

YOUR DESTINY BEGINS WITHIN

*Own Your Energy,
Transform Your Life.*

SARITA BAGARIA



BlueRoseONE^{.com}
S t o r i e s M a t t e r

New Delhi • London

BLUEROSE PUBLISHERS

India | U.K.

Copyright © Sarita Bagaria 2026

All rights reserved by author. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the author.

Although every precaution has been taken to verify the accuracy of the information contained herein, the publisher assumes no responsibility for any errors or omissions. No liability is assumed for damages that may result from the use of information contained within.

BlueRose Publishers takes no responsibility for any damages, losses, or liabilities that may arise from the use or misuse of the information, products, or services provided in this publication.



BlueRose ONE
S t o r i e s M a t t e r
New Delhi • London

For permissions requests or inquiries regarding this publication,
please contact:

BLUEROSE PUBLISHERS

www.BlueRoseONE.com

info@bluerosepublishers.com

+91 8882 898 898

+4407342408967

ISBN: 978-81-6744-111-9

First Edition: August 2026

Acknowledgment

This book is the result of a journey that has been shaped by the wisdom, guidance, and kindness of many remarkable teachers. Each one entered my life at the right time and helped me take another step towards understanding myself.

My heartfelt gratitude to **Babaji, Sadhguru, Dr. Newton Kondaveti, Patriji, Dr. Joe Dispenza, Louise Hay, Bruce Lipton, Rhonda Byrne**, and the many teachers, authors, and seekers whose words, teachings, and presence have inspired me along the way.

A special note of gratitude to Babaji, whose simple yet profound guidance taught me that the answers I was searching for were never outside me — they had always been within.

I am deeply grateful to my family for their love, patience, and unwavering support throughout this journey. Thank you for giving me the space to grow, heal, and become who I was meant to be.

To every person who has attended a Soulmist session, shared their story, or trusted me with their journey — thank you. You have been my greatest teachers as well.

And finally, thank you to you, the reader. The moment you chose to open this book, our journeys became connected. I hope these pages remind you of the wisdom, peace, and strength that have always lived within you.

With love and gratitude,

Sarita Bagaria
Founder, Soulmist

Author's Note

A Small Beginning... A Journey Within

For many years, I thought I was searching for answers.

Today, when I look back, I realise I was actually searching for myself.

This book was never written in a few months.

It has been quietly growing through my questions, my fears, my gratitude, my tears, and the many moments when life gently brought me back to myself.

As I began writing these pages, something unexpected happened.

It wasn't just writing a book.

I was meeting parts of myself that I had never truly seen before. Memories I had forgotten quietly returned.

Feelings I had never fully understood began to make sense. And slowly, I realised that this wasn't simply the story of my life.

It was the story of coming home to myself.

Perhaps this book has found its way to you for a reason. Maybe there is a part of your heart that quietly longs to heal. Or maybe you have spent so much of your life taking care of everyone else that, somewhere along the way, you forgot to include yourself in that love.

Maybe life has been whispering that there is something deeper waiting to be discovered.

If any of those words feel familiar, then I would love to walk beside you for a while.

This book does not claim to have all the answers.

It is simply one human being sharing her journey with another, in the hope that somewhere within these pages, you begin to recognise your own.

Today, I don't see my life as a story of suffering. I see it as the story of a woman who loved so deeply that, somewhere along the way, she forgot to include herself in that love.

I entered responsibility so early that I never noticed the child who was quietly walking beside me. It took many years before I finally turned around to meet her.

This is where my journey quietly began.

As you turn these pages,

Yours will begin too.....

Introduction

This book is not an attempt to convince you of anything.

It is simply an invitation.

An invitation to walk beside me as I share the experiences that slowly changed the way I saw myself, the world, and life itself.

Some of what I share may resonate with you immediately. Some may not. That is perfectly alright.

I don't ask you to believe my experiences.

I simply invite you to observe your own.

Because every understanding in this book became meaningful only after it became my experience.

My hope is not that you agree with every word.

My hope is that, somewhere while reading these pages, you begin asking your own questions.

Perhaps you may recognise a belief you have carried for years. You may realise where your attention has been resting. This may help you to discover that healing begins in your awareness.

If that happens, then this book has already fulfilled its purpose. I have not written these pages as someone standing ahead of you. I have written them as a fellow traveller.

A friend who lost her way many times.

Who questioned life.

Who questioned herself

Who learnt.

Who slowly discovered that every answer she had been searching for outside had quietly been waiting within.

This journey is still continuing today.

Every experience continues to teach me.

Every day continues to deepen my understanding.

Perhaps that is what life really is.

Not a place we arrive at,

but a relationship we continue to grow with.

Looking back today, I don't think life was waiting to change my circumstances.

It was waiting for me to become .

Without knowing it, I had already begun the journey that would change everything, not because the world around me changed, but because I slowly began to see it differently.

The pages that follow are the story of that journey.

Not a journey toward perfection.

A journey toward awareness.

A journey toward gratitude.

A journey back to myself.

Perhaps, somewhere along the way,

you will begin your own.

So, my friend...

Shall we begin?

The Journey Begins Within

We spend so much of our lives waiting.

Waiting for the right moment.

Waiting for circumstances to change.

Waiting for someone to tell us that we are right.

Waiting for life to finally become the one we have been dreaming of.

For many years, I believed destiny was something that happened to me.

I thought life had already been decided, and all I could do was accept whatever came my way.

Without realising it, I was living as a passenger in my own life.

I reacted to circumstances.

I worried about the future.

I searched outside myself for the answers I hoped would change everything.

I kept looking towards the horizon, believing that one day I would find what I was searching for.

Looking back today, I realise I was searching in the wrong direction. The answers were never waiting somewhere out there.

They were quietly waiting within me.

My life did not begin to change because my circumstances suddenly became different.

It began to change because I slowly began to see myself differently.

As I learnt to sit with myself in the quiet of the morning...

As I reflected before going to sleep...

As I became aware of my thoughts, my beliefs, and the energy I was carrying...

Something inside me began to shift.

I discovered that life is not simply something that happens to us.

It is something we consciously participate in creating.

Gratitude became more than saying, "Thank you."

It became a way of seeing.

Journaling became more than writing about my day.

It became a conversation with myself.

Meditation became more than a practice.

It became a way of witnessing my true self.

Slowly, I understood that every thought I repeatedly chose, every belief I nurtured, every act of gratitude, and every moment of awareness was shaping the person I was becoming.

I stopped waiting for life to give me permission to begin.

I realised that my destiny was not waiting for me somewhere in the future. It was being created in the choices I was making every single day.

That is the heart of this book.

Not that life is always easy. Not that we can control everything that happens. But that within every experience lies an opportunity to understand ourselves more deeply.

And as we understand ourselves, we begin to change the way we experience life.

Perhaps destiny is not a place we arrive at. It is the relationship we build with ourselves, one conscious choice at a time.

That is why I believe our destiny is not written in the stars.

It is written in our awareness, in our daily habits.

It is written in our gratitude.

It is written in the choices we make each day.

And it begins the moment we choose to look within.

Your Destiny Begins Within.

Contents

When Life Stopped Making Sense.....	1
When I Began Looking Within.....	7
My Search Was Never for Spirituality	12
The Guidance I Was Looking For	17
When Life Started Feeling Like Magic.....	21
When I Learned The Language of Energy.....	26
When I Met My Beliefs.....	31
When I Began Clearing My Past.....	39
Creating My Daily Practices.....	45
When Gratitude Stopped Being a Word.....	51
Learning to Align My Energy	58
Owning My Mornings, Transforming My Life.....	63
Living with Awareness	69
Your Journey Begins Now	76
A Final Invitation.....	84

When Life Stopped Making Sense

There comes a moment in some lives when nothing looks wrong from the outside, yet everything feels broken within. I reached a point where I simply didn't know what to do anymore. I no longer knew how to move forward. Every morning, I woke up hoping that today I would feel lighter. Instead, every day seemed to bring another challenge. I wasn't afraid of responsibility. I had grown up watching responsibility. I was born into a family where money was limited, but values were abundant. My parents worked tirelessly to give us a good education and a secure life. I especially remember my mother. She worked tirelessly every day, carrying physical, emotional and financial burdens, yet she never gave up. Everything she did was to give us the best education she could. Watching her taught me the value of hard work, sacrifice and commitment. As a child, I quietly promised myself that when I grew up, I would create a comfortable life not for myself but more for my family. I believed that if I worked hard enough, life would eventually become easier. But life had other plans.

After my marriage, the responsibilities of life increased, and so did my inner confusion. Situations that I thought I could handle began to feel overwhelming.

I tried harder.

I adjusted more.

