



CHAPTER
One

*Suffering by Surviving/
Surviving in Suffering*

SURVIVING IN LIFE

When people are living in a situation that is most suited for their environment, they always thrive to survive in all circumstances and manage to continue despite not being able to meet their everyday needs. They attempt to survive and not let this affect themselves very much. Even people, who are struggling to survive without a job, once they become self-sufficient, survive with or without income support. This continues to exist even after them being in a dangerous situation for a long time. When they continue the way they are, the subconscious mind always look for ways to survive, and they suffer without their consciousness by placing their life in a suffering state. They also hope for the best possible future that they can create and choose to dream BiG, believing that happiness is attainable in that path and leave the wholesome path behind.

Before you proceed, ASK yourself a few questions.

Is it worth living the way you live your life?

Are you living a smart or dumb life?

Do you have the desire to live the dream life?

Are you happy by doing what you are doing?

What are the ways to move from surviving to creating life?

Are there any other ways to explore the way you live?

Think, if you could not stop on your unique idea, what would you do? Where would you go? Who would you be?

Can you ignite the power of transformation to shape the future for you and your organization?

What is the essence of being you?

These questions may look vague or even abstract. Is it possible to think out of the confined system even when the realities are different in the current situation? Find answers in a deeper sense, longer visions, a wider perspective, and with a greater purpose.

ASK yourself: Can you be part of the solution? If not, you are part of problems in your life.

Discover the solutions which exist in this world since ancient times for all our problems and challenges. To discover we need to bring an attitude of innovation. Is it necessary to prolong living in a surviving attitude? Attitude matters the most. If we can pay attention to our attitude and become aware enough to identify the differences in our attitudes, then we can recognize the limitations of our beliefs and the ways in which they limit our thoughts and emotional states. What is our primary element where we can change our attitude? Let's make it possible to change our prevailing attitude. If not, what will it cost your life by living in that attitude?

WHAT DO YOU CALL THE PERSON WHO KEEPS HIMSELF ON FIRE TO KEEP OTHER PEOPLE IN WARM SITUATION?

Focus on yourself. So that you cannot make yourself responsible for other people's suffering, and make other people responsible for your suffering. Every individual gets to manage the healthy life pattern they've got. Similarly you too get to manage the healthy life pattern that you've chosen. So choose your path and make it right.

Can you make a wise choice and move from SURVIVING in life to CREATING the life of your choice.

As long as you survive in your life, how is it possible to live your life on your terms?

Find the possible way to move from SURVIVING life to a CREATING life. Whatever you visualize in your life, you need to rise in it, and you will be happy. If not, you only expect and will be unhappy and suffer. Always you must remember "**Anticipation is better than expectations**"

When you are the co-creator of your life, why do you expect that the other source to work 100% on your life? Expectation makes you suffer. Stop expecting and start creating your life the way you want it to be. Always remember that Universe is the creator, and you are co-creator of your life.

As a co-creator, you give your 50% first, and then the universe will do his 50% to create a life of your choice.

Then it is 100% possible. You will be happy, will spread love, and live a holistic life. The second option is when you expect the universe to create 100% for your life. You then have only one way, to accept their 100% the way it is, on your path of life. Don't suffer in this way. If you think or if in reality there is suffering, it means, you are not accepting 100% of the universe.

ASK yourself: When the universe gave you the power to hustle, why do you opt to suffer? So, **stop suffering and start hustling**. Find the purpose of your life and explore that purpose beyond yourselves. To find life's purpose, we must go through the doors by ourselves. Consciously or unconsciously, we avoid facing things as they are in themselves, so we want God to open a door that is beyond for us.

I love to empower the Purpose of my life and invite you to get connected with me on this below-mentioned purpose.

“The purpose of my life is to empower fellow beings to live a holistic life, and live life on their own terms, thus create a world full of HEALTH, HAPPINESS, and LOVE.”

—A. Mujahid Sheikh

THINK AGAIN!

BUDDHU SURVIVES AND SUFFERS IN LIFE AS IT IS,
BUDDHA CREATES HIS LIFE THE WAY HE WANTS.

