

I am
MORE THAN
— *just a* —
HOUSEWIFE

A Simple Guide to Overcoming
Fear and Creating
Your Own Success

HARITHA AKKALA

Transforming Myself. Empowering Many.



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WHO IS THIS BOOK FOR?

To Those Housewives...

To every housewife who silently battles fears, traumas, or the weight of expectations — this book is for you.

You may feel unseen or underestimated, but you carry strength far greater than you believe.

Let these pages remind you that you are not “just a housewife”; you are a creator, a nurturer, and a woman who deserves freedom, respect, and a life of your own choice.

To Those Mothers Who Are Suffering...

To the mothers who smile on the outside but suffer within, who sacrifice their dreams while raising children, and who sometimes wonder if life has forgotten them — you are not alone.

This book is here to hold your hand, to remind you that your pain is valid, your healing is possible, and your joy matters too.

To Those Children Who Want to Help Their Mothers but Don't Know How...

To the children who see their mothers struggling and wish they could do something — here is your answer.

Support your mother not only with love but also by encouraging her growth.

Remind her that she is strong, listen to her stories, and stand beside her as she heals.

Sometimes, your belief in her can become the spark she needs to believe in herself again.

To Couples Struggling in Their Marriage...

If your relationship is filled with fights, arguments, and broken trust.

If you want to throw things at each other out of frustration...

STOP! Before you go to the police stations or courts, give this book a chance.

Read it till the end. And if you think I can help, connect with me for just ONE hour.

If you feel there is no hope even after that, you are most welcome to go to your lawyer any which ways.

To Everyone Holding Themselves Back...

I do not care: What age you are, What profession you are in, What religion, caste, or class you belong to, What qualifications you hold.

Just read this book.

Then, throw away the nonsense conditioning that has held you back for so long, drop it into the dustbin, and start fresh.

This is your new beginning.

Your life is about to change.

By the time you finish reading this book, you will know how to bounce back in life and become the person you always wanted to be.

Most importantly, you will manifest a life filled with happiness, peace, and confidence.

Because I am a Mindset Shift Mentor, and I know that once your mindset shifts—your entire life shifts.

All the best for your new life!

Go ahead and redesign it the way YOU want.

I wish you all the success ahead!

DISCLAIMER

This book is not written about any specific person, family member, friend, or client. It is a heartfelt reflection on how a soul, when it truly desires transformation, can rise above pain, patterns, and limitations through the inner strength that we all possess — the power of will.

The intention of this book is purely to inspire and empower. It is especially dedicated to those who feel helpless or stuck in their lives — particularly to housewives who once dreamed of great things but chose family and children over their personal ambitions. Many such women have sacrificed careers, freedom, and even their self-respect in the process of nurturing others. This book is a gentle reminder that their story is not over yet — that self-worth, respect, and abundance can be rebuilt from within.

There is absolutely no intention to hurt, blame, or criticize anyone mentioned or referenced indirectly in these pages. Every example and story shared here is used only for learning, healing, and growth.

If at any point you recognize a reflection of your own life or emotions, please know — it is purely coincidental and meant to bring awareness, not judgment. My only wish is that this book becomes a mirror that helps every reader see their true strength and realize how beautifully life can change once we decide to awaken the power within.

INTRODUCTION

Who Am I to Write This Book?

I am more than just a housewife—someone who once believed I was fit for nothing.

I thought I could not raise my children well.

I felt like a failure as a wife.

I doubted myself as a daughter, sister, daughter-in-law, and even as a friend.

I believed I was useless to the world.

My life shattered into complete darkness. I could not see a ray of hope. I felt stuck, helpless, and lost. It felt pointless to live this way, but I had two small children depending on me, and I could not take any drastic decisions.

I waited for someone to come and change my life.

I prayed for one miracle to pull me out of this situation.

But the miracle never came. Instead, my relationships turned into battles, my mind was filled with negativity, and I felt like I was living someone else's life—not mine. I had become the very person I was struggling to deal with, and I had no idea how to return to myself.

It was as if the friend inside me had disappeared, and someone else had taken over my life.

So, Why This Book?

This book is about how I fought back.

How I searched for my mentors, the ones who helped me at various levels, using different tools and techniques.

If you are a woman reading this, let this book be your guide to healing from deep emotional wounds.

If you are a man reading this, may this book help clear your emotional blockages and open the flow of abundance into your life.

If you are a transgender person reading this, wait for my next book—I will share how you can connect with God and empower yourself.

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Your Free Step-by-Step Workbook

My course, *Solopreneur*, helps create a peaceful and healthy environment within families. It supports couples in sharing their space with understanding instead of fighting and feeling suffocated.

My manuals guide women to heal on a deeper level by recognizing limiting beliefs and rewriting their life stories.

If you can afford my courses, I encourage you to enrol.

If not, start with my manuals—read, write, and apply the insights.

Either way, you CAN change your life. All you need is consistency and courage. My manuals will help you build that courage and transform your journey.

My one-hour call helps you find the root of the issue and gives you the clarity you need.

Now is the time to stop feeling helpless and start changing our lives for the better!

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CHAPTER 1

WHO AM I TO WRITE THIS BOOK?

(And Why You Should Read It Anyway)

Hello, dear reader. This is Haritha Akkala.

I was born into a middle-class family. My father worked in the railways, and my mother was a housewife. I have an elder sister, and today, I am married to a wonderful man who works for a private company. We are fortunate to have two wonderful children—a son and a daughter.

My husband and I married in 2016, and our son was born the same year. At that time, I was content playing with him, feeding him, and enjoying motherhood. There was no pressure to become someone or do something.

But as time passed, I started feeling restless. I wanted to do something more with my life, but I also could not leave my child alone at school. So, I decided to become a kindergarten teacher.

Later, thinking about the future, I felt I should not just work temporarily. I wanted to ensure that when my son grew up, I could continue being there for him. So, I decided to pursue a B.Ed degree to become a qualified teacher in his school.

The Never-Ending Desires:

But desires never end, right?

I wanted a second baby, so my son would have someone to share his life with—through the good and the bad.

I wanted a home of our own to give our children security.

I wanted to provide them with the best education.

I wanted a car of our own (we already had one, but it was shared in a partnership).

Slowly, I noticed that I was turning into a woman with many desires but no power to fulfil them.

This realization changed me from the roots.

I became aggressive, frustrated, and constantly arguing with my husband, my parents, my sister, my in-laws—with everyone.

I thought I was fighting for my kids, but I was losing myself in the process.

I felt alone, unheard, unseen.

“Why is no one listening to me, even after all my shouting?” I wondered.

The Day Everything Changed:

Then came November 2022—the day my entire life shifted.

I was standing in the kitchen when I collapsed.

For five minutes, everything was silent.

My mind was blank.

I could not move.

I felt my soul leaving my body, getting lighter as if it was ready to meet God.

“Is this how my life ends?” I thought. *“Okay, let me accept it.”*

Then another thought came:

“My mother will take care of my son, my mother-in-law will raise my daughter, and my husband will keep traveling—some days here, some days there.”

But suddenly, a strong power surged inside me.

“No! I don’t want my kids to be raised by them. I don’t want another generation to go through what I have seen and faced!”

That was it.

That day, I stood back up—not just physically, but emotionally and mentally.

That was the last time I let myself fall into that helpless state.

Taking Small Steps Toward a New Life:

I stopped waiting for a miracle.

I started creating my own.

That very day, I took my first small step—I went to the doctor to check what was happening with me.

I used to argue a lot with my husband, yet he was always the one taking me to the doctor when I needed it the most. That made me think:

“Why am I fighting with the very person who takes care of me? Why am I arguing with the man I love the most?”

For the first time, I realized:

“I need to change. Something inside me is blocking my happiness.”

Two days later, I cried to my husband and said:

“Please give me two years to figure out what’s wrong. Let me at least try to sort it out. I know I am a good person. I know you are a good man. So why are we constantly fighting? Let me find a way to clear my old thinking. Let me erase the painful memories and start fresh.”

That day, he looked at me and simply said:

“Yes, Haritha. Go and find out. I am here for you.”

That was the day I truly began my journey.

A Journey Guided by Faith:

Some days, I took small baby steps to find answers.

Some days, I made big, bold leaps.

I started meeting people.

I started traveling.

And I prayed:

“God, I don’t need a different life. I just need small hints, small pushes from You.

Don’t take me to a new world—just send me angels in this world to guide me, step by step.

For the next three years, I will search. And You will connect me to the right people.

After these three years, I know where to meet You.

Making me *Dr. Haritha* is Your responsibility.

Studying and learning is mine.”

How It All Began:

And that is how my journey started.

I took a 90-day challenge of waking up at 4 AM and writing letters to God—reporting everything to Him, trusting that He would guide me through angels on Earth.

This book reflects that journey.