I kept believing that tomorrow would be different. Instead, my discomfort slowly grew into something I had never experienced before. When Fear Became My World. Every day began to feel the same. I spent days fighting situations and nights lying awake with fears in no hope. I started fearing life. Slowly, fear became my constant companion which I could see in every area of my life. Every day it found a new place to live my fear. At first I worried constantly about my family. Then I became afraid of travelling. To my surprise I started being fearful to be on road sitting in a car. Soon, even ordinary situations began to frighten me. My mind never seemed to rest. Even an ordinary journey on the road no longer felt safe. I wanted peace, but my thoughts kept creating fear. Eventually, my condition became so overwhelming that I was prescribed antidepressants.

At that time, I accepted them because I wanted relief. But somewhere inside, I also felt that I was losing something very precious. I found it difficult to think clearly. I no longer trusted my own mind. One incident from that time has stayed with me, though it is just a story to me today. I was attending a social gathering. I still remember that day as if it happened yesterday. It was a special social gathering at Taj Bengal. People were talking, laughing, and enjoying the evening. Nothing unusual it was a normal event. I was standing there trying to appear normal, even though inside I was carrying a fear that no one around me could see. Then someone walked towards me. With a warm smile, he began speaking to me. We exchanged a few words, and then he

asked me simply. “What is your name? Everyone would have answered that question thousands of times in their lifetime.

But that day...

my mind became completely blank. I knew I had a name. I knew who I was. Yet I could not remember to say out my name. I stood there searching desperately inside my own mind, hoping it would come back in the next second. It didn't. Every passing moment felt endless. The more I tried to remember, the more frightened I became. I could hear the conversation around me, but inside there was only one thought repeating itself.

“What is my name?”

For the first time in my life, I was afraid of my own mind. I somehow managed to leave the conversation, but I couldn't leave my fear. I returned home deeply shaken, for not because I had forgotten my name. But for that moment which made me believe that I am losing control of my brain.

“What if this happens again?”

“What if I lose control of my own mind?”

“Will I ever become normal again?”

That one incident changed something inside me. Until then, I had been searching for relief. After that day, I started searching to understand life. For the first time, I experienced two opposite emotions together. At one place I felt helpless. But somewhere beneath that helplessness, another feeling quietly appeared.

A voice that said, "No more."

"I cannot continue like this."

Looking back today, I believe that was the most important moment of my life. Not because everything changed that day. Nothing had changed. The fear was still there. The confusion was still there. I was still searching. But for the first time, my desire to understand life became stronger than my fear of it. Something had shifted within me. I couldn't explain it. I only knew that I could no longer continue living in the same way.

I was simply trying to understand life.

Why did everything feel so difficult?

Why did I feel that no matter how sincerely I tried, life wasn't flowing?

I kept wondering, "What is happening to me?"

"Is this how the rest of my life will be?" These questions stayed with me for many years. I didn't know it then, but those questions slowly became the beginning of my real journey.

I was looking everywhere...except within myself. At that time I genuinely believed my answers were somewhere outside me.

If only people behaved differently...

If only situations changed...

If only life became easier...

Today, when I look back I don't see those moments as weakness. I see them as the beginning of courage. The

courage to surrender. It was not surrendering to circumstances. But surrender to the possibility that perhaps life knew something I did not. I didn't know where this path would lead and what I will discover on my way. I certainly didn't know that the questions I had carried for years would become my greatest teachers. Before life could teach me how to look within, it first sent me a teacher. My guru, Babaji. And that is where this journey truly begins.

When Life Stopped Making Sense

Key Insight

Sometimes life stops making sense not because it is falling apart, but because it is inviting us to see it differently.

Reflect

Have you ever felt that life wasn't going the way you expected?

What is one question you are searching for an answer to today?

One-Minute Practice

Sit quietly for one minute and simply observe the thoughts that arise when you ask yourself, "What is life trying to teach me right now?" Don't look for an answer. Just notice.

Closing Quote

"The moment life stopped making sense was the moment my search for truth truly began."

When I Began Looking Within

There came a time in my life when I was deeply tired. Not because I had too much work. I had lived with responsibilities for as long as I could remember. What exhausted me was something far more subtle. For years, my mind had been trying to understand people, situations, and relationships. Every experience seemed to leave behind another unanswered question.

Why did people behave the way they did?

Why did relationships become so complicated?

Why did people say one thing but do another?

Without realising it, I had become so busy trying to understand everyone around me that I had never paused to understand myself. Looking back today, I can see that I was searching everywhere except within. Around that time, Babaji would often say something very simple: "You are the creator of your own destiny." Every time I heard those words, I listened with respect. They gave me comfort, yet I couldn't honestly say that I understood them. Still, something about those words stayed with me. I cannot explain why. Perhaps some truths enter our hearts long before they enter our minds. Whenever I sat in Babaji's presence, something inside me became quiet. My questions didn't disappear. My problems didn't suddenly get solved. Yet, for the first time in many years, I stopped feeling the

need to fight every moment of my life. It felt like the beginning of surrender. Not surrender to my circumstances. But surrender to the present moment. Nothing dramatic changed outside me. The people around me were the same. My responsibilities were the same. Life continued exactly as before. Yet something inside me had begun to shift. It was such a gentle change that I couldn't explain it, even to myself. Slowly, my attention stopped running towards everyone else. Without consciously deciding to, I began looking at myself.

Not to judge myself.

Not to blame myself.

Simply to know myself.

For the first time in my life, I became curious about the person I had been living with all these years.

Me.

Somewhere along the way, I started enjoying my own company. It may sound like a small change. For me, it changed everything. Until then, I had always known myself through my relationships.

Someone's daughter.

Someone's wife.

Someone's mother.

Every role was real. Every role was precious. But beneath all those identities, there was someone I had never truly met. For the first time, I was meeting myself without any role. Just...me. I wasn't trying to become a better person. I

wasn't trying to become spiritual. I simply wanted to understand who I really was beneath everything life had asked me to be. That quiet curiosity changed the direction of my life. I began asking myself questions I had never asked before.

What do I really want?

What am I feeling right now?

Why do I react the way I do?

For years, I had been very clear about what was wrong with everyone else. Now I was beginning to understand myself. That became the real beginning of my healing. As my attention slowly returned to me, something unexpected happened. Not that life had suddenly become easier. But because I was no longer giving all my energy to what I couldn't control. The same energy that had once been consumed by worry, slowly became available for living. I noticed that I completed my work with greater ease. Even after fulfilling my responsibilities, I found time to care for myself. No one told me to do it. I wasn't following a plan. It simply happened. Looking back today, I understand something that I couldn't have understood then. Healing did not begin when my life changed. Healing began the day my attention changed. The more I looked within, the less I felt the need to control everything outside me.

When I Began Looking Within.

Key Insight

The answers I was searching for outside were quietly waiting within me. The moment I turned my attention inward, life didn't change overnight – but the way I experienced life began to change.

Reflect

Take a moment to ask yourself:

Am I searching for answers outside that I can only discover within?

What is one feeling I have been avoiding instead of understanding?

One-Minute Practice

Close your eyes for one minute.

Take a slow, deep breath in... and breathe out gently.

Without trying to change anything, simply notice your thoughts, your emotions, and the sensations in your body.

Ask yourself quietly:

“What is my inner self trying to tell me today?”

Don't look for an answer. Just listen.

This one minute of awareness is the beginning of your journey within.

Closing Quote

"The moment you stop searching outside and begin listening within, your journey of transformation has already begun."

My Search Was Never for Spirituality

If someone had asked me years ago whether I wanted to become a spiritual person, my answer would probably have been, “No.”

Not because I was against spirituality.

Simply because I didn’t know what it really meant.

Words like spirituality, meditation, consciousness and awareness were not part of my world. I wasn’t searching for enlightenment, nor was I trying to become a different person. I was searching for something much simpler.

I wanted to understand life.

Why did life feel so difficult?

Why did some relationships bring so much pain?

Why did I keep repeating the same emotions?

Why did peace seem so temporary?

No matter how sincerely I tried, I often felt that life was not flowing. These were the questions that lived quietly within me.

I wasn’t looking for miracles.

I wasn’t looking for secret knowledge.

I wasn’t looking for spirituality.

I was simply looking for answers.

Looking back today, I realise something beautiful.

Life never asked me to become spiritual. It simply invited me to become more aware. At that time, I couldn't see the invitation. I only knew that the way I had been living and understanding life was no longer working.

Slowly, almost without realising it, my attention began turning inward. I started observing my thoughts.

I started questioning my beliefs. I became curious about my reactions instead of blaming my circumstances.

I didn't know it then, but this quiet curiosity was already changing me.

Along the way, life introduced me to people, books and experiences that arrived exactly when I needed them.

Not because I was searching for spirituality...

But because I was sincerely searching for truth.

Looking back today, I realise something beautiful. I never found spirituality by searching for it. Spirituality found me because I had become sincere in my search to understand life. When I was ready to ask deeper questions, life quietly placed the right people, the right books and the right experiences on my path.

Every teacher who entered my life helped me understand one more piece of the puzzle. Every experience showed me something about myself. Every challenge invited me to see life from a different perspective.