THINK BEYOND SURVIVING IN LIFE –

You should never cross the limits, live within the limits and boundaries, and so on. These are the words you've listened since your childhood from parents, relatives, at school, within the friend's circle and our environment or system and you believed that it is right, and you continued your life on the same belief.

You've always worked to survive and your beliefs are made in such a way 'be thankful for whatever you have and what most others don't have.' So you end up living the way the world lives and never think beyond the means of your survival. You won't take actions beyond your regular activities and remain the same, unable to help others.

Now the question is, do you want to continue living the same throughout your life and meet both ends meet with this surviving attitude?

Can you think out of the box and believe that you can create a better life?

How long do you want your family just to survive and struggle throughout your and their lifetime?

When you focus daily on just surviving, how can you focus on your dreams and thrive towards your dream life?

Can you stop thinking and working for your daily obligations and start thinking and working for your life

dreams and desire which you deserve most and more out of your life.

*“If you don’t live for your dreams,
your dreams die in you before you leave.”*

—A. Mujahid Sheikh

Yes! Get out of your monotonous life and surviving lifestyle. You have a beautiful option to create your lifestyle the way you want it. Say **‘Yes to most and more meaningful life.’** All of this is possible when you take responsibility for your life to create something different, unique, and purpose-oriented. Get connected with fellow beings that are **right-minded**. These people can take you to the next level of your life and the way you want it in an area of your choice.

THINK AGAIN!

BUDDHU WORKS EVERYDAY TO FULFILL DAILY NEEDS,

BUDDHA LIVES EVERY MOMENT TO FULFILL HIS VISION.

WHAT ARE THE BASICS OF LIFE –

In a world of a fast-paced society, you are surrounded and involved so much in the daily need-based activities that you ignore real basics. Probably you may have never thought about what real basics in your life are, and you may miss the most important basics in your life. It creates

a condition of confusion in your life. The stress and dilemmas which you feel repeatedly are because you stand clueless, and the more clueless you are, the more you mess up in life, and it may lead your life to more miserable circumstances.

Identify your basics! Is it really food, clothes, and shelter, or is it some sole purpose like contribution, compassion, optimum health, love, and happiness?

What happens when you think in a larger, broader, and deeper sense of view? Your horizon stretches beyond your sense of thinking, plus you can find significant basics in your life. You thrive towards that and develop the courage to face all the challenges which may come in your pathway.

BUDDHU'S BASICS ARE FOOD, CLOTHES, AND SHELTER,

BUDDHA'S BASIC PURPOSE IS CONTRIBUTION, COMPASSION, OPTIMUM HEALTH, LOVE, AND HAPPINESS.

Here are a few questions to re-engineer your thought process, write them on a note, and describe these questions before you move to the next.

Is it possible to identify the purpose of your life?

What can you contribute to the world which you believe is important?

What compassion can you practice, which makes the changes?

Can you define optimal health by living life in a healthy way?

What message would you love to give to this world?

Which way can you define Happiness?

Can you define life, your life?

*“Nothing has meaning except for
the meaning you give it.”*

—*T. Harv Eker*

THINK AGAIN!

BUDDHU LIVES MINDLESS LIFE AND MAKES LIFE MISERABLE,

BUDDHA LIVES MINDFUL LIFE TO MAKE HIS LIFE MORE MEMORABLE.

WHY SETTLE AND SURVIVE –

Why are most people bound to settle, struggle, and survive? It's because they don't thrive in their life and live in a comfort zone. They are taught to live a comfortable life and have safety, security, easy-going life, and take no risks.

Why do you always consider and think that you need to be smart to take off from the surviving state? If you think and behave based on this thought process, don't you think that you are thinking like a Buddha. You have

never been more knowledgeable and have the best access to everything you want to do.

From our childhood, we have been thought and educated by our known and reliable sources to get settled well and be fit to survive. But why have we not thought to grow up well in life, always be fit to succeed and contribute ourselves in the best possible manner?

“Are you really happy or just really comfortable?”

One needs to understand the power of living happily, by overcoming the immediate reality and situations, by developing the right mindset, and surrounding yourself with people who are always thriving in their life, to live life on their terms. Get inspired by **BUDDHA (your intellectual consciousness)**.