Here, I will share how this challenge transformed me, the mentors I met, and the tools that helped me rewrite my mind and heart.

A Message to You, Dear Reader:

If you have ever felt lost, stuck, or helpless—this book is for you.

If you want to redesign your life, start today.

Do not wait for someone to save you.

At the end of this book, I want you to say just one thing:

“Haritha, YES, I am going to change my life. I will redesign it the way I want. I will stop waiting and start taking small baby steps towards my happiest life.”

This book is for YOU.

Go ahead and change your life with simple mindset shifts.

Because you deserve it.

CHAPTER 2

AM I GOOD ENOUGH?

MAYBE... MAYBE NOT!

Now, Let Me Introduce You to Imposter Syndrome:

Hello, dear reader—welcome! Have you ever wondered, *“Who is that voice inside you saying...*

“You are not good enough, so better don’t try.”

“Your English is not good, so you cannot do it. Stay silent.”

“Have you seen your face in the mirror? Do you really think you can compete with the younger generation?”

“You are not beautiful, so you better compromise.”

“You made too many mistakes, and now you are facing the consequences. You deserve this.”

This is imposter syndrome—a voice that keeps you stuck in your comfort zone, stopping you from taking risks, growing, and believing in yourself. But here is the truth: that voice is not yours. Those thoughts are not who you are. They are just echoes of someone else’s judgments—things you heard while growing up.

Now is the time to break free. Do not fight the people who once judged you; instead, fight the imposter syndrome inside you. Let go of the past hurt. Whoever they were, whatever they said—knowingly or unknowingly—release it today.

“If they had known better, they would have done better.” So, let their judgments go, but do not miss the love from them. You deserve to live free.

In this chapter, you will see how I broke free from my imposter syndrome. At every step, my inner voice used to

whisper: *'You might fail, people will laugh at you, don't take the risk.'* But I chose to ignore that voice and take action anyway.

I would tell myself, *'Let me try and fail, but I will not call it a failure before even trying.'* I knew I might fail once, twice, or even thrice — but not forever. Each attempt brought me closer to my dreams.

This chapter is my story of how I silenced that false inner critic, connected the dots, and kept moving forward — step by step, day by day.

All the best, my dear reader. I hope that by the end of this chapter, you will find the courage to face your imposter and rise above its voice.

Facing the Breaking Point:

Coming back to 2022—the day I collapsed. We rushed to Dr. Manisekaran at Yashoda Hospitals, Malakpet, Hyderabad, where he diagnosed me with a fissure issue that was severely affecting my mental health and suggested a minor surgery. On the same day, we consulted a gynaecologist, who discovered a cyst in my left ovary. She advised me to wait for a while and see if it resolved on its own through regular periods. If not, another surgery would be necessary.

That was it. I felt completely broken. I kept asking myself, *"What did I do wrong to deserve this?"* My mental health spiralled, and for a moment, I wanted to give up on life.

My body was not ready for another surgery. Just the previous year, I had undergone an umbilical hernia repair, and I was not prepared to go through that pain again. I felt like my body was rejecting everything. At that time, I was already on the 7th or 8th day of my 90-day challenge—waking up early, journaling, and trying to bring some structure to my life. But this news left me hopeless.

I did not know where to start or how to process everything.

It suddenly hit me—this was the reason for my frustration, my fights, my behaviours, my anger. The fissure issue, the cyst, the unhealed trauma—everything was affecting me deeply. That was the moment I realized why I had behaved so harshly with my mother-in-law and why I hadn't stopped them when they chose to leave our house a few days ago. This was also why I kept asking my husband not to call his parents for the next two years.

At that moment, I understood: *If I can heal myself, I can help my own people heal. If I can find happiness, I can spread it to my family. So why not start with myself?*

Taking the First Step:

With this realization, I decided to try—not by making huge, impossible changes, but by being consistent.

I woke up at 4:00 AM every day, writing letters to God, reporting everything to Him, then tearing them up and throwing them away. It was my way of releasing the heaviness inside me. But initially, instead of feeling light, I felt worse.

My sleep was interrupted.

I felt more irritated than before.

I thought I was going mad.

And then came the breaking point.

One day, I had a massive argument with my husband—in the middle of the road, inside our car. I was so overwhelmed that I shouted:

“I can't take this anymore! Choose one—either me and the kids or your parents!”

And I still remember his response. He said, “My parents. Because they are old. If you're not happy with me, let me leave you for your happiness, and I will spend the rest of my life trying to make them happy atleast.”

His words shattered me.

After years of patience, sacrifices, and unconditional love—cooking, cleaning, taking care of everyone, moulding myself to be the best for my family—this is what I heard.

“How will I raise my kids alone?”

That question turned my mind into chaos. For a second, I lost control. I banged my head against the car, screaming on the roadside.

I felt alone.

I felt helpless.

I wanted to die.

But then, a thought stopped me.

“I have two children. I cannot take that decision.”

I was angry at God. *“Are You just sitting there and watching me suffer? Is this some kind of test?”*

And then, something inside me shifted.

For the first time in many years, I tapped into my trance power—something I had forgotten I had. I closed my eyes and whispered:

“Send me the first angel right now. I command You. Connect me to the right person immediately.”

I took a deep breath, sat in silence for two minutes, and searched for a marriage counsellor near me. That is when I found Lavanya Ma’am.

I called her, and she assured me that she would help me through phone calls. That day, I did not argue anymore. I did not cry anymore. I did not feel the need to prove anything.

I simply walked into my bedroom, lay down, and slept.

The Hug That Saved Me:

That night, my husband reached out and touched my hand.

And at that moment, I broke down. I begged him, not to leave me, but to help me come out of this.

He hugged me tightly and said, “You told me you wanted a divorce, not me. If divorce gives you happiness, I will give it to you. But it was never what I wanted.”

That hug was all I needed—a sign that he was not going to leave me.

That night, I had a realization: Something deeper was consuming me. Some trauma was eating me from the inside, and I was just masking it.

I made a firm decision—I needed to find out what it was.

The First Lesson: Compromising Sleep for Success is NOT Worth It

At that time, I was also attending final exams, writing records, and not sleeping well.

This was the first big mistake I realized, dear reader.

I had compromised my sleep, my health, my peace—for what? A degree? A sense of achievement? All I had done was exhaust myself to a breaking point.

I learned something important:

Arguing should not be about proving someone wrong—it should be about expressing pain and asking for change.

Prioritizing things and people is important—but sacrificing yourself for them, only to blame them later, is NOT the way to live.

That was the moment I started unlearning old habits and relearning how to live.

The Three Life-Changing Sessions:

The marriage counsellor conducted three sessions—one with me, one with my husband, and one with both of us together. Those three sessions changed my life in ways I never expected.

She was the first person to truly observe my exhaustion and point out something simple yet powerful—I was trying to do everything alone, without any domestic help.

Her first piece of advice?

“Hire two or three helpers. They need money, and you need help. Pay them and relax a little.”

Then, she turned to my husband and said:

“You need to plan for a higher-paying job and take responsibility for these household expenses. If your wife is exhausted, your marriage will suffer. More income means more freedom for both of you.”

For us as a couple, her advice was simple yet eye-opening.

“Give each other space. Let go of small fights. Learn to listen.”

She told me:

“If you have complaints with your mother, fight with her—not with your mother-in-law or husband.”

“Your husband is trying to tell you something, but you are not fully listening.”

“If he has parents, it’s natural for him to expect you to care for them—but it’s his responsibility to make sure you are not overburdened.”

And to my husband, she said:

“If your parents visit often, it’s your responsibility to earn more and hire a cook.”

“If your parents need extra care, it’s your responsibility to pay for an additional maid for the housework.”

These words shifted everything.

The Turning Point: My Father’s Support

Soon after, she contacted my parents for a separate issue. During that conversation, she told my father something that made him see the real problem clearly.

“Haritha is a highly goal-oriented person, while Sunil is a free-flowing man. Their struggles come from trying to fit into each other’s world without understanding the other’s perspective.”

That was it. My father immediately took charge.

Without a second thought, he transferred ` 1 lakh into my account and said:

“Use this for house help. Free yourself from physical exhaustion first. Just be happy—your dad is here, and his money is here. Don’t worry, I will take care of things.”

How ` 1 Lakh Changed Everything:

My husband did not like that my father stepped in, but he also could not stop it—because deep down, he saw that I was feeling financially insecure about our future and our children’s education. So, he remained silent and let things unfold.

That ` 1 lakh sitting in my account changed everything for me. It gave me options, control, and clarity.

And how exactly that money transformed my life?

Well, that is the interesting part—so keep reading till the end.

The Moment I Chose to Learn About Money:

I took ` 50,000 and made an FD. The other ` 50,000 stayed in my account.

Then, I asked myself:

“What do you want, Haritha?”