Gradually, I realised that spirituality was not something separate from life. It was a way of understanding life more deeply. It was learning to live with greater awareness. It was recognising that every thought, every emotion and every choice quietly shapes the life we experience. It was discovering that peace is not found by escaping life, but by learning how to live it consciously.

Today, when people ask me about spirituality, I don't think of rituals or complicated philosophies.

I think of awareness.

I think of understanding.

I think of living with gratitude, compassion and responsibility.

For me, spirituality is not about becoming someone extraordinary. It is about becoming fully present in an ordinary life. The more I understood life, the more naturally I began living what people call spirituality.

I never went looking for spirituality. I was simply trying to understand life. And somewhere along the way, spirituality quietly found me.

And perhaps that is why I believe this path is not reserved for a chosen few.

It belongs to anyone who has ever looked at their life and quietly wondered,

“Is there another way to live?”

If that question has ever arisen within you, then perhaps your journey has already begun.

Just as mine did.

Not with spirituality...

But with a sincere desire to understand life.

I Was Never Looking for Spirituality

Key Insight

Life and spirituality are not two different paths. Every life experience is gently guiding you back to yourself.

Reflect

What was I truly searching for during my difficult times?

Could the challenges in my life be guiding me instead of punishing me?

One-Minute Practice

Close your eyes and take three slow, deep breaths.

Ask yourself, *"What is life trying to teach me through my current situation?"*

Don't search for an answer. Simply remain open and listen.

Quote

*"Sometimes we don't find spirituality.
Life gently leads us to it when we are ready to see."*

The Guidance I Was Looking For

One morning, while scrolling through WhatsApp, I came across the book *Becoming Supernatural* by Dr. Joe Dispenza. Before that day I had never heard his name. If someone had told me a week earlier that this book would become one of the turning points of my life, I would not have accepted. Even today, I don't know why I stopped there. I don't call it a coincidence. I had not chosen the book as I was not aware of its existence in my rarest dreams also. Today but I say it was all the universe? I believe today that if you sincerely take one step to heal yourselves, life starts supporting your next step. Once you start walking on the path of healing, the whole universe starts to walk with you holding your hand. This was not my realisation that moment, today when I look back I can see the support of the universe I still remember that feeling. It felt as if the book had quietly chosen me. It was almost like a gentle whisper from life saying,

"Read this."

For months I had been listening to Babaji speaking about awareness, energy, and observation. I trusted his words, but my mind was still trying to understand them. Reading this book felt like someone had translated those teachings into a language my intellect could finally grasp. Science was explaining, which heart has already begun to sense. While

reading it was not like getting information it was like downloading deep messages in a highly meditative state. I sat with one page rather every word for days until it became my experience. Science and spirituality was meeting at one place I could feel both aspects in the same sentence. Even before I could finish the book I could feel nothing is random in life, so is my. Not even the situations I had spent years complaining about were by chance. There was a rhythm behind everything. Almost like life was following a perfect formula that I had never learnt to see. If life really followed a rhythm, then perhaps my suffering was not random either. Then another question quietly arose inside me. If life follows a formula...

Can I understand it?

Can I learn it?

Can I consciously live in harmony with it?

This journey is continuing today. It is not a place where one day you arrive and say, 'I have reached.' Every experience continues to shape who you are. Slowly, without even realising it, your state of being begins to change. I no longer believe that the book appeared in my life by accident. I believe I was finally ready to receive what had always been waiting for me. Healing did not begin when my circumstances changed. Healing began the day my attention changed. The problems outside were not disappearing overnight. Yet something fundamental had shifted within me. Today, I live in this awareness that life is not random. I believe life responds to the state from which we live.

Every person we meet...

Every challenge...

Every unexpected moment...

Carries a quiet invitation to become more aware. And perhaps, if these words have found you today, it is because you are ready too.

The Guidance I Was Looking For

Key Insight

The right guidance doesn't give you all the answers. It helps you discover the answers that already exist within you.

Reflect

Who or what has guided me during the most difficult phase of my life?

Am I seeking someone to solve my life, or someone to help me understand it?

What guidance am I ready to receive today?

One-Minute Practice

Close your eyes and place your hand on your heart.

Take three slow breaths and silently ask:

"What is the next right step for me?"

Don't force an answer. Simply trust that clarity comes when the mind becomes quiet.

Quote

*"The greatest teacher does not change your life.
They help you see it differently."*

When Life Started Feeling Like Magic

There was a period in my life when almost every day carried a small surprise.

Nothing dramatic.

Just little moments that quietly whispered,

"There is more to life than you can see."

I didn't know what was happening. I only knew that small things were beginning to happen that I could never explain with logic. Today people might call them coincidences. At that time, I simply called them Magic. I have often felt that magic is not something that suddenly appears in our lives. Magic is something we begin to recognise when our awareness changes. The more I started noticing these little moments, the more they started appearing. Or maybe they had always been there. I was only too busy to see them. Sometimes I would think of someone after many months, and within a few minutes that person would call me. Sometimes I would quietly wish for something very small, and before I even made any effort, life would place it in front of me. These were not huge miracles. They were simple moments. But together they made me feel

that life was listening. At first my logical mind tried to explain everything.

"It is just a coincidence."

**"It happens to everyone."
"There must be another reason."**

But slowly I realised something. Not everything in life has to be understood immediately. Some things are meant to be experienced first, even before understanding them. The more I trusted those experiences, the more peacefully I started living. Around the same time, another beautiful change was happening inside me. My meditation was becoming deeper. Meditation was no longer something I did every day. It was becoming a space where my mind became quiet enough for me to hear myself. I could see my thoughts instead of getting lost in them. That silence gave me clarity. And clarity slowly started changing my choices. My reactions became softer. I wasn't fighting every situation anymore. Instead of asking,

"Why is this happening to me?"

I had started asking,

"What is life trying to show me?" That one question changed everything. As my complaints reduced, my energy felt lighter. I wasn't spending all my energy resisting what was happening. Saved energy was now available to create, to heal, to love, and simply to be present. I don't think the magic was outside me. The magic was happening within me.

**My awareness was changing.
My energy was changing.
My way of looking at life was changing.**

Because of that, my experience of life also started changing. People often ask me,

“Do you really believe in miracles?”

My answer is always the same. I don't think miracles are something that breaks the laws of life. I think miracles happen when we begin living in harmony with them. What once looked impossible slowly starts feeling natural. Today, when I remember that phase of my life, I smile. At that time, I thought life had become magical. Now I feel something even more beautiful. Life had always been magical. It was my eyes that had changed.

“By recognising more magic, life became more magical”

The more I recognised the magic already present in my life, the more magical life became. I started seeing my relationships differently.

I started seeing myself differently.

I started seeing the universe differently.

I started seeing life differently.

And because of that..... I started experiencing life differently. Nothing changed first. How you see things in life changes first. Then life follows. Life wasn't asking me to become someone else. It was gently inviting me to see what had always been there . And once seeing changes...

life begins to change on its own. Today I don't wait for miracles . I simply try to remain aware. Because I have learnt something very precious. Life is always speaking, sometimes through joy and sometimes through pain. Sometimes through silence. The question is not whether life is sending us signs.

The question is whether we are present enough to notice them. Looking back, I don't remember one extraordinary

miracle that changed everything. I remember hundreds of ordinary moments that quietly transformed the way I saw the world.

Perhaps that is what magic really is.

Not life becoming different.

But us becoming aware enough to experience the life that was always waiting for us.

When Life Started Feeling Like Magic

Key Insight

Magic isn't about extraordinary events. It begins when you see ordinary life with awareness, trust, and gratitude.

Reflect

When have I experienced an unexpected moment of grace?

Where can I notice the magic already present in my life today?

One-Minute Practice

Pause for one minute.

Take three slow breaths and notice three things around you that you usually overlook.

Silently say, "Thank you."

Quote

*"The more aware you become,
the more magical life begins to feel."*

When I Learned The Language of Energy

Have you ever wondered why life sometimes feels so unfair?

Have you ever said to yourself,

“I have always tried to do the right thing. I have never intentionally harmed anyone. Then why do I still struggle?”

I asked myself these questions for many years. At that time, I thought life was testing me. Today, I see those years differently. I wasn't suffering because life was against me. I was suffering because I had not yet learnt the language through which life was speaking to me.

For years, I searched for answers by trying to understand people around me, situations I was dealing with and my relationships. I kept looking outside, believing that if people changed, my life would change. Slowly, I realised I was looking in the wrong direction. There was a deeper layer of life that I had never learnt to see. Through Babaji's words, the books that came into my life, and most importantly through my own experiences, one simple understanding slowly began to grow in me. Everything carries energy.

Our thoughts

Our emotions
Our intentions

If everything carries energy, perhaps life is responding much more to my energy than to my words or my actions. That one thought changed the way I looked at everything. I could clearly recognise that I an ordinary woman was slowly beginning to recognise what she now believes are the laws of the universe not from a classroom, but through her own life. I had spent years asking for one thing while unknowingly living in the energy of its opposite. I wanted abundance. But most of my attention was on not having enough. I wanted peaceful relationships. But much of my energy was spent thinking about what was wrong. I wanted good health.