You need to stop seeking validation from the society. When you start working for your desired life that you want to live, it's no longer in a society's way. Just take actions to advance in your life, especially when you are working on something unique to bring in society.

*“When you thrive on some great purpose,
you make an impact.”*

—A. Mujahid Sheikh

THINK AGAIN!

BUDDHU WORKS TO HAVE BEST OF EVERYTHING,
BUDDHA CREATES TO MAKE BEST OF EVERYTHING.

ISSUES OF SURVIVING IN LIFE –

From our childhood, we were taught to survive in life and always be grateful. We are made to believe that the fittest person survives in this world, and surviving is everything. That's how most people end up in the rat race. They've filled their life with stress and are prone to lifestyle disorders and also fall into deteriorating conditions of life.

When you think of working by using all your resources like knowledge, education, experience, and hard work towards surviving in life and are also taught to be like this, your mind conspires to live accordingly. You are made to believe surviving in life is most important and it is difficult to achieve great things or desired life in this world. All this happens because of the comparative living lifestyles and seeking validations by imitating most of the people's lives and disregarding the way you want to live. There are more Buddhus and few Buddhas.

There would be many disturbances in life, as long as you seek validations in every aspect of your life. The successor will appreciate, and non-successor would give opinions. Think, if Buddha seeks validation before every action, probably he would also be in a state of disturbance and live as Buddhu. Remember, you have only two options, one is to make a choice in every area of your life and live happily as Buddha. And second is to live as it comes and suffer most of the time and sustain as Buddhu. Now decide who you want to be, Buddha or Buddhu?

In a state of suffering, most of the time people will be in a state of cribbing attitude. If they are seeking answers from others, who are in the same mindset, and suffering in their own lives and having similar kind of life experiences or maybe sometimes worse conditions then, how can they provide a solution to your state of living?

Stop listening to their ideas. Especially from those who are having low self-esteem and speak millions of times within themselves that they are not capable enough for a specific work. When they lack in knowledge, they keep giving millions of reasons, and tell ‘OH GOD, WHY IS THIS TO ME!’ Like a BUDDHU’S way. RATHER ASK IN BUDDHA’S WAY, OH GOD! WHAT’S IN IT FOR ME IN THIS LIFE?

*“YOU SHOULD NEVER REGRET ANYTHING IN LIFE.
IF IT’S GOOD, IT’S WONDERFUL. IF IT’S BAD, IT IS
WONDERFUL EXPERIENCE.”*

—A. Mujahid Sheikh

THINK AGAIN!

BUDDHU ALWAYS FINDS A WAY OF SURVIVING IN LIFE FACING ISSUES.

BUDDHA ALWAYS FINDS A WAY OF LIVING EVERY MOMENT BY SOLVING ISSUES.

MEANS OF SUFFERING –

If you think, lack of food, shelter, and clothes is a means of suffering. It is not true. In this 21st century, almost all

people are able to take care of themselves to cover the basics of life. The irony is that the people who are working to meet their basic needs are cribbing for not being able to achieve what they want to achieve in their life.

Suffering exists when you know you can do something you desire for your life, and you don't. When you know you can do it, take action in any circumstances to achieve what you desire in life, then you are Buddha. If not, you pose like Buddha and act as Buddhu. It signifies you are deceiving yourself and increasing your means of suffering. You are suffering instead of being happy, by lacking many things in your life to live life to the fullest. Thus creating hardship, this leads to deterioration of a happy life. You become sick and exhibit low self-esteem. You always wonder what to do in life instead of doing wonderful work in life. You are unable to take care of yourself or help anybody in your life and end up sabotaging your own life without your awareness. As long as the idea of life is about running behind a sense of cravings, there is no wisdom. Once the mind is calm, things become clear and you will recognize the root of suffering.

We want our life to be in a secure way. We don't want to be hungry, we don't want to be homeless, and we don't want to have racing thoughts in the night. Thus we explore ways to stop these feelings, these are the basics that are part of human survival. On top of these, there are many layers constructed by our thinking, imagination,

and way of viewing the world. These are the layers that cause suffering.

Further, we want something beyond our immediate anxieties, fears, and wars. We struggle to gain something, and when we have gained it, we proceed further, wanting still more. Our life is a series of demands for comfort, security, position, fulfillment, happiness, and recognition.