And the answer was clear—I wanted to learn about finances.

I had seen too many financial decisions around me that I didn’t agree with:

I didn’t like how my dad, after retirement, put his hard-earned money into mutual funds without exploring better options.

I didn’t like how my father-in-law trusted people blindly, giving them money in lakhs and suffering losses.

I didn’t like my husband’s financial planning—buying a house beyond our means and compromising on small happy moments.

I didn’t like how my father-in-law contributed only half of the finances when we bought our home, even though he could have gifted the whole amount.

I didn’t like my dad’s financial strategy—fixing everything in long-term investments and making us nominees for the future, while we needed financial support in the present. Even the ` 5 lakh gift he gave me was locked away in mutual funds without asking me what I needed.

I did not like my brother-in-law’s financial choices—becoming a well-settled software engineer in the U.S. but staying distant from his own people.

I respected their choices, but their financial suggestions were not my cup of tea.

That is when I realized—if I wanted to make different choices, I needed to learn about money myself.

I wrote a letter to God:

“Send me the next mentor—the angel who will teach me finance properly.”

And just like that, I found myself in touch with Sri Ram Reddy Sir from Techie Ride NGO...

Repetition: My Formula for Success

Repetition is my formula for success. I believe in doing things repeatedly, no matter how far expectations and reality seem from each other.

Whenever I try something new, I repeat it three times—not to seek immediate results but to analyse what is working and what is not. That is exactly how I approached Sri Ram Reddy Sir’s ‘Big Festival Planning’ sessions. I attended them repeatedly and again.

By the third time, clarity hit me.

I needed a laptop to grow.

I needed to learn how to create high-quality PPTs.

I needed to start earning money first—then focus on saving.

I needed to expand my contacts.

We needed health insurance.

We needed two minor demat accounts for our kids’ future.

We needed bank accounts and updated Aadhaar cards for them.

We needed financial planning for our children’s education.

And that is when my first financial goal became clear—I needed to earn ` 50,000 per month to save in my kids’ demat accounts for the next seven years, ensuring they get the education they need and want.

That is how my journey toward financial independence began.

I started asking my husband if he could take care of the kids on Sundays while I attended Big Festival Planning sessions. He agreed and let me tell you—he was an incredible father. He took such loving care of them that I never had to worry for a second.

Then one day, something unexpected happened. Sri Ram Reddy Sir gave me a chance to speak. I had asked for the opportunity, and he let me step onto the stage.

That day, I had a realization.

I had always been a teacher.

I instructed 10th-grade students during my intermediate.

I taught college students as an Assistant Professor in 2010, 2014.

And then I asked myself—”Why did I ever give up teaching? And when did I stop believing in myself?”

That moment sparked something inside me. I had found my path again.

Breaking Free from Judgement

One harsh judgement back in 2013 stopped me from speaking in public (shouting on me and even by exiting that place). From that day, my imposter voice kept saying, “*You are a useless speaker. Whatever you say is useless.*” And for many years, I believed it. I gave up on what I knew deep inside I was born to do — to speak.

But this time, I made a promise to myself: “*If speaking is what I am born for, then let me face it. Let me try and fail, but I will no longer compromise with my dreams.*”

Now, it is your turn to make the same promise. Do not fail even before trying. Do not sit helplessly and cry. Stand up and try again. If one way fails, try a different way. If that fails, take another route. If that too fails, change your direction. If needed,

change your speed. If still needed, change your mentors. But never, ever give up.

All the very best, my dear reader. You deserve to live the life you truly desire — and you absolutely can.

In the space below, write down how your imposter syndrome is stopping you from reaching your true potential. Then, write the solution — how you will fight back when that inner voice says, *'You are not good enough'*.

Your Turn: Face Your Imposter Voice

1.What does your imposter voice usually tell you?

(Example: “You are not good enough,” “People will laugh at you,” “You will fail.”)

☐

☐

2.How does this voice stop you from reaching your true potential?

(Example: I avoid public speaking, I don't apply for opportunities, I doubt myself.)

☐

☐

3.What promise will you make to yourself to fight back?

(Example: “I will try anyway,” “I will learn and grow,” “I will not give up.”)

☐

☐

4. Your Action Plan:

O When my imposter says:

O I will respond by:

(Note :- Use a pencil to write down your imposter thoughts and how you will fight them. Then, keep coming back to this page — erase the old ones and write the new ones. Why? Because every time you overcome one imposter voice, another version may show up to limit your success. Make it a habit: every 3 months, return to this page, clear the old doubts, and note down the new ones. This way, you will keep growing stronger with every battle you win.)

CHAPTER 3

THE PAST: A SILENT THIEF OF YOUR PRESENT

Taking Small Steps Toward a Bigger Future:

I bought a laptop with ` 25,000 I had borrowed from my mom, hoping it would help me start earning.

I also knew I needed to take care of my body. Doctors had advised me to cycle regularly, but as a mother of two small kids, where could I find the time or safety to ride a bicycle on the streets every morning?

So instead of focusing on the problem, I found a solution.

Why not buy an aero cycle and bring it home?

Why not close my eyes while cycling and imagine I am in a beautiful green park?

Who is stopping me from enjoying my life?

And that is exactly what I did. I started cycling at home, visualizing a new life for myself.

Because I had finally understood—if no one else is going to create happiness for me, I must create it myself.

Finding My Next Angel

Now that I had two clear priorities—improving my health first and earning money second, I realized there was something even more important: I needed a role model.

One of my biggest role models was MVN Kashyap Sir.

Back in 2022, while cooking in the mornings, I would play Suman TV videos and feel deeply inspired. One day, in an interview with Nagaraju Sir on Mr. Nag Channel, Kashyap Sir spoke about how he overcame the pain of losing his child and how, with the knowledge he had gained by then, he prioritized his wife's health above everything else.

It was incredible.

That day, I made up my mind—I wanted to meet him. I wanted to ask if I could learn skills from him, become his intern, and absorb his wisdom, strength, and ability to change lives.

That was it. My next angel was clear.

I started writing letters to God, asking Him to send me an angel—someone who would help me gain respect, pull me out of my current struggles, and guide me so I could help many others in the future.

My Trauma – How It Was Ruining Me:

I enrolled in Kashyap Sir's session for ` 5,000, feeling excited and eager to learn. By then, I was already on the 35th or 36th day of my 90-day challenge. But for some reason, the session never happened, and I got a refund.

By that time, I could sense something deeper holding me back.

Some past trauma was stopping me from living life to the fullest.

Some fear was not letting me laugh aloud.

Some guilt was keeping me from feeling genuinely happy.

That is when a thought struck me—maybe I needed a female mentor.

Someone who could help me understand myself on a deeper level. Someone who could:

- Teach me to prioritize my kids over money.
- Help me gain self-respect.
- Guide me to earn from home.
- Show me how to balance family and career.
- Bring back the happy, confident version of me.
- Help me create a life filled with love and purpose.

I started writing letters to God, asking Him to send me this impossible person. But as days passed, I began to doubt myself.

“Does such a person even exist?”

“How would she ever come into my life?”

For about a week, every time I thought about it, I would laugh at myself—I was writing down a wish list of impossible qualities and expecting God to deliver.

But then, something incredible happened.

The Miracle That Changed Everything

On the 47th or 48th day of my 90-day challenge, I was watching an interview on Mr. Nag’s channel, and suddenly—an advertisement popped up.

A woman was speaking.

She was talking about respect, money, balance, happiness, work-from-home opportunities, and helping others—everything I had been writing in my letters to God for the past week.

I was shocked.

“Is this real? Or am I dreaming?”

Without hesitation, I paid ` 100 and enrolled in her online seminar, which was scheduled a few days later.

The wait felt long, but finally, the day arrived.

I attended the online seminar while: Riding my bike, Doing household chores, Taking short naps, Visiting my parents' house and returning home, I was half-present and half-distracted throughout the session.

But then, something she said caught my full attention.

“If you want to be a life coach, let me take you to the next level. But only if you score above 7 out of ten in this self-assessment. Otherwise, please leave.”

At that moment, I grabbed a pen and paper and quickly calculated my score.

8.5/10.

And that was it.

For the first time, I felt a goosebump moment.

It hit me.

God was answering my letters.

He was telling me to trust Him.

He was guiding me to become a life coach—not just work under one.

The mentor then asked us to pay ` 5,000 for the next level.

At that time, I had only ` 8,000 in my account. It felt like a huge decision to invest so much.

But I was innocent back then. I thought ` 5,000 would make me a coach instantly!

Even though I was not fully sure about the coaching journey yet, I took three powerful takeaways from that online seminar:

- 1.Say “NO” at least three times a week.
- 2.Fight resistance using the “5-second formula.”
- 3.Manage the “guilt aunties” around you.

How these three lessons changed my life—that is the next story.

Your Turn!