Yet my attention remained on illness and fear. I was asking life for one experience while my energy was continuously preparing for another. I don't feel guilty about that. Nobody had ever taught me the language of energy. We spend years learning languages so we can communicate with the world.

We learn mathematics.

We learn science.

We learn history.

But nobody teaches us the language through which we communicate with life itself. Life had always been speaking to me. I just didn't know its language. Slowly, when I began to understand energy, my struggle changed direction.

I stopped asking,

“Why is this happening to me?”

Instead, I began asking,

“What energy am I living in today?”

I lived with that question every day. Over time, it became more powerful than many of the answers I had spent years searching for. In my own experience, I slowly came to recognise what I believe is a universal law:

Life responds not only to what we want, but also to the state from which we ask. Our state of being quietly shapes the energy we carry into every moment. If I ask for prosperity while living in fear and lack, my words and my energy are travelling in different directions. If I ask for love while carrying resentment, my heart is speaking a different language from my lips. Slowly, I understood you cannot change anything outside of you till you are in rhythm of universe. As my inner state began to change, I experienced life differently.

The more I observed myself, the more I realised that every experience in my life had something in common. It wasn't only my circumstances that were changing. The energy with which I was meeting those circumstances was changing. That simple observation slowly transformed the way I looked at life.

One day, another question quietly arose within me. If everything around me is made of energy... then perhaps my greatest responsibility is to take ownership of my own energy. Once I understood that I am energy, taking responsibility for my energy became an act of self-care. Protecting my energy wasn't about building walls around myself. It was about becoming conscious of what I allowed to influence my inner state. Perhaps it is my greatest responsibility to become a guardian of my own energy.

Learning the language of energy changed the way I participated in my own life. It marked the beginning of a new way of living. I realised that my energy was constantly shaping every experience I had. Until then, I believed that the situations outside me were responsible for how I felt. But slowly I began to understand that life wasn't happening to me, it was responding to me rather to my energies. Nothing outside me was creating my experiences, it was my own energy. This understanding changed everything. Instead of trying to control people, circumstances, or outcomes, I started paying attention to my own thoughts, emotions, and the energy I carried each day. As my energy changed, the patterns in my life began to change as well. I no longer saw myself as a victim of circumstances. Instead of constantly trying to change the world outside me, I began changing what was happening within me. As my inner energy shifted, my experiences began to shift too.

That shift gave me back something I had unknowingly surrendered for years, the power to continuously create the life I want to live. Today I believe that learning to live with an awareness of your own energy is the simplest, yet most powerful ways to live.

When I Learned the Language of Energy

Key Insight

Everything carries energy – our thoughts, emotions, words, and actions. When your energy changes, your experience of life begins to change.

Reflect

How am I feeling today?

What energy am I bringing into my day?

What would I like to feel instead?

One-Minute Practice

Close your eyes and take three slow breaths.

Notice how you feel without judging or changing anything.

Simply say to yourself, “I choose peace.”

Quote

“Your energy speaks before your words ever do.”

When I Met My Beliefs

As I continued observing myself, another truth slowly began to reveal itself.

Until then, I believed that my thoughts were creating my life. But as I looked deeper, I realised something even more profound. It wasn't only my thoughts.

It was my beliefs.

Thoughts came and went. Beliefs quietly remained.

They were like invisible programmes running silently in the background of my mind, shaping the way I saw myself, other people, and life itself.

For many years, I carried one belief without ever questioning it.

Life is not easy.

To me, it wasn't a belief. It was simply the truth.

Whenever something difficult happened, I would quietly tell myself,

"Of course. Life is always a struggle."

Every disappointment became another piece of evidence. Every delay confirmed it. Every challenge strengthened it. I wasn't creating this consciously. I was simply living from a belief that had become my reality.

At that time, I had no idea that our beliefs quietly shape the way we experience life. Even beautiful moments were often overshadowed by the expectation that another struggle would soon follow. It had become automatic. Meditation didn't immediately change my circumstances. It changed the way I observed myself.

For the first time, I could watch my own mind instead of being completely lost inside it.

As my awareness deepened, I began noticing the sentences I repeated every day without even realising it.

"I work so hard but never get the results I deserve."

"One problem ends and another begins."

"I can never lose weight."

"Life is difficult."

"It is not easy to earn money."

Until then, these didn't feel like beliefs. They felt like facts.

That was one of the biggest discoveries of my journey. I slowly realised that I wasn't seeing life as it truly was. I was seeing life through the beliefs I carried within me. That realisation made me curious.

What if these weren't facts?

What if they were simply stories I had accepted as truth?

When had I accepted them?

Who had I learnt them from?

And most importantly...

Were they really true?

As I continued observing myself, I realised that many of these beliefs had never been consciously chosen. Some had come from my parents, my family, some from society and some came from my own experiences.

As a child, I never questioned them. Later I accepted them as truth. Over the years, those beliefs quietly became the foundation on which I was living my life. The strange part was this...I didn't even know they were beliefs as they were my reality.

That understanding was both frightening and deeply liberating.

Frightening...

because it meant I could no longer blame life for everything I experienced.

Liberating...

because if these beliefs had been learnt, perhaps they could also be changed.

From that day onwards, I became deeply curious. I wanted to discover every belief that had quietly shaped my life.

Beliefs cannot be seen with our eyes. They reveal themselves only through awareness.

Meditation helped me become aware of my thoughts. Journaling helped me understand them. Very soon, journaling became one of the most important practices of my life. Whenever I noticed a recurring emotion, fear, or reaction, I began writing instead of ignoring it. I would ask myself simple questions.

Why did this situation affect me so deeply?

What do I really believe about myself?

Is this belief actually true, or have I simply accepted it without questioning it?

Many times, the answers surprised me.

As I wrote honestly, beliefs that had been quietly shaping my life began revealing themselves on paper. Some had been with me since childhood. Others had grown through painful experiences. Until I wrote them down, I had never realised how much power they held over the way I thought, felt, and lived.

Journaling became more than writing. It became a conversation with myself. It gave me the space to observe my inner world without judgment. Each page brought a little more clarity. Each question brought a little more awareness.

And with every belief I recognised, I felt a little freer.

Looking back today, I realise that meditation taught me to observe my mind. Journaling taught me to understand it. Together, they became two of the greatest teachers on my journey inward.

Slowly, I became the witness of my own mind.

Instead of trying to change my life, I started exploring the beliefs through which I was seeing it.

One by one, I recognised hidden beliefs about money...

about relationships...

about health...

and about my own worth.

The beautiful part was that I didn't have to fight them.

I only had to become aware of them. Awareness itself had already begun loosening their hold on me. Then another beautiful realisation emerged. If a belief can be learnt, perhaps it can also be unlearned. That possibility filled me with hope. Instead of asking,

"Why is my life like this?"

I began asking,

"What belief is creating this experience?"

That one question became one of the most powerful practices of my life. One belief that deeply influenced me was,

"I hate lies"

For years, I believed I was simply being honest. But slowly I realised something surprising. My attention was constantly resting on lies.

Even when I wanted truth...

My mind remained focused on what I didn't want. Very gently, I changed that belief. Instead of repeating,

"I hate lies"

I began reminding myself,

"I love truth"

At first, it felt like a very small change. But over time, I noticed that I started seeing honesty more often. I naturally met people who valued truth. I found myself appreciating

truth instead of constantly reacting to lies. Nothing dramatic happened overnight. But my inner world had started moving in a new direction. Consciously I was simply choosing where I wanted my attention to rest.

Perhaps this is how we slowly reshape our lives. Not by fighting every old belief. But by becoming aware of it...

questioning it...

and consciously choosing a new one.

Today, I no longer ask,

"Is this simply the way life is?"

Instead, I ask,

"Is this a belief I have been carrying?"

That one question created a space between me and my thoughts.

And in that small space, I discovered something priceless.

Freedom.

I realised that before I could change a belief, I first had to become aware that it was a belief.

Only then did real change become possible.

Until that moment, I had never imagined that a belief could quietly shape an entire life.

Today, I understand that we do not always experience life as it is.

We experience life through the beliefs with which we see it.

The moment I became aware of those beliefs, I realised that changing my life did not begin by changing my circumstances.

It began by changing the invisible stories I had been living for years.

When I Met My Beliefs

Key Insight

Our beliefs quietly shape the way we think, feel, and live. When we become aware of them, we can begin to choose new ones.

Reflect

What belief is guiding me today?
Is this belief helping me or limiting me?
What would I rather believe?

One-Minute Practice

Take a slow, deep breath.
Notice one thought that keeps repeating in your mind.
Ask yourself, "Is this really true?"