How can you gain what you want to gain without any suffering? How long will it take you? At this moment of thought embrace the heartbeat, feel the life-transforming change in your life, and act as if that change has already been made.

Buddha states “Upadhi dukkhassa mūlanti”, which means ‘Attachment is the root of suffering.’

Whereas I believe that “the root of suffering is attachment to what we don’t need, instead of attachment to what we are in need.”

THINK AGAIN!

BUDDHU DEMANDS WHAT HE WANTS TO LIVE,

BUDDHA LIVES WHAT IT TAKES TO LIVE.

To discover the factors that are preventing you from transforming your dream life into a reality, get connected with us. Log on to learn the system that changed thousands and thousands of lives at www.mujaahidsheikh.com

ATTITUDE TOWARDS SURVIVING AND SUFFERING –

Attitude is formed based on your belief which is built since childhood from your parents, teachers, friends, your everyday environment, your habits, and you are carrying that information believing and justifying that it is right.

Check yourself from your acquired knowledge of what you have in your life. Is it helping you to live a desired life? What factor is holding you to live your desired life?

Check your environment of what it answers to you, every moment. Does it always help and encourage you to take action or prevent you from taking action to live the desired life?

Check your associations; it could be parents, teachers, family, or friends are they appreciating and encouraging you to live in every area of your life as per your choice?

If the path to your desired life is familiar to you, your environment, and your associations, you develop a positive approach towards it. If not, you, your environment, and your associations develop a negative approach. You and your associations believe that it may harm you, it may make you suffer in life, you can't do it, or you may end up suffering in life and many others factors preventing you to think and take action to live the life of your choice. You end up continuing, having an influential attitude towards surviving and suffering.

IF YOU THINK YOU ARE ON THE BUDDHA'S WAY,
THEN EVERY MOMENT WHY DO YOU FIGHT TO
DEFEND YOUR OWN SUFFERING?

GAUTAMA THE BUDDHA, HIS BIGGEST DESIRE IS
TO SEE PEOPLE OF THIS WORLD DESIRELESS.

THINK AGAIN!

BUDDHU SUFFERS IN THE MOMENT,
BUDDHA SUCCEEDS IN THE MOMENT.

OVERCOME SURVIVING STATE IN LIFE –

If you continue to think in a surviving state, it signifies that you are living a Buddhu way of life. To overcome this state of mind, you have to think like Buddha.

Buddha's way is what your heart responds and takes effect. It doesn't matter if your actions look silly, whether the world will accept your decisions or not. Do what matters the most at that moment and live your life that way.

The mind is a thing of habit. Every experience we have had has shaped us into thinking in a certain way. It is difficult to let go off everything at once. Along the path, I hope to emphasize that your life is more significant and certainly more capable of meaning than you might initially have supposed. As one grows towards the Buddha's form, bit by bit his inclination changes to make him free. As

long as one has not completely overcome this state there will be suffering on the way.

Life design is to make your life of your own choices. Experience what needs to be experienced. Stop procrastinating anything. Overcome the situation that makes you feel that you are not worth it. If you think it is risky, it's ok to take the risk. Remember you are '**TAKING RISK TO ELIMINATE RISK**'. You will get one of two outcomes from your actions, **RIGHT OUTCOME**, or **RIGHT EXPERIENCE**.

Both are very important parts of your life. With **the RIGHT OUTCOME**, you can bring the right changes in society and family. And with **the RIGHT EXPERIENCE**, you can bring the right changes in yourself, both of which are very important in your life.

Can you do the work for what you want to have, instead of doing what you know? When you do what you know, and you know what you will get. When you get it, ask yourself what you are getting are the things you want in your life. Or can you do the work that you want to have in your life?

To get into the 'SPACE OF CREATING LIFE OF YOUR CHOICE'

1. Make a list of all the things you are doing.
2. Make a list of all the things you want to do most in your life, but don't know how to achieve it.

Make at least 100 things in both the categories; do it

right now and read between the lines. You will get all the answers, which you are looking for it to overcome the survival/suffering state of life.

THINK AGAIN!

BUDDHU DOES WHAT HE KNOWS,

BUDDHA DOES WHAT HE WANTS.