to meet our basic expenses. I have a family to look after. My son is 12 years old now. I took some amount from my friends and relatives and was unable to pay them. I am in great debt today, my family doesn't respect me. I have no clue how to get over it. I am failing in all aspects of life. I couldn't become a good son, a good husband or a good father. I am a very big loser. I don't see any hope to come out of this terrific situation. So I decided to end my life."

Tears rolled down my eyes as I was sharing my pain with him. I said, "Now tell me what I should do. I can't face this situation anymore. Every morning is a curse for me." Sharad tapped his hand on my shoulder and tried to console me. He said very endearingly, "Neeraj, when someone is drowned in a well he can only see water and the darkness around him. He can only see that he is drowning, but an outsider has a broader view, the real view. He can see the

stairs inside the well that can help him to save his life. He can see that just a rope thrown to him will save him from drowning. The drowning person sees death but the outsider sees his life. He throws the rope; he shows him the stairs inside the well that wasn't visible to the one who was drowning. And with the help of rope he brings him to the stairs and saves his life. This is the fact of our lives. Today you are inside of a problem so you are not in the position to see the solutions around you. I will guide you through it. I am in Mumbai for the coming 3 days. We can meet up daily for 2 to 3 hours in which I will guide you how you can come out of this situation. I'll not give the answers to your problems, but I will show you the way through which you can find the answers for yourself, not only in this situation but in any situation, in any phase of your life."

I was not able to understand how he could teach me such things so I asked him to explain in detail. He said, "As I told you that when I was in 'Tatvam', I learnt a lot from Guru ji. He taught me the life skills that are very much helpful to bring success to anyone's life and to become what he wants. He taught me how we can improve the quality of our lives. I am so blessed to meet a mentor like him because he taught me the practical ways through which we can achieve anything in life.

We usually hear that all the solutions to our problems lie within us. But we are never taught to find those solutions. Guru Ji showed me the way to find those solutions. Through his lectures and sessions I came to know that our inner self

is nothing but our own subconscious mind. He showed me the ways to communicate with the subconscious mind and thus finding solutions. In these meetings for three to four days, I am going to reveal the important lessons that will train you to communicate with your subconscious. With this you'll be able to achieve whatever you want in your life. Although I can't give it all in a few days, I'll take you through the major lessons that will transform your life for the better. Together we will create a blueprint for your success."

We were about to reach my changed destination, my home. Few hours ago my destination was death, and now it was my home because I had made a new choice. I asked, "What if even after making this new choice, my life remains the same?"

Sharad smiled and said lovingly, "We can't have control over other people and the situations, but have full control on our choices that help us decide the best thing in any particular situation. It's not the conditions, but our choices, our decisions that make our life. Situations are never constant, but our focus should constantly be on making our lives better. Whenever we are required to make a choice, we must focus on making the choice that will make our life better in the long run. Today when reach your home, sit at a silent place and think of any one choice that you made earlier in your life that made your life miserable. Then think what if you had made some other choice that day. And then make any 2 new choices in any areas of your life that will make your life better. You might choose to stop

shouting on your spouse, you might choose to do exercise daily, and you might choose to help anyone in need. It could be anything and it could be very small. But you must make 2 such choices. And it's important to be aware of the choices that you make every day. When you constantly make better choices in tiny matters, your mind gets trained to make better choices in big things too.

With all this conversation, we had reached my home. It was 3:30 am so I was scared how my family would react when I would go inside. To handle the situation, Sharad came in with me. He met my family and handled the situation very tactfully such that no one was worried anymore. He left in some time and asked to meet him the next day in the evening. When we are surrounded by darkness, even a single ray of light ignites hope in our heart. That hope had become the reason to survive. At least for coming 3 - 4 days, I was willing to give another chance to my life.

Reader's guide

1. *Sit at a silent place and think of 1 choice that if you would have made differently, would have changed your entire life for better. Don't regret, but vow to make better choices now onwards. Make 2 minor choices right now that will bring change to your life. It could be anything like getting up early or giving smile to all those whom you meet or just completing*

this book or any such thing. Make these two choices act accordingly.

- 2. Decide to Continue. The choices that you have just made are nothing but the decisions that will change your life. So decide to act as per these choices. Whenever you deviate from acting with respect to these choices, remind yourself that you are making a new choice that might take you towards a life that you don't want to live.*

Live by these choices and become the best version of yourself.