Quote

*"The moment you become aware of a belief,
you begin to free yourself from it."*

When I Began Clearing My Past

As my awareness deepened, I felt an unusual desire to simplify my life. Nothing outside had asked me to do it. It was an inner feeling. Almost as if something within me was quietly saying,

“If you want to create space for something new, you first have to create space within yourself.”

At that time, I couldn't explain why I was feeling this way.

I only knew that I wanted to remove everything that no longer belonged in my life.

**I wanted my home to feel lighter.
My surroundings to feel calmer.**

And somewhere, without fully understanding it, I think I wanted my mind to feel the same way. Yet there was one part of me that still felt heavy. Although I was becoming more peaceful, I realised I was still carrying my past.

**Old memories.
Old hurts.
Old disappointments.**

I was not very reactive, yet they were still living inside me. I wanted to understand how to let them go. Then something very ordinary became one of my greatest teachers. It was

just before Diwali. Like many Indian families, we had started cleaning the house.

One day I opened my wardrobe.

Today I wanted to arrange my wardrobe, I took every single piece of clothing out. For a few moments, everything looked messy. My wardrobe was empty. The clothes were lying all around me. Then I started looking at each one carefully as I wanted to sort them to arrange them properly.

Some clothes I wore often. Some I had completely forgotten.

Some no longer fitted me. Some I kept simply because they carried memories or I liked them. Some because I thought,

“Maybe one day I will use this again.”

As I sat there sorting them, a quiet thought entered my mind. Isn't this exactly what I have been doing with my life?

How many emotions was I still carrying simply because I had become used to them?

How many painful memories had I stored inside me even though they no longer served me? How many beliefs was I protecting simply because they had been with me for years? Suddenly, cleaning my wardrobe no

longer felt like cleaning a wardrobe. It had become a lesson about myself. I realised that before I could organise anything... I first had to empty it. Before I could decide what deserved a place... I had to see everything clearly.

Without judgement.

Without guilt.

Without rushing.

Only then could I lovingly choose what I wanted to keep...and what I was finally ready to release. That simple afternoon changed the way I looked at healing. Healing wasn't about pretending the past had never happened. It was about becoming willing to look at it with honesty. To thank it for what it had taught me. And then gently let it go. That day I also understood something else. We often think healing is about adding something new to our lives.

Another book.

Another course.

Another practice.

But sometimes healing begins by removing what no longer belongs. Before a seed grows, the soil must be prepared. Before a room can be beautifully arranged, unnecessary things have to be cleared. I slowly realised that our inner world is no different. We cannot build a peaceful life while holding on to every hurt, every fear and every old belief that no longer serves us. Creating space became a practice.

First in my home.

Then in my thoughts.

Then in my emotions.

And finally... in my heart.

It was like first removing everything from the wardrobe. Only then could I decide what I wanted to keep. Sometimes I feel most of the time healing begins by emptying, not by adding. Only when everything is brought into the light can we lovingly choose what still belongs in our life. As I held each piece of clothing in my hands, I realised that I wasn't deciding only about clothes. I was deciding what deserved a place in my life. Some clothes reminded me of beautiful

memories, and I folded them with gratitude. Some reminded me of a phase that had already ended.

I thanked them and let them go.

Then I wondered...

If I can lovingly let go of clothes that no longer serve me, why do I keep holding on to old hurts, disappointments and fears that have finished their purpose?

I realised I was still replaying conversations that had happened years ago. I was still carrying guilt for mistakes I had already learnt from.

I was still holding expectations from people who had moved on long ago. Many of those experiences were happening anymore.

Yet they were still occupying space within me. That day I realised that life keeps offering us a new present, but we often keep living with an old past.

We say we want peace.

But our hands are still full to receive. That afternoon I arranged my wardrobe. But something much deeper had also begun. I had started arranging my inner world. From that day onwards, I no longer looked at healing as fixing myself. I looked at it as creating space.

Space for peace.

Space for joy.

Space for gratitude.

Space for a new way of living.

I slowly realised that life doesn't ask us to carry everything forever.

Some memories become wisdom.

Some experiences become strength.

And some things simply need to be released with love.

Only then can something new enter. Looking back today, I don't think I was only cleaning my home. I was preparing my heart for the life I wanted to create. Before I could fill my life with gratitude, I first had to make space for it.

When I Began Clearing My Past

Key Insight

Healing the past doesn't mean forgetting it. It means freeing yourself from the weight it carries.

Reflect

What am I still holding on to?

What is one thing I am ready to let go of?

How would I feel if I released it?

One-Minute Practice

Close your eyes and take three slow breaths.

As you exhale, imagine letting go of one painful memory or emotion.

Silently say, "I choose to release what no longer serves me."

Quote

*"The past may shape your story,
but it does not have to define your future."*

Creating My Daily Practices

Someone once said,

“Your life is not what happens to you. It is how you choose to respond to what happens to you.”

For many years, I responded to the outer world. My emotions depended on my circumstances. If life was going well, I felt peaceful. If it wasn't, I felt anxious, scattered and overwhelmed.

Although I longed for inner peace, I was unknowingly living as though life were a race I could never win.

As my awareness deepened, I realised that transformation could not happen through understanding alone. Awareness was the beginning, but awareness without practice slowly fades. If I truly wanted to live from within instead of reacting to the world outside, I needed to create daily rituals that would gently bring me back to myself.

That was when I began building simple practices into my life.

I started journaling.

I practised gratitude.

I became intentional about how I began my mornings and how I ended my evenings. None of these practices were complicated. Yet together they slowly changed the quality of my life.

I understood I needed to let go... but how?"

"Every time I kept replaying an old memory, I realised a part of my attention was still living there. My body was in the present, but my mind kept travelling back. Slowly I understood that this process of healing was gently bringing my attention and therefore my energy back to this moment." My First Practice of Inner Cleansing Healing did not begin for me by forgetting the past. It began by allowing myself to finally meet it. For years, I had tried not to think about painful memories. I believed that if I ignored them, they would slowly disappear. But they didn't. They quietly stayed within me.

Sometimes they appeared as fear.

Sometimes as anger.

Sometimes as guilt.

Sometimes as sadness that I couldn't even explain.

I realised that buried emotions do not disappear. They simply wait for another moment to be felt. So, I began doing something very simple. I started writing. Not to create beautiful sentences. Not because I wanted anyone to read them. I wrote because I wanted to hear myself. Every morning or whenever my heart felt heavy, I opened my diary and wrote exactly what

I was feeling.

Without correcting myself.

Without judging myself.

Without worrying whether it made sense.

Some days I wrote only a few lines. Some days I wrote pages. As the words came onto the paper, something inside me became lighter. It felt as though emotions I had been

carrying for years finally had permission to leave. I wasn't writing to remember the past. I was writing to release it.

Looking back today, I feel that journaling gave me something I had never given myself before. A safe space to be completely honest. Sometimes I cried while writing. Sometimes I smiled because I could finally understand why I had reacted the way I did.

Sometimes I realised that I had been carrying emotions that no longer belonged to my present life. Each page became a small act of freedom. Then bring in your spiritual understanding.

As I wrote, I also noticed something else. Every painful memory I repeatedly visited was still holding a part of my attention. In my own understanding, where our attention stays, our energy also remains connected. Through writing, I wasn't changing the past. I was gently bringing my attention back from it.

Every time I accepted, understood, and released an old experience, I felt more present. More available for the life that was waiting for me now. I slowly realised that healing is not about erasing the past. It is about releasing the emotional weight of the past so it no longer decides how we live the present.

If you would like to try this...You don't need a special journal.

You don't need truthful words. Just sit quietly for ten minutes.

Ask yourself, What am I still carrying that no longer belongs to today? As journaling slowly helped me release

what no longer belonged to me, another beautiful practice quietly entered my life. Journaling emptied my heart of what I had been carrying for years. Once that space was created, another practice naturally entered my life. It did not teach me how to release. It taught me how to receive.

Gratitude shifted my attention from what was missing to what had always been present. It slowly trained my mind to recognise abundance instead of lack. More importantly, it softened my heart.

The first thirty minutes of my morning became sacred. Before the world could tell me who I needed to be, I reminded myself who I already was. Those quiet moments shaped the energy with which I entered the day.

The last thirty minutes before sleep became equally important. Instead of ending my day with worries, endless scrolling or unfinished conversations, I chose reflection, gratitude and intention. I realised that the state in which I fall asleep becomes the soil in which tomorrow begins.

These practices did not transform me overnight.

There were days I missed my routine because of family responsibilities, travel or simply because life became busy. Earlier I would have judged myself and felt that I had failed. But gradually I understood something far more important. It mattered less that I had missed a few days. What mattered was that I returned.

Coming back to my practice became more important than maintaining a perfect streak. Because growth is not built on perfection. It is built on returning, again and again. Breaks in our routines are inevitable.

Returning is always a choice.

Every time we choose to return....

we strengthen not just our discipline, but our relationship
with ourselves

Looking back today, I don't think these practices changed
my life because they were extraordinary.