Dear reader, before you move forward, write down three key takeaways from my journey so far. Keep implementing them until they turn into habits that transform your life.

Your three takeaways below:

1 _____

2 _____

3 _____

Keep going—your transformation starts now!

The Three Takeaways – How They Led Me to My Angel

The three takeaways from the online seminar helped me realize something profound—this mentor was truly the angel sent by God.

The first takeaway was learning to say “No.” I started small saying no to my kids first, then to my husband, and finally to my dad. It was not easy. Every “No” came with long explanations to justify myself. But at least I had started.

The second takeaway was fighting resistance using the 5-second formula. I began cycling for 20 minutes every day, pushing through my excuses. Then, I did something even more challenging—I took chilly water showers. It was December, and my mind kept telling me, *“You’ll catch a fever!”* But I remembered how my mentor swam using the same technique and decided to trust the process.

To my surprise, after just three to four days, I felt more active and healthier than ever.

The third takeaway was the toughest handling the “guilt aunties” inside my head.

One day, I had to attend a family gathering, but fear held me back. *“Something will happen. We will argue again. We’ll hurt each other again.”* I almost did not go.

But I followed my mentor’s advice—I dealt with my inner guilt in a light-hearted way. I walked into that gathering expecting conflict, but something shocking happened.

Nothing.

There was no fight. No argument. No tension.

And that is when I realized the truth—nothing changed in them, but I had changed.

I chose not to fight.

I chose to stay calm.

I managed my energy instead of reacting.

I meditated and prayed for peace before stepping in.

That day, I understood—if I change, I can change my family.

With that clarity, I immediately paid ` 5,000 and enrolled for the two-day online course. I felt at peace, knowing that God had sent me exactly what I had asked for.

That night, I slept deeply—without fear, without doubt, just excitement for the days ahead. I could not wait to see her live on Zoom.

December – The Month I Set Myself Free

Meanwhile, in December, right in the middle of my 90-day challenge, I decided to give myself a special gift. I wanted to travel, meet people, and say the things I had held back for too long.

I wanted to say “thank you” where it was long overdue.

I wanted to say “sorry” for the things I failed to do.

I wanted to break the invisible chains that were holding me back.

I needed to untie the unseen cords, free myself, and move forward.

The first step was to meet an old lady who had played a crucial role in my life—she helped me get married to my husband and build the family I have today. I wanted to spend time with her, talk to her, and express my gratitude.

Next, I had to apologize to someone I had neglected. A man who had been seriously ill with a heart condition in the hospital. I could not visit him when he needed support, and it was weighing on my heart. I wanted to sit with him, listen to his struggles, and let him know I cared.

Then came the most difficult apology—to a woman who had once slapped me. Not because of what she did, but because when she needed me the most, I was not courageous enough to stand by her. Worse, I had doubted her and allowed that doubt to poison her husband’s mind.

It was my responsibility to say sorry, even if it was late.

When I met that uncle and apologized... I felt lighter.

When I met that old lady and said “thank you”... I felt a burden lift.

When I called that woman and said “sorry”... I felt free.

Each step removed a heavy weight from my mind, like pieces of emotional baggage I had carried for too long.

An Unexpected Realization About Happiness

Then, one day, my mother-in-law lost her father.

I saw her grieve deeply. She was upset, angry, and hurt. She spoke about how she was partially raised, never genuinely loved, and often misunderstood. She cried about the injustice she had faced and how people had portrayed her unfairly.

I asked God, “How can I help her heal? How can I ease her pain?”

That night, I prayed, “God, help me understand my mother-in-law on a deeper level. Let me find a way to help her.”

The next morning, I was preparing myself to comfort her, expecting to see her sad and broken.

But to my surprise, she came in with a broad smile, carrying trays of food—upma, coffee, tea, milk, and sweets. It was festival time, and despite her grief, she had embraced joy.

In that moment, something shifted inside me.

I hugged her, not out of formality, but out of pure happiness for her. Seeing her in a new saree, relieved from the weight of yesterday’s sorrow, I felt an undeniable truth:

I love seeing people happy.

Maybe happiness is what I have been searching for all along.

And then another realization struck me—if I genuinely want to give happiness to others, I must first become a happy person myself.

Not just for my mother-in-law.

Not just for the people I love.

But for my daughter.

I was raising my girl child differently—with fear.

With my son, I had been a different mother—carefree, open, strong. But with my daughter, something dark surrounded me. A

fear that sat deep within me, making me feel trapped, helpless, and emotionally drained.

A trauma had been triggered.

But what was it? Who triggered it?

Wait for the next lines to discover how I finally uncovered the truth.

My Trauma Discovery – A Blessing in Disguise

Sometimes, life forces us to confront our deepest fears, and for that, I am grateful to the person who triggered mine—because without them, I would have never uncovered it.

One day, after a terrible incident where a woman slapped me, my husband and I were feeling lost, confused, and emotionally drained. We had no idea where our lives were heading. That day was supposed to be special—it was our daughter's birthday. But at the last minute, we had to cancel her celebration.

Still wanting to do something meaningful for her, we decided to take her to a temple, even though it was late at night.

At the temple, a priest suddenly asked for our daughter's name. When we told him, he paused and said, *“Why did you name her that? I have seen many women suffer because of this name. You should change it to ‘Deeksha Sri’—it will bring her money and prosperity.”*

I was already in an emotionally fragile state, and his words hit me like a storm. The thought that my daughter might suffer just because of her name shook me. Initially, I thought, *“Maybe he is right. Maybe changing her name will protect her.”*

We all agreed and even started training her to respond to the new name.

But the next day, something inside me felt off.

I became quiet, withdrawn, and deeply unsettled. A heavy sadness crept in, but I did not know why. Until it finally hit me—this was not about my daughter's name.

I did not want my children to grow up believing that changing external things would fix their problems. I did not want them to think that instead of working on themselves, they could just change a name, or a circumstance and everything would magically get better.

I found myself sitting in dark corners, crying, overwhelmed with fear. What if my daughter truly faced struggles? What if I remained the same—weak, helpless, and unable to guide her? Would I just sit in a corner and cry, like I was doing now? Would I spend my life blaming my in-laws, arguing with my husband, and expecting him to fight for our children while I stayed powerless? Would I take my frustration out on my son, carrying the anger of past family decisions into his innocent childhood?

I hit rock bottom.

I remember the day I hit my head in the car, an act of frustration that led us to the marriage counsellor. That moment was my wake-up call.

I decided.

"I am NOT changing her name. No matter what. When she turns eighteen, if she wants to change it, I will respect her decision. But until then, I will do everything in my power to grow strong—stronger than I have ever been."

I made a promise to myself.

"I will become so strong, so powerful, and so influential that if anyone ever thinks of harming my daughter, they will fear even the thought of it—because of her mother."

That day, I decided to become strong not just for my daughter but for every child of her age.

Another Trauma – Operating from Fear in Relationships

One of the biggest realizations I had was that I was operating from fear in my relationships.

What if that relative asks me what I am doing and why I am sitting idle without a job?

What if someone starts treating me like a permanent free servant?

What if someone tells me I am a bad mom?

What if... What if...?

Oh my God! I discovered that the fear of relatives and the fear of being cheated after trusting deeply were surrounding me like a never-ending loop. I could not trust openly, and when I did—especially in my husband—I was constantly afraid of losing him.

My mind was playing games with me, fear after fear pushing me into a corner.

And then, suddenly, a memory struck me.

This was exactly how I felt 10 years ago—when I had all my loved ones around me, yet I felt completely helpless, crying alone in a dark room.

That was the moment I knew—this was beyond me. I needed divine strength to break free.

I called upon BapDada, the ones who had trained me in courage 15 years ago when I was nineteen. The way they had helped me deal with my struggles back then, I needed them now more than ever.

Up until then, I had never believed I could embody Goddess Durga's strength.

The Simhavahini, the Kamalpushpa Dhari, the one with the trishul in one hand and blessings in the other, the one who holds the bow and arrow, the chakra and sword.

But that day, I decided to believe.

If Goddess Durga could deal with eight things at a time, why couldn't I take on my struggles one step at a time?

And then I remembered God's first blessing to me:

"You are a Pravruthijeeva soul, and one day, the five elements will follow your order."

At first, I found it funny. But this time, I used all my strength to believe it.

I started commanding the universe sometimes and requesting it at other times.

Slowly, my life began to shift.

All it took was a simple shift in focus—from my weaknesses to my strengths.

And with that, the divine started working in my favour.

Your Story of Strength and Healing

Now, it is time for you to reflect.

Take a moment to think about two traumas that have shaped your life.

The moments that made you feel stuck, lost, or powerless.

The times when fear, doubt, or pain took over, making you believe there was no way out.

But you are still here. You made it through.

So, how did you overcome them?

Who or what helped you rise above those challenges?

Was it divine guidance?

Was it an inner strength you did not know you had?

Was it a person, a lesson, a realization?

Write down your story.

Not just to relive the past, but to acknowledge your strength.

See how far you have come.

And to remind yourself that you can overcome anything.

1st trauma:

2nd trauma:

Leave your trauma behind in this chapter by drafting your story in the spaces provided. Do not carry the unnecessary weight on your shoulders anymore—release it today and set yourself free.

CHAPTER 4

FEARS & PHOBIAS: ARE THEY CONTROLLING YOU?

Same Brain, Different Lives – Why?

Have you ever wondered why, despite every human being developing a brain of 1200-1400 grams by their 20s, we are all so different? If we all have the same-sized brain, why aren't we all equally successful, wealthy, or influential? Why do few people rise to greatness while others struggle, few become leaders while others remain followers, and few live in luxury while others barely survive? If the brain is such a crucial part of our existence, shaping the life we live, why do we cremate it along with the body after death instead of preserving it? The real difference lies not in the size of our brain but in how we use it—and one of the greatest barriers to its full potential is fear. Fear silently shapes our choices, holds us back from opportunities, and can even push people into despair, helplessness, and, in extreme cases, suicide. In this chapter, I will take you deep into the workings of fear—how it manipulates us, how it limits our potential, and how it can be transformed. Through my studies, research, and real-life experiences, I will show you how facing fears step by step not only changed my life but also helped me guide others toward breaking free from their limitations and reclaiming the life they truly deserve.

Fear is Learned: Little Albert Experiment (1920)

The Little Albert experiment is one of the most famous studies in psychology, conducted by John B. Watson and Rosalie Rayner at Johns Hopkins University in 1920. It was designed to

evaluate whether fear could be conditioned (learned) in humans, like how animals learn behaviours through association.

Background of the Experiment:

John B. Watson was a behaviourist, meaning he believed that human behaviour is shaped primarily by experience and the environment rather than genetics or internal thoughts. Inspired by Ivan Pavlov's classical conditioning experiments with dogs, Watson wanted to show that emotions, particularly fear, could be conditioned in humans.

The Experiment Setup:

Subject: A 9-month-old baby named Albert B. (commonly referred to as *Little Albert*).

Initial Observation: Albert was a calm and fearless child. He showed no natural fear of animals, including white rats, rabbits, monkeys, and dogs.

Goal: See if fear could be artificially created through conditioning.

The Conditioning Process:

Watson and Rayner used classical conditioning to make Albert fear something that was previously neutral: a white rat.

Step 1: Establishing the Neutral Stimulus (NS)

They placed a white rat in front of Albert.

Albert showed no fear and was happy to play with it.

Step 2: Introducing the Unconditioned Stimulus (UCS) & Response (UCR)

Each time Albert reached for the rat, Watson made a loud, frightening noise by striking a metal bar behind him.

The loud noise (UCS) naturally triggered a fear response (UCR)—Albert would cry and show distress.

Step 3: Repeating the Pairing

Watson repeated this process many times—each time Albert touched the rat, the loud noise followed.

Over time, Albert associated the rat with the scary noise and began reacting with fear even without the noise.

Step 4: The Conditioned Fear Response (CR)

Eventually, Albert would cry and try to crawl away the moment he saw the rat, even if there was no noise.

This meant Albert had learned to fear the rat through association.

Generalization of Fear Interestingly, Albert's fear did not just stay with the rat. He started to fear other objects that looked similar, including:

A white rabbit

A furry dog

A fur coat

A Santa Claus mask with a white beard

This process, known as stimulus generalization, shows that fear can spread beyond the original trigger if it resembles the conditioned object.

Conclusions from the Experiment:

Fear will be learned from experiences, not just innate. Our environment plays a significant role in shaping our emotional responses. Fear can generalize, meaning one terrible experience can make us fear similar things.

Ethical Concerns & Aftermath:

The experiment would be considered highly unethical today. Albert never unlearned his fear.

His fate remains uncertain, but reports suggest he may have passed away at an early age from an unrelated medical condition.

This experiment proves that fear is not always real or rational—it is often something we learn based on experiences. Many of our fears aren't natural but are taught to us by society, family, or past experiences.

Just like Albert was trained to fear something harmless, we are often conditioned to fear failure, rejection, or success itself.

If fear can be learned, it can also be unlearned.

Unlearning Fear: Rewiring the Mind

Now that you've understood how fear and phobias are conditioned into us, let's explore the next experiment—one that reveals how we can unlearn these fears, even though they were ingrained in us without our awareness or consent.

The Science of Facing Fears: Exposure Therapy & How It Works

Exposure therapy is a widely researched and scientifically proven technique used in behavioural psychology to help people overcome phobias, anxiety disorders, and traumatic fears. The core idea is simple yet powerful—gradual and repeated exposure to a feared object or situation reduces the fear over time. This method is primarily based on Cognitive-Behavioural Therapy (CBT) and has been used successfully to treat conditions like social anxiety, PTSD, OCD, and specific phobias (e.g., fear of heights, spiders, flying, etc.).

The Experiment: How Exposure Therapy Works

One of the most well-documented studies on exposure therapy involved people with acrophobia (fear of heights). Researchers designed an experiment where participants were gradually exposed to heights in a controlled environment to observe their responses.

Step 1: Initial Fear Assessment

Participants were asked to describe their level of fear while imagining standing on a balcony, a tall bridge, or a glass elevator.

Many showed intense fear responses (sweating, increased heart rate, dizziness) even at the mere thought of heights.

Step 2: Gradual Exposure Begins

Instead of forcing them into extreme situations (like standing on a rooftop), researchers slowly introduced them to height-related experiences.

They were first shown pictures of heights.

Then, they watched videos of people standing safely at high places.

Later, they were asked to climb a small step stool or look out from a low balcony.

Step 3: Increasing Exposure While Controlling Anxiety

Over time, participants moved from small heights to greater ones—each step was taken at their own pace.

A key technique used was systematic desensitization—as they faced a height-related situation, they practiced deep breathing and relaxation techniques to stay calm.

Step 4: Brain Rewiring Through Repeated Exposure

As participants repeatedly faced heights, their brain stopped associating heights with extreme danger.

The amygdala, the part of the brain responsible for fear, weakened its response each time the individual encountered a height without anything bad happening.

Over time, the fear response reduced, and many participants could comfortably stand at heights they once feared.

Key Findings & Impact of This Study:

Gradual exposure reduces fear—the more often people faced their fear in a safe setting, the weaker their fear became.

Avoidance strengthens fear—the longer people avoided their fears, the stronger their fear response remained.

Brain rewiring is possible—through repeated exposure, the brain learns that the feared situation is not actually dangerous, weakening the panic response over time.

Real-Life Applications of Exposure Therapy:

Fear of Public Speaking: Practicing in small groups before speaking on a stage.

Fear of Flying: Visiting an airport, watching flight take-off videos, then eventually taking short flights.

Fear of Social Situations: Engaging in small conversations before attending large gatherings.

This research proves that fear is not permanent—by facing fears step by step, we can rewire our brain to react differently. What was once terrifying can become manageable and even normal over time.

Meet the Mastermind Behind Fear: The Amygdala

Now that you have a basic understanding of fear, let me introduce you to a crucial part of our brain—the amygdala—which is responsible for processing fear and influencing how we react to it. This tiny yet powerful structure plays a significant role

in shaping our emotions, often controlling us without us even realizing it. Let's explore how it works and how it can be rewired to overcome unnecessary fears.

The Amygdala: The Brain's Fear Centre

The amygdala is a small, almond-shaped structure located deep inside the temporal lobe of the brain. Despite its tiny size, it plays a massive role in processing emotions, especially fear, anxiety, and survival instincts.

1.What Does the Amygdala Do?

The amygdala is like an alarm system in your brain. Its primary job is to detect threats and prepare you for a fight, flight, or freeze response when you sense danger.

Fear Processing: It instantly identifies danger and triggers a fear response before you even consciously think about it.

Emotional Memories: It stores emotional experiences, especially traumatic or scary ones, so you can avoid similar dangers in the future.

Survival Instincts: It helps with automatic survival behaviours like running away from danger or defending yourself.

2.How the Amygdala Triggers Fear

Imagine walking in a dark alley and suddenly noticing a shadow moving quickly. Before you even process what it is, your amygdala reacts and:

Sends a danger alert to the brain.

Activates the fight-or-flight response (increased heartbeat, sweating, adrenaline rush)

Prepares the body for immediate action (run, defend, or freeze)

Even if you later realize it was just a cat, the amygdala reacts faster than your thinking brain, ensuring survival first, logic second.

3.The Amygdala’s Role in Anxiety & Phobias

The amygdala is overactive in people with anxiety disorders. This means their brain detects threats even when none exist, leading to constant stress and worry.