They changed my life because they quietly brought me back
to myself.

One page.

One grateful thought.

One peaceful morning.

One conscious evening.

One ordinary day at a time.

Today I believe we don't transform our lives through one
great decision.

We transform them through the small choices we make
every single day.

Creating My Daily Practice

Key Insight

Transformation doesn't happen through one big moment. It grows through the small practices you choose every day.

Reflect

What is one practice that helps me feel more like myself?

Which small habit can I begin today?

Am I making time for what truly matters?

One-Minute Practice

Take one slow, deep breath.

Place your hand on your heart and ask,

"What is one small practice I can commit to today?"

Choose just one and begin.

Quote

"Small daily practices create the biggest transformations."

When Gratitude Stopped Being a Word

For many years, I thought gratitude simply meant saying,
“Thank you.”

It was a good habit. A polite response. A value I had learnt as a child. But I had never imagined that one simple word could change the way I experienced life. At that time, I was already meditating. I was becoming more aware of my thoughts. I had started recognising my beliefs. I was slowly learning to release my past. Yet something still felt incomplete. I was changing from within...But I still didn't know what I wanted to consciously cultivate every day. One morning I was sitting with my son sharing a cup of tea i expressed my feeling of incompleteness. I said I don't know what I am really asking from life. He listened for a moment and then said something that changed my life. In his answer to my question he told me “Mom I think you still have lot of complaints about life. Maybe that's why you are not able to see what you already have, your attention is on what is missing. His words were very simple. They touched something very deep within me. Instead of defending myself, I accepted what he had said. Over a half empty cup of tea, in that moment I made a silent decision. I would consciously withdraw my attention from complaining, both in my thoughts and my feelings, from my words and in my inner dialogue. That single choice

became my ultimate turning point. From that day on, gratitude quietly entered my life in a completely new way.

Not as a word.

As a way of living.

It felt like discovering grace, the missing ingredient that gives life its true essence. Where Spirituality practices had softened my heart, gratitude gave it a pulse. This gave direction to my life. It changed the way I looked at ordinary moments. Gratitude slowly became my natural, unforced response to existence. It helped me to heal, grow, and understand myself. Gratitude gave life its true essence. And something remarkable began to happen. The more sincerely I responded to life with gratefulness, the more life seemed to respond with reasons to be grateful. It was as though life was quietly following a simple rhythmic law: You appreciate what is here... and life entrusts you with more.

This was not something I read in a self-help book. It was a living reality I began experiencing every single day. Life did not suddenly become perfect.

Challenges still came.

But my relationship with life had changed. The magic was not in changing my circumstances. The magic was in changing where my attention rested. And that changed everything. Gratitude became my response to life. Slowly I began to notice something remarkable. The more sincerely I responded to life with gratitude, the more life seemed to offer me reasons to be grateful. It was as though the

Universe quietly reflected back whatever I continually offered. What you offer is what life multiplies. This beautiful exchange gave me deeper insight into the cosmic echo. I began experiencing this every day. Life started surprising me with the unexpected gifts, the unearned opportunity, a timely hand from a stranger, or a sudden pocket of deep peace. I realised that every single moment offered me two possible responses. I could complain. Or I could be grateful. The situation wasn't always my choice. But my response always was. That understanding quietly changed my life. Life, I realised, seems to move in pairs.

Day and night.

Joy and sorrow.

Gain and loss.

Fear and courage.

In the same way, complaint and gratitude are simply two different responses to the exact same life. Both are always available, sitting side by side. Which one becomes my reality depends entirely on which one I choose to strengthen. Practicing gratitude in my everyday life has become as natural as breathing. In my daily practice, I wanted to give my gratitude to all the past moments which added colour to my life, and I missed saying thank you then. I began travelling through the memory lane to my childhood. I wrote gratitude to everyone who supported me financially, emotionally or physically. One memory effortlessly unlocked another. One face reminded me of another. I started writing these reflections down, and to my

surprise, I could write for hours without running out of people to thank.

My parents.

Friends.

People who had encouraged me. Someone who had listened when I needed to speak. Someone who had trusted me. Someone who had quietly helped me without expecting anything in return. Support had always been there. I had a realisation that deeply moved me. I have lived with this belief for years that

“Nobody supports me.”

I had repeated it so many times that it felt like absolute truth; it felt like my written destiny. But gratitude gently, lovingly challenged that illusion of holding my belief. As I revisited my memories with a grateful heart, the blindfold fell away. I discovered that my life had actually been filled with people who had supported me in thousands of different ways. The support had always existed. My attention had simply been resting entirely on the gaps. That day, gratitude didn't change my past. It changed the way I saw my past. And when my past changed...

so did my present. From that day onwards, I became even more aware of where my attention rested. If I kept looking at what was missing, life felt perpetually incomplete. If I looked at what had already been given, abundance quietly revealed itself.

I began noticing breathtaking beauty in ordinary moments.

A peaceful morning.

A warm cup of tea.

A genuine smile from a stranger.

The comfort of my home.

The breath moving effortlessly within me.

The body that had carried me through every joy and every challenge.

The more I noticed...the more there was to notice. Today, people often ask me,

"What is gratitude?"

After all these years, my answer is very simple. Gratitude is not ignoring pain. It is not pretending everything is perfect. It is not forcing ourselves to feel positive. It is quiet realisation that where my attention rests... my life slowly follows.

Gratitude is remembering that even in the most difficult chapters of life, something has quietly continued to support us. Sometimes that support comes through people. Sometimes through faith. Sometimes through our own inner strength that we never knew we possessed until life asked us to use it. Today, gratitude is no longer a morning ritual or a checklist in a journal. It has become the way I meet life. It has become my first response instead of my desperate last resort. It is the bridge between inner healing and conscious creation. It is the exact point where your internal transformation finally becomes visible to the outer world.

Today, I rarely ask myself, "What is missing?"

My first instinct has quietly become, "What is already here?"

It has become the lens through which I see my past, experience my present, and step into my future. The day gratitude became my response to life...life slowly became my teacher. And I realised something that continues to guide me even today: Gratitude did not change the world around me first. It changed the world within me. And when my inner world changed...my outer world quietly began to reflect it.

I thought gratitude was just saying “thank you.”

Today, gratitude has become my way of living.

When Gratitude Stopped Being a Word

Key Insight

Gratitude is more than saying “thank you.” It is a way of seeing life that transforms how we experience every moment.

Reflect

What can I be grateful for right now?

Have I thanked life today?

How does gratitude make me feel?

One-Minute Practice

Pause for one minute.

Take a slow breath and think of three things you are grateful for today.

Silently say, **“Thank you.”**

Quote

*“The more grateful you become,
the more life gives you to be grateful for.”*

Learning to Align My Energy

As I slowly began to understand energy, another question naturally arose within me. If life responds to my inner state, how do I consciously align that inner state with the life I wish to experience?

I had believed that creating the life I wanted meant constantly trying harder, controlling more, and hoping that one day my circumstances would finally change.

Slowly, I began to see life differently.

.I began to feel that life is far more abundant than we can imagine. Almost as though an infinite field of possibilities already exists. Not for a chosen few. Not only for the lucky. But for every one of us.

Within that infinite field, it began to feel to me that every possibility already exists, everything we can imagine, everything we can dream of, and perhaps even possibilities we have not yet imagined.

Love.

Health.

Abundance.

Joy.

Creativity.

Wisdom.

Every possibility already belongs to life.

Every possibility already exists in this moment. The question is...Which one am I aligning myself with?

Understanding this I realised I had spent years asking life for one experience while unknowingly living in the energy of another.

I wanted abundance.

Yet much of my attention rested on what I didn't have.

I wanted peaceful relationships. Yet I spent far more time thinking about what wasn't working than appreciating what was beautiful.

My words were asking for one experience. My inner state was practising another. It reminded me of something very simple.

Imagine I want to listen to classical music on a radio.

The music is already being broadcast.

But if my radio is tuned to another station, I will never hear it. Not because the music doesn't exist. Not because the radio is broken. Simply because I am listening on the wrong frequency. The moment I tune to the correct station, the music is already there.

Nothing new has been created. I have simply aligned myself with what was always available. Life began to feel the same to me. I no longer believed that I had to force life to give me what I wanted.

What if life is not asking us to create everything from nothing?

What if life is inviting us to align ourselves with what we truly wish to experience?

This understanding changed the way I looked at destiny.

I began to feel that my greatest responsibility was to align my inner world with the experience I wished to live.

If I wished to experience peace...I had to practise peacefulness.

If I wished to experience love...I had to become more loving.

If I wished to experience abundance...

I had to begin living with trust, appreciation and gratitude instead of constantly focusing on what was missing.

Alignment did not mean pretending.

It did not mean denying difficult emotions.

For me, alignment is complete honesty with my own energy.

I first became aware of where I truly was. Then, gently and patiently, I chose thoughts, emotions, and actions that moved me closer to the life I wished to experience.

Some days I succeeded. Some days I returned to old patterns. But every day gave me another opportunity to choose again. Little by little, my inner state began to change. And as it changed, my experience of life also began to change.

Looking back today, I no longer see destiny as something fixed. Nor do I believe it is something waiting to happen to

us. I believe destiny unfolds through the choices we make every day. Through the beliefs we nurture.

Through the attention we give.

Through the energy we consistently live in.

Perhaps creating our destiny is not about chasing life.

Perhaps it is about becoming the person who is in harmony with the life we wish to experience.

Today, when someone asks me whether I believe we can create our destiny, my answer is simple. I believe that life offers every one of us countless possibilities. The possibility we experience depends, to a great extent, on the inner state from which we live.

The more I learnt to align my thoughts, my heart, my actions and my energy in the same direction, the more life seemed to respond.

That is why I no longer spend my energy asking,

“Will I receive what I want?”

Instead, I ask myself a different question every day.

Am I becoming the person who is aligned with the life I wish to live?

Because I have discovered that when our thoughts, our heart, our actions, and our energy begin moving in the same direction, life unfolds in ways we could never have planned.

And perhaps...

That is where our destiny truly begins.

Within.

Learning to Align with Energy

Key Insight

Life begins to flow more easily when your thoughts, emotions, and actions are in harmony with who you truly are.

Reflect

How do I want to feel today?

Are my thoughts supporting that feeling?

What can I change right now?

One-Minute Practice

Close your eyes and take three slow breaths.

Bring to mind one feeling you want to experience today.

Stay with that feeling for one minute.

Quote

*"The energy you choose today becomes
the life you create tomorrow."*

Owning My Mornings, Transforming My Life

For many years, I believed my life was shaped by my circumstances. Today, I understand something very different.

My life is not created by what happens to me. It is created by how I meet what happens to me.

There was a time when I woke up carrying yesterday into today. Before I had even left my bed, my mind had already travelled through unfinished conversations, responsibilities, worries and endless messages waiting on my phone. Sometimes, before brushing my teeth, I had already criticised myself for everything I hadn't completed. Without realising it, I had given away the most powerful moments of my day before my day had even begun.

Looking back, I realised something that changed me. I had never truly owned my mornings. Every morning I allowed the outside world to decide the direction of my thoughts, my emotions and my energy.

I was living from reaction rather than intention.

That was the first thing I wanted to change.

My goal wasn't simply to become more disciplined. It wasn't about waking up earlier. It wasn't about creating the perfect morning routine. I wanted something much deeper.

I wanted to meet myself before I met the world. So I made a simple commitment.

For the first thirty minutes of every morning, I would give my attention to myself before giving it to anyone else.

No phone.

No messages.

No social media.

No outside noise.

Just silence.

Those first few minutes became a quiet conversation with my own consciousness.

Some mornings I meditated.

Some mornings I journaled.

Some mornings I simply sat with my breath and allowed myself to become fully present. The practice itself was never the most important part. What mattered was that, before the world began asking something from me, I had already returned to myself. At first, it wasn't easy. My mind searched for distractions. It wanted to know what everyone else was doing. It wanted to check my phone. It wanted to begin solving the day before the day had even begun. Sitting quietly with myself felt unfamiliar. Then I realised something. My discomfort wasn't coming from silence.

It was coming from a mind that had forgotten how to simply be. Little by little, those thirty minutes stopped feeling like a discipline.

They became a gift.

Instead of beginning my day with urgency, I began with awareness.

Instead of beginning with noise, I began with stillness.

Instead of beginning with reaction, I began with intention.

That one change quietly influenced everything that followed.

The conversations I had.

The decisions I made.

The way I responded to unexpected situations. Even when challenges appeared, I noticed I met them differently. Not because life had become easier. But because I had begun the day from a different inner state.

Over time, I discovered another beautiful truth.

The last thirty minutes before sleep were just as important as the first thirty minutes after waking.

If mornings planted the seed...

Evenings prepared the soil for tomorrow.

Instead of ending my day with endless scrolling or unfinished worries, I began ending it with reflection. I gently looked back at my day. I expressed gratitude. I allowed my mind to become quiet before sleep.

I realised that the final conversation I had each night was often the first conversation I continued the next morning. Slowly, my days began to feel more complete. Not because every day was perfect.

But because every day began and ended with awareness.
Of course, there were days when life interrupted my routine.

Family responsibilities.

Travel.

Unexpected situations.

Sometimes I missed a day.

Sometimes even several days.

Earlier, I would have seen that as failure.

This time, I simply returned.

Again.

And again.

That taught me something I have never forgotten.
Consistency is not perfection. Consistency is returning.
Every time we return, we strengthen our relationship with ourselves.

Looking back today, I don't believe those thirty minutes changed my life because they made me more productive. They changed my life because they helped me become more present. They reminded me, every single day, that before I could respond wisely to the world...

I first needed to meet myself.

Today, I no longer believe the first thirty minutes of my morning belong to my schedule. They belong to my consciousness.

They determine whether I spend my day reacting to life...

or consciously participating in creating it.

Looking back, I don't think I transformed because I woke up earlier. I transformed because I finally woke up to myself.

Owning My Mornings, Transforming My Life

Key Insight

The way you begin your day shapes the energy you carry into the rest of it. Small morning choices create lasting transformation.

Reflect

How do I begin my mornings?

How do I want to feel when my day begins?

What is one habit I can start tomorrow?

One-Minute Practice

Before reaching for your phone, close your eyes.

Take three slow breaths and set one intention for your day.

Carry that intention with you.

Quote

*"Win the first moments of your day,
and the rest of the day begins to follow."*

Living with Awareness

If you have read this far, something within you has already begun to shift.

Perhaps you started this book searching for answers to a problem. You may have wanted more peace, better health, stronger relationships, greater abundance, or simply a deeper understanding of yourself.

Whatever brought you here, I hope you have discovered one simple truth:

The greatest journey you will ever take is not around the world. It is the journey within yourself.

For many years, I believed that if my circumstances changed, I would finally be happy. I searched outside myself for peace, approval, certainty, and success. Like many people, I thought life was happening to me.

Today, I see life differently.

Life has always been inviting me to awaken. Everything I experienced—every joy, every disappointment, every challenge, and every victory—became a teacher. Every experience gently guided me back to myself.

That is the journey I have shared with you in this book.

We explored how fear quietly shapes our decisions. We questioned the beliefs that we accept without awareness. We discovered that gratitude is much more than saying

“thank you.” We learned that our thoughts, emotions, and daily habits influence the life we create.

Most importantly, we discovered that destiny is not something we wait for.

It is something we create.

Not through one extraordinary moment, but through ordinary choices made with extraordinary awareness.

Every morning you choose your attitude, you choose your response. For every challenge you choose whether to react with fear or respond with wisdom.

Every day you are writing the next chapter of your life.

Many people wait until life forces them to change. They wait until relationships break. Until health declines. Until stress becomes unbearable.

Until life brings them to what I call a “zero state.”

Only then do they begin searching within. My heartfelt invitation to you is this.

Do not wait.

You do not have to lose everything before discovering what truly matters. You do not have to experience great suffering before choosing a different path.

You can begin today.

Even the smallest step taken with awareness has the power to change the direction of your life.

Transformation does not happen because we know more. It happens because we live differently.

Knowledge inspires.

Practice transforms.

So instead of trying to change your entire life overnight, begin with simple daily commitments. Spend a few minutes in silence before reaching for your phone.

Write down three things you are grateful for each day.

Observe your thoughts without judging them.

Speak kindly to yourself.

Forgive a little more.

Complain a little less.

Choose presence over hurry.

Choose awareness over habit.

Choose love over fear. These small practices may seem insignificant in the beginning, but they quietly reshape the way you think, feel, and live.

Every moment offers you a gentle U-turn back to yourself.

Your destiny is not hidden somewhere in the future. It is quietly being created by the way you think...

Over time, they reshape your destiny.

There will still be difficult days. You will still face uncertainty. Old habits may return. Some days you will feel deeply connected to yourself, and on other days you may feel lost again.

That is part of being human. Do not judge yourself for it.

Growth is not a straight line.

Every time you become aware, you are already moving forward.

Every time you choose gratitude instead of complaint, you grow.

Every time you respond with compassion instead of anger, you grow.

Every time you return to yourself after forgetting, you grow.

Transformation is not about becoming perfect.

It is about becoming more conscious.

As you continue this journey, remember that you are never separate from life. You are not separate from nature. You are not separate from others.

You are not separate from the universe.

The more deeply you experience this connection, the more naturally peace begins to replace fear, gratitude replaces lack, and love replaces separation.

This is not the end of your journey.

It is the beginning.

The real work begins after you close this book.

Read these pages again whenever you need them.

Reflect on the practices.

Return to awareness every day.

Keep choosing growth over comfort.

Keep choosing presence over distraction.

Keep choosing love over fear.

One day you will look back and realize that your life did not change because of one dramatic event. It changed because of hundreds of quiet choices that no one else ever saw.

Those choices became your character. Your character shaped your actions. Your actions shaped your destiny.

Before we part, I want to leave you with one final thought.

Don't wait for life to bring you to a zero state before you begin searching within.

Every sunrise is a new invitation.

Every breath is a new beginning.

Every moment gives you another opportunity to take a U-turn.

Your destiny is not waiting for you somewhere in the future. It is being created by the thoughts you choose, the energy you carry, the gratitude you express, and the life you live today.

May you walk this path with courage.

May you discover the peace that has always lived within you.

May you discover that you have always been the creator of your own destiny.

And whenever you forget....

simply pause...

look within

Begin again.

Because your destiny has never been somewhere outside you. Your Destiny truly begins within.

Living with Awareness

Key Insight

Awareness changes everything. The more aware you become, the more consciously you choose how to think, feel, and live.

Reflect

Am I fully present in this moment?

What am I becoming aware of today?

What is one conscious choice I can make today?

One-Minute Practice

Pause for one minute.

Take a slow breath and simply notice your thoughts, feelings, and surroundings without judging them.

Be fully present.

Quote

"Awareness is the beginning of every transformation."

Your Journey Begins Now

When I began writing this book, I thought I was writing about destiny. As I wrote each page, I realised I was really writing about coming home. For years, I searched for answers everywhere except within myself.

I searched in achievements.

I searched in people.

I searched in circumstances.

I searched for someone who could tell me how to live a meaningful life. And yet, every answer disappeared as quickly as it arrived. It was only when life became quiet that I finally heard the voice I had ignored for so long.

Not a voice from outside. A voice from within.

It did not promise that life would become easy.

It did not promise that pain would disappear.

It simply whispered,

“Come back to yourself.”

Looking back today, I realise that every difficult experience had a purpose.

Every fear.

Every disappointment.

Every relationship.

Every failure.

Every moment of loneliness.

None of them came to punish me. They came to awaken me. Life was never against me. Life was gently leading me back to myself. Perhaps it has been doing the same for you. Maybe that is why this book found you.

Not by accident.

But because somewhere within you, there is a quiet longing to live differently.

Not just to earn more.

Not just to achieve more.

But to become more alive.

If there is one thing I hope you remember after closing this book, it is this:

You are far more powerful than you have been taught to believe.

The peace you seek is not waiting in another city, another relationship, another achievement, or another stage of life. It has always been waiting beneath the noise of your own mind.

We do not create our destiny by endlessly chasing it.

We create it by aligning our inner world with the life we truly wish to experience.

There will still be days when fear returns. There will still be moments when you doubt yourself. There will still be challenges that test your patience and your faith.

That does not mean you have failed. It simply means you are human. Whenever that happens, don't search for perfection.

Search for awareness.

Pause.

Take one conscious breath.

Observe your thoughts without believing every one of them.

And gently return to yourself.

Again.

And again.

And again.

This is the practice. Not becoming perfect. Returning to yourself, every single day.

People often ask me,

"How long does transformation take?"

I smile because I no longer know how to answer that question. Transformation is not an event. It is a way of living.

Some mornings you will wake up feeling deeply connected.

Some mornings you will forget everything you have learned.

Both are part of the journey. The important thing is not whether you fall. The important thing is whether you remember to come back. Because every time you return to awareness, you become a little freer than yesterday.

Every act of gratitude softens the heart.

Every moment of forgiveness lightens the soul.

Every conscious choice shapes your future.

Destiny is not created once.

It is created every day.

Through ordinary moments that most people never notice.

One kind word.

One patient response.

One honest conversation.

One grateful heart.

One conscious decision.

These quiet moments become the architecture of a beautiful life.

As you close this book, I don't want to leave you with more information.

I want to leave you with an invitation.

Tomorrow morning, before the world asks anything of you, sit quietly for a few minutes.

Breathe.

Become present.

Listen to yourself before you listen to the world.

Then walk into your day with awareness.

Notice the sky.

Notice the people around you.

Notice your own thoughts.

Little by little, you may begin to realise that life was never ordinary.

It was always inviting you to become more awake.

One day, perhaps months or even years from now, you may pick up this book again.

When you do, I hope you smile.

Not because you remember my words.

But because you recognise the person you have become.

A little calmer.

A little wiser.

A little kinder.

A little more present.

A little more yourself.

Before we part, I want to leave you with the message that lives most deeply in my own heart.

Please don't wait for life to bring you to what I call a zero state before you begin looking within. Don't wait for illness to value your body.

Don't wait for loss to appreciate love.

Don't wait for loneliness to discover your own company.

Don't wait for life to force you to wake up.

Choose today. Even if today is imperfect. Even if today feels ordinary.

Because every sunrise carries the possibility of a new beginning. Every breath is another chance to choose differently. Every moment offers you a gentle U-turn back to yourself.

For many years, I believed I was a single drop trying to survive the waves of life.

Today I understand something different.

I was never separate from the ocean.

I had only forgotten.

Perhaps that is true for all of us.

We spend so much of our lives searching for what we have never truly lost.

Your destiny is not hidden somewhere in the future.

It is quietly being created by the way you think...

The way you love...

The way you forgive...

The way you serve...

And the way you choose to live this very moment.

Thank you for allowing me to walk beside you for a little while.

Now the path is yours.

Walk it with courage.

Walk it with awareness.

Walk it with love.

And whenever you lose your way, don't be afraid.

Pause.

Become still.

Listen carefully.

The voice that guided me...

Is waiting to guide you too. Because your destiny has never been outside you.

It has always begun within.

Everything you need to begin is already within you.

A Final Invitation

If there is one message I wish to leave with you, it is this:

Please don't wait for life to bring you to your Zero State.

Many of us begin searching only when life has exhausted every path we know. When our relationships no longer make sense. When our health begins to suffer. When fear becomes greater than hope. When we finally whisper,

"I cannot continue living like this."

That was my journey. But it doesn't have to be yours.

You don't have to wait until life forces you to pause.

You can choose to pause today.

You can choose to look within before life asks you to.

You can choose to understand yourself before suffering becomes your greatest teacher.

People sometimes ask me,

"When did your healing begin?"

I don't think it began with meditation. Or with gratitude. Or with reading books. I believe it began the day I became willing to look within instead of only looking outside.

That one decision quietly changed the direction of my life. As I continued walking this path, I realised that healing wasn't about becoming someone else.

It was about slowly returning to who I had always been.

With every layer I released, I understood a little more – not only about myself, but about life itself.

I discovered that everything carries energy.

That our beliefs quietly shape our reality.

That whatever we repeatedly give our attention to slowly becomes our experience.

That awareness is the beginning of every transformation.

And that every human being already carries within them the ability to transform their own life.

That includes me.

And it includes you.

As these understandings deepened, another practice quietly entered my life.

Gratitude.

At first, gratitude was simply something I practised.

Later, it became the way I experienced life.

The more grateful I became, the more I noticed what had always been present but had remained invisible to me.

Looking back today, I don't feel that life suddenly became magical.

I feel that my eyes slowly learnt to recognise the magic that had always been there.

The journey inward is not an escape from life.

It is the deepest way of living it.

For me, spirituality was never separate from life.

It was life, understood more deeply. The more I understood myself, the more I understood people.

The more I understood people, the more I understood life.

And the more I understood life, the more gratitude naturally became my way of being.

Today, I don't see this journey as reaching a destination.

I see it as coming home to myself, again and again.

A journey where I discovered that I was never separate from life.

I was always part of something much bigger.

Connected to people.

Connected to nature.

Connected to the universe.

Connected to myself.

This journey is not about becoming someone new.

It is about remembering who you have always been.

If this book has done one thing, I hope it has gently reminded you of that.

Take the first step today.

Not because something is wrong with your life.

But because your life is too precious to live without truly understanding it.

May you have the courage to look within.

May you have the patience to keep walking.

May you discover that healing is not something waiting outside you, but something already alive within you.

And may you realise, as I did, that your destiny was never waiting somewhere in the future.

It has always been waiting within you.

Because in the end, I have come to understand one simple truth:

Life and spirituality are not separate.

When life meets spirituality, you begin to live it to the fullest.

Your Destiny Begins Within

"Everything you need to begin is already within you."

About the Author

Sarita Bagaria is the founder of **Soulmist**, a platform dedicated to helping people live with greater awareness, gratitude, and inner transformation.

Her journey did not begin with a search for spirituality. It began with a search for peace. Through life's challenges, self-reflection, meditation, and daily practice, she discovered that true transformation begins within.

Today, Sarita shares simple yet powerful tools to help people understand their energy, transform limiting beliefs, cultivate gratitude, and create a life of greater joy and purpose.

Through her writing, workshops, and community, her intention is to remind people that they already carry within them the wisdom they have been searching for.

"Your destiny begins within."