People with phobias (like fear of heights, spiders, or public speaking) have a hypersensitive amygdala, reacting intensely even to harmless triggers.

4.Can We Train the Amygdala to Overcome Fear?

Yes! The brain is neuroplastic (it can change). You can rewire the amygdala using these techniques:

Exposure Therapy: Gradually facing fears in a controlled way weakens the fear response.

Mindfulness & Meditation: Reduces overactivity in the amygdala, making you calmer.

Cognitive Reframing: Changing negative thoughts to positive ones helps reprogram fear responses.

Breathwork & Relaxation: Sends signals to the brain that there is no real danger, reducing fear reactions.

Final Thoughts:

The amygdala is not your enemy—it’s designed to protect you. However, if it becomes overactive due to past experiences, conditioning, or trauma, it can limit you with unnecessary fears. The good news? You have the power to retrain it!

Beyond Fear: The Power of the Prefrontal Cortex

Now that you have learned about the amygdala and its role in fear, let me introduce you to another crucial part of your brain—the prefrontal cortex—which is responsible for decision-making, rational thinking, and self-control. The more you understand how your brain functions, the better you can train it to work in your favour. So, let us take a deeper look at this powerful part of the brain and how it influences your choices and actions.

The Prefrontal Cortex: The Brain's CEO

The prefrontal cortex (PFC) is one of the most powerful parts of your brain, often referred to as the CEO of the brain because it is responsible for decision-making, problem-solving, logical thinking, self-control, and goal setting. It is located right behind your forehead and plays a major role in shaping your life by helping you think rationally instead of reacting emotionally.

1.What Does the Prefrontal Cortex Do?

Unlike the amygdala, which reacts instantly to fear and emotions, the prefrontal cortex is the part of your brain that analyses situations, weighs options, and makes thoughtful decisions.

- Controls impulses: Helps you resist temptations, like avoiding unnecessary arguments or choosing not to overeat.
- Manages emotions: Keeps the amygdala's fear response in check, allowing you to respond to challenges calmly.
- Encourages long-term thinking: Helps you plan for the future instead of making short-sighted decisions.
- Supports goal-setting and problem-solving: Allows you to strategize, focus, and find solutions.
- Enhances creativity and critical thinking: Encourages innovative ideas and helps you think outside the box.

2.Prefrontal Cortex vs. Amygdala: The Battle Between Logic & Fear

Think of the prefrontal cortex and amygdala as two voices in your head:

Prefrontal Cortex (PFC): “Let us think before we react. Is this really a danger? Can we find a solution?”

Amygdala: “Panic! Run! Avoid this at all costs!”

When the PFC is strong, it helps keep the amygdala in check, allowing you to make smart decisions instead of emotional reactions. However, when fear takes over, the amygdala can overpower the PFC, leading to impulsive choices, anxiety, and self-doubt.

3.How to Strengthen Your Prefrontal Cortex & Take Control

The good news is that the PFC can be trained and strengthened just like a muscle! Here is how:

- Practice Mindfulness & Meditation: Helps calm the amygdala and strengthen rational thinking.
- Ask “Why?” Before Reacting: Pause and question if a situation truly requires fear or if you’re overreacting.
- Challenge Your Thoughts: When fear-based thoughts arise, reframe them with logical reasoning.
- Make Long-Term Plans: The more you train your brain to think ahead, the stronger your PFC becomes.
- Read, Learn, and Explore: Feeding your brain with new information enhances cognitive function and decision-making.

4.Final Thoughts: Who is in Charge?

Your amygdala wants to keep you safe, but if left unchecked, it can control your life through fear. Your prefrontal cortex, on

the other hand, wants to help you think, grow, and take smart risks. The question is: Who will you let take charge?

By strengthening your prefrontal cortex, you can move past fears, make better decisions, and create a life of confidence, success, and emotional balance.

The Chemistry of Stress: Cortisol & Adrenaline at Play

Now that you have learned about the two key parts of your brain—the amygdala and the prefrontal cortex—and how they shape your behaviour, it is time to explore the stress chemicals that influence your emotions and actions. Let me introduce you to cortisol and adrenaline, the two powerful hormones that trigger your stress responses and play a major role in how you react to challenges. Understanding how they work will help you take control of stress rather than letting it control you.

Cortisol & Adrenaline: The Chemistry of Stress

Your brain and body work together to keep you safe and alert, especially in stressful situations. Two powerful chemicals—cortisol and adrenaline—play a crucial role in how you react to challenges, dangers, or even everyday pressure. While these hormones are essential for survival, too much of them can negatively impact your health, emotions, and decision-making. Let us understand how they work and how you can manage them.

1. Adrenaline: The Instant Action Hormone

Adrenaline, also known as epinephrine, is the hormone that gives you a sudden burst of energy in stressful or emergency situations. It is released by the adrenal glands when your brain perceives danger or a high-pressure situation.

How Adrenaline Works

Suppose you are walking alone at night and hear an unexpected noise behind you. Within seconds, your body reacts—

you feel your heartbeat racing, your muscles tighten, and your senses sharpen. This is adrenaline kicking in.

It prepares you for fight-or-flight, giving you extra energy to run, defend, or react quickly.

Effects of Adrenaline

- Increases heart rate and blood flow to muscles.
- Boosts alertness and reflexes.
- Expands airways for better oxygen supply.
- Suppresses pain temporarily (which is why injured people sometimes don't feel pain immediately).

Why Too Much Adrenaline is Harmful

While adrenaline is helpful in emergencies, frequent surges (due to chronic stress or anxiety) can cause:

- Restlessness, nervousness, or panic attacks.
- High blood pressure and heart problems.
- Insomnia and exhaustion from being in a constant state of alertness.

2.Cortisol: The Long-Term Stress Hormone

Cortisol is known as the “stress hormone” because it is released when you experience ongoing stress. Unlike adrenaline, which acts immediately, cortisol builds up over time and affects your body in the long run.

How Cortisol Works

Suppose you are working on an important project and have a tight deadline.

Your body releases cortisol to keep you focused and alert.

It increases glucose (sugar) levels in your blood, ensuring your brain has enough energy to handle stress.

Effects of Cortisol

- Helps you stay awake and alert.
- Regulates metabolism and blood sugar levels.
- Reduces inflammation in the body.

Why Too Much Cortisol is Harmful

When stress becomes chronic, cortisol remains elevated for too long, leading to:

- Anxiety, depression, and mood swings.
- Weight gain, especially around the belly.
- Weakened immune system, making you more prone to illness.
- Memory problems and brain fog.

3.How to Reduce Cortisol & Adrenaline Naturally

Since these chemicals cannot be avoided, the goal is to keep them balanced rather than allowing them to control your life. Here is how:

- **Deep Breathing & Meditation:** Slows down the nervous system and reduces stress hormone production.
- **Physical Activity:** Exercising helps burn off excess adrenaline and lowers cortisol over time.
- **Healthy Sleep Routine:** Lack of sleep increases cortisol, so prioritize rest.
- **Laughter & Social Connection:** Boosts happy hormones (dopamine & serotonin), reducing cortisol levels.

- Mindful Thinking: When facing a stressful situation, pause and ask: *Is this a real danger, or is my brain overreacting?*

Final Thoughts: Who is in Control?

Adrenaline and cortisol are not your enemies—they are survival tools. However, when left unchecked, they can take over your life, making you anxious, tired, and emotionally drained. The key is to train your brain and body to manage stress effectively, so you stay calm, focused, and in control—not just reacting to fear.

Redesigning My Life by Conquering the Fear of Death

Now that you have learned about fear, let me share how I started facing mine, step by step.

Fear No. 1: The Fear of Death Due to Invisible Stress.

There was a time in my life when I was not sleeping well, eating well, or taking care of myself. I was constantly exhausted, frustrated, and overwhelmed. My home was filling up with small cockroaches, reflecting the chaos I felt inside. Sweeping and mopping became painful due to severe back pain, forcing me to wear a waist belt just to manage daily chores. I was unknowingly pushing myself into extreme stress—juggling my B.Ed final exams while my daughter was recovering from dengue, my father-in-law was ill, and, during it all, a family member physically hurt me. My son felt neglected, and I considered sending him to a hostel to escape the toxic environment. I was so caught up in responsibilities—feeding others, managing household tasks—that by the time I sat to feed my daughter, I was drained, frustrated, and often lashed out in anger. I hated the person I was becoming—a mother my children saw as weak, helpless, and constantly stressed. One day, it all caught up with me, and I collapsed in the kitchen. In those five minutes on the floor, everything became clear—I was being chased by the fear of

death. What if I died and left my kids behind? Who would understand them like I do? Could anyone replace their mother? The answer was obvious—I had to face my fear of death not just for myself but for my children’s future. Instead of letting stress and blame define my life, I had to build a future of freedom, security, and purpose for them.

That moment changed everything. I started asking myself—what kind of death do you want, Haritha? The answer was clear—I wanted to leave behind books, videos, letters, and teachings so that even if I were not there, my children would always have my guidance. I needed to make enough money so they would never struggle, and their education would be secure because I knew the power of education in building confidence. But it was not just about my kids—I wanted my content and courses to help thousands of others too. I refused to let stress define my life or my death—I wanted to live with pride, contentment, and purpose. Now, I want you to ask yourself—how do you want to live your life? No one is here forever, but the values we create can last for generations. Design your life the way you want it to be. I want to own acres of agricultural land, build my own school, adopt one hundred children, support farmers, travel the world, heal people in groups, and be in a respected position in society. Most importantly, I want to be the happiest person in the world. Now, it is your turn—write down your long-term desires. Let them fight against your fears and push you forward. When stress and fear try to control you, let your goals win the battle in your mind and lead you toward the life you genuinely want.

Fear No. 2: The Fear of Being Stuck as a Housewife Forever

I feared being trapped in the role of a housewife for the rest of my life. I was the one expected to replace the servant when she was on leave, to offer free service without question, to wash the clothes of visiting relatives, and to remain silent. When asked why I had an issue with it while other women did not. I could not

understand why cleaning the washrooms was automatically my responsibility when everyone shared the space. Why was a housewife expected to be calm, quiet, loving, and happy, always welcoming relatives with joy, adjusting to the untidiness, and serving food with a smile—from breakfast to tea, lunch to snacks, and dinner? Why did society place such different expectations on men and women? This realization made me confront the emotional burden I was carrying.

That is when I decided: I was not born for endless cleaning and washing. I had to find what I was truly born for and stand firm in it. To do this, I needed to take out time for myself, time that I refused to spend scrubbing and sweeping. I started writing letters to God, asking for maids who would genuinely understand and help me. And slowly, things began to change. I hired a morning maid to clean the house and wash the dishes—her payment was my responsibility. Later, an evening maid was hired for the same, and my husband took responsibility for her payment. With this, a burden lifted. The constant inner voice saying, “You are not born for this,” began to quiet down.

Within two months, my life had transformed. I was spending my time where it truly mattered—creating content, meeting people, coaching, training, preparing for sessions, and building my career. As I became busier, I increased my maids’ salaries and asked them to take care of washrooms and laundry as well. Every extra hour freed from housework went directly into building the foundation of my business.

If you are a struggling mom, just like I was back then, I urge you to take immediate action. Hire help for household tasks and invest in your dreams. Calculate how much you can afford to invest in domestic help for the next two years and plan. After these two years, you will have a choice—either return to cleaning if you truly enjoy it or continue growing your career. But if you never give yourself a chance to listen to your inner self, you will

become the most frustrated, complaining version of yourself. Instead, give yourself the freedom to focus on your future.

Now, take a moment to write down your action steps:

- How much can you invest in hiring help for the next two years?
- What household tasks can you delegate first to free up time for yourself?
- What career goals will you focus on with this new found time?

Respect and success start with taking immediate action. If you want to build a life of dignity, now is the time to begin.

Fear No. 3: The Fear of Losing My Family

This fear took root the day I married my husband and grew even stronger after my son was born. I believed that this life—my family, my relationships—were permanent, and that belief led me to develop deep attachment to them. Attachment was not wrong, but the fear of losing them to someone else consumed me.

One of the biggest conflicts I faced was with my mother-in-law. I created a story in my mind that she might separate my family from me, and this thought terrified me. She was not doing anything harmful—she was actually helping us in many ways. But my survival-driven brain kept feeding me false fears and exaggerated stories that made me feel threatened. I was unknowingly trapped in my own spiral of fear and insecurity.

The turning point came when I challenged my fear by asking, “How sure are you that she is actually trying to break your family?” Each time I questioned it; the fear lost its intensity. The more I met her, the more I saw her actions for what they truly were—not as threats, but as gestures of support. As my positive experiences increased, the past lost its grip, and my fear slowly faded away.

Now, it is your turn to reflect. Who are the people you fear might harm you, even though they have not done anything wrong? Is your mind creating stories that are keeping you stuck in unnecessary fear? Write down the names of those you fear, then challenge those thoughts. Fear thrives in assumptions—break free by seeking the truth.

Write down the names of the people your mind perceives as a threat, even though they may not actually be harming you. Challenge these fears by questioning whether they are based on reality or just assumptions.

Fear No. 4: The Fear of Facing the Public (Stage Fear)

You might be wondering—how did facing this fear help me? Let me share my story.

Back in 2013, when I was 24 years old, I was speaking to a small audience when suddenly, a man stood up, started insulting and shouting at me, questioning whether I was sure about what I was saying. While the entire audience supported me, the incident left a deep impact. It shook my confidence so much that I stopped speaking in public altogether.

Years later, in 2023, after becoming a life coach, I found myself praying to God, asking to bring back the confident speaker I once was. And then, something miraculous happened. I got an opportunity to represent Techie Ride NGO at a school event. I stepped onto the stage, and to my surprise, it turned out to be a huge success. The audience clapped loudly, and I was even gifted a shawl. But the biggest gift was not the applause—it was the way my husband looked at me with deep respect. Not that he did not respect me before—he always did—but this was different. He had never seen this version of me. He never knew I had this powerful speaker inside me.

From that moment on, I made a promise to challenge myself repeatedly. I started taking every stage opportunity until I became

completely comfortable. But in the beginning, one affirmation and one ritual helped me tremendously. Before stepping on stage, I would take off my footwear and repeat to myself:

“I am God’s instrument in making the world a better place.”

This simple practice made it easy for me. I surrendered my fears to God and became stress-free. After all, if He was in charge, why should I worry?

Now, I want you to promise me something—face this fear as much as possible. Public speaking is the second biggest fear in the world, and if you can overcome it, success will start chasing you.

All the best! Step up, face the stage, and let the world hear your voice!

Fear No. 5: The Fear of Judgment

“You’re talking nonsense.”

“Why don’t you speak like her?”

“Why do you always talk about yourself instead of inspiring stories?”

“Why did you leave your job?”

“You should have become a teacher after doing B.Ed.”

“Are you even mentally stable?”

“Take her to a psychiatrist.”

“She’s too quiet.”

“She’s arrogant.”

“She’s wasting her life.”

The list goes on. No matter what I did, someone always had such opinions.

When I stayed at home, people said, “*She’s educated, yet she doesn’t work?*”

When I started working and put my daughter in daycare, they said, “*Do you really need a job? Shouldn’t you be taking care of your kids?*”

At one point, I was so consumed by these voices that I hesitated to even post online that I had become a life coach. I feared what people would say and delayed it for days. And then, I laughed at myself. Why was I waiting for the world’s approval to live my own life?

People will judge—no matter what you do. If you do something good, they will judge. If you do something bad, they will judge. But here is the truth: their fears do not have to become yours.

Now, it is your turn. What judgments have held you back from success? Write them down and decide today that they will no longer control your life. The world is full of opinions, but what you choose to believe and carry forward is entirely up to you.

Fear No. 6: Fear of Dogs

I love dogs, yet I fear them just as much. Every time I see one, fear is my first reaction. This fear began in childhood when I experienced a small dog bite, followed by a severe bite that tore my skin, and later, another bite from a doctor’s dog at a hospital. Three times—wasn’t my fear justified?

But then, I asked myself: “How sure are you that this dog will bite you?” Each time my mind played the fear game, I challenged it. And slowly, the fear became smaller and smaller. It was not about ignoring danger—it was about learning to be cautious without letting fear control me.

Krishna and Balarama: The Demon of Fear

One day, young Krishna and Balarama were walking through the forests of Vrindavan with their cowherd friends. As they laughed and played, a mysterious darkness spread across the sky. Suddenly, a fearsome demon named Bhayasura (Bhayam means fear) appeared before them. He was enormous, with fiery eyes and a roaring voice that shook the trees.

The children screamed and ran behind Krishna and Balarama. Bhayasura fed on people's fears, growing larger and stronger with every frightened heartbeat.

"Run, Krishna! He is too big!" one boy cried.

But Krishna simply smiled and looked at the demon. He turned to Balarama and said, "Do you see what I see, brother?"

Balarama, known for his strength, clenched his fists, ready to fight. But Krishna placed a hand on his shoulder and whispered, "Watch and learn how fear works."

Krishna stepped forward and spoke to Bhayasura, "You look terrifying, but tell me—how strong are you, really?"

The demon laughed loudly. "I am as strong as the fear inside you! The more they fear me, the bigger I become!"

Krishna nodded knowingly and turned to his friends. "Do you see? He is not powerful on his own—he only grows because we allow him to."

Krishna then clapped his hands and started laughing. "You are nothing but an illusion, Bhayasura!" he declared.

With every laugh and smile, Bhayasura began to shrink. The more they ignored their fear, the smaller he became.

Soon, he was so tiny that Krishna simply picked him up, put him in his pocket, and patted it gently.

“Stay here, little one,” Krishna chuckled. “You are not my master—I am yours!”

The children cheered, and Balarama shook his head with a smile. “You didn’t even have to fight him,” he said.

Krishna grinned. “Fear only wins when we believe in it. The moment we see through it; it becomes as small as we want it to be.”

From that day on, whenever someone in Vrindavan felt afraid, they would remember Krishna’s words:

“Fear is only as big as you allow it to be.”

Next time fear tries to hold you back, threaten you, or stop you, remember this story. Shrink that fear into a tiny demon, put it in your pocket, and keep moving forward toward the success you truly deserve.

Fear No. 7: Fear of Water

I still remember the nights when I would dream of drowning—suffocating, unable to breathe, and slowly fading away. In one dream, I fell into a water tank and drowned. In another, I was desperately reaching out to my mom for help, watching her as I slipped away. And in yet another, I was lost in the vast ocean, swallowed by the waves.

Looking back, I realize how dreams often reflect deep-seated fears, sometimes even echoes from past lives.

I have no control over my past life, but I do believe that we all carry forward certain good and bad karma. That is how we are born into a particular family, raised by specific grandparents, have certain siblings, and end up with the spouse and children we do—it is all part of the karmic settlements from past lives.

Thank God we do not remember our past lives!

I must have ended one of my past births by drowning, that fear would have carried forward with me. Otherwise, I might have had recurring dreams of falling into lava, being trapped under a collapsed building after an earthquake, or falling from great heights to my death. But why was it specifically drowning? Or being chased by an ox, getting hit, and dying?

It is interesting to notice the connection—whenever my conscious mind felt betrayed in relationships, pushed to become someone I was not ready to be, or threatened by blackmail, these dreams would resurface. Strange, isn't it? But this is how our conscious and subconscious minds constantly communicate with each other.

What fears do you think you have carried forward from a past life? Take a moment to reflect and write them down below.

Fear No. 8: Fear of Lizards

When I was young, we lived in a rented house where lizards were common. At first, I did not feel fear—just mild irritation. But when my neighbours showed fear and we started discussing it, I unknowingly absorbed that fear. My sister and I would talk about it, and with each conversation, the fear grew stronger.

As we moved from one rental home to another, lizards seemed to appear more frequently, reinforcing my fear. Over time, I reached a point where just seeing a lizard made me jump. When I was pregnant with my second child, my husband once had to kill a lizard because he was afraid, I would panic and hurt myself or the baby.

After delivery, when I needed his help, but he was not always available, I had to find my own way to deal with my fear. That is when I started talking to the lizards instead of fearing them. I named them “Pinky” and would say, *“Thank you for visiting, but I’m sorry, please go away.”* Speaking kindly to them changed the way I saw them.

To further work on my fear, I started raising turtles at home. The more I bonded with these reptile creatures, the less my fear of lizards controlled me. Eventually, I reached a stage where I was no longer terrified—just a little uneasy.

Now, it is your turn. Do you have a fear of a particular animal or creature? Take a moment to reflect on how that fear developed in you. Write your story below and start challenging that fear!

Fear No. 9: Fear of Buffaloes or Oxen

Back when I was in fourth grade, my mom sent us to buy bread from a bakery. Suddenly, people around us started shouting, warning us to run for our lives. When we looked back, we saw a herd of buffaloes with long horns charging toward us. Terrified, we ran as fast as we could, chased all the way to a nearby shop. We screamed in fear until the shop owner struck one of the buffaloes with a long stick, making it leave.

That day left a deep imprint on me, and I carried this fear forward. Later in life, I realized that whenever I experienced feelings of betrayal or being blackmailed, I would have recurring dreams of being chased by a raging bull, getting hit, and dying.

Now, whenever I see a cow or a buffalo, I pause and ask myself, *“How sure are you that this is going to harm you?”* And just like that, I laugh at my fear and move forward.

Take a moment to reflect—what kind of dreams do you have when you feel betrayed or threatened? Pause and write them down. You might just uncover a pattern in your subconscious fears!

Fear No. 10: Fear of Being Left Alone

There were times when I felt out of place in a group, like I did not belong. In the classroom, I was set aside for a single mistake. Guilt and shame would consume me, making me feel like I was not a good person, leaving me stuck in emotional storms.

There were also moments at parties where people shamed me for being too bold and happy, despite everything I had been through. They did not know the effort it took to rebuild myself and face the world again. But when they pointed fingers at me, questioning how I could be okay after such hardships, I withdrew. I stopped attending functions, isolating myself while everyone else moved on. Sitting alone at home, I felt the weight of being left out.

Even today, I hesitate to attend certain family gatherings or social events. But I have come to realize—this fear is not about the outside world. It is something I need to confront within myself.

Fear No. 11: Fear of promises

Fear No. 12: Fear of future

Fear No. 13: Fear of failure

Fear No. 14: Fear of success

Fear No. 15: Fear of meeting others' expectations

Fear No. 16: Fear of losing money

Fear No. 17: Fear of missing a train

Fear No. 18: Fear of falling

Fear No. 19: Fear of technology

Fear No. 20: Fear of being used

Fear No. 21: Fear of losing phone

Fear No. 22: Fear of physical abuse

Fear No. 23: Fear of verbal abuse

Fear No. 24: Fear of being questioned

Fear No. 25: Fear of arguments

Fear No. 26: Fear of being cheated

Fear No. 27: Fear of investments and financial losses

Fear No. 28: Fear of diseases

Fear No. 29: Fear of surgeries

Fear No. 30: Fear of injections

Fear No. 31: Fear of cold water

Fear No. 32: Fear of rejection

Fear No. 33: Fear of having a day for the self

Fear No. 34: Fear of flying alone

Fear No. 35: Fear of prioritizing the self (for being called selfish)

Fear No. 36: Fear of losing the laptop

Fear No. 37: Fear of facing mother-in-law

Fear No. 38: Fear of posting content

Fear No. 39: Fear of flyers

Fear No. 40: Fear of webinars

Fear No. 41: Fear of new experiments

Fear No. 42: Fear of surprises for special days

Fear No. 43: Fear of asking for money

Fear No. 44: Fear of festivals

Fear No. 45: Fear of sudden sounds

Fear No. 46: Fear of typhoid

Fear No. 47: Fear of shame

Fear No. 48: Fear of losses

Fear No. 49: Fear of kids' ill health

Fear No. 50: Fear of separation.

These were the fears I faced, step by step. As a Life Coach, I can say that the more I confronted my fears one by one, the lighter I felt. I was unknowingly carrying years of emotional baggage, shaping my life based on fears I had not even noticed.

It was not easy to record videos on *Suman TV* week after week. Every time I faced the camera, I was terrified. In the beginning, I asked my husband—my pillar of strength—to accompany me. He did so for the first few times, and gradually, I started feeling more comfortable. You can watch my journey on YouTube by searching “*Haritha Akkala*.” You will notice how tense I was in the early videos. But over time, as I kept showing up, the fear lost its grip on me.

That is the simple truth about fear: the more we face it, the weaker it becomes. Fear tries to trap us in our comfort zones, whispering worst-case scenarios and convincing us not to try. But the only way to break free is to challenge it every time it shows up.

Now, it is your turn. Reflect on the fears that are holding you back from living your best life. Pick them up, one by one, and fight back. I would love to hear your story—how fear tried to ruin you and how you took back control after reading my book.

Send me an email and share your journey. I will be waiting to hear from you. If I, as a housewife, could overcome my fears, *so can you!*

All the best!

CHAPTER 5

EMOTIONAL INTELLIGENCE

THE SUPERPOWER YOU DID NOT KNOW YOU HAD

The first time I heard about emotions in a different light was from MVN Kashyap Anna's videos, where he said, "There are no good or bad emotions—just emotions." I loved that perspective.

But think about it—when we are happy, we do not blame anyone. Yet, when we feel pain inside, we often blame our parents, spouse, kids, in-laws, friends, relatives, society, and sometimes even God. Why do we do that?

One day, I asked myself: Why do we tend to throw our heavy emotions onto others? As I started researching, I found that it is because we struggle to contain the negativity we create around certain emotions. We feel they are responsible for our mood. Sounds familiar?

Just think—when you are happy, you celebrate with loved ones, sharing the joy with those who will cheer for you. But when you are sad or facing failure, whom do you call? You reach out to those who understand you, who will not judge you but will guide you. Right?

This is the difference between pleasant and unpleasant emotions. We embrace the pleasant ones, but with the unpleasant ones, we either throw them at someone or share them in search of comfort.

That is when I got curious about Emotional Intelligence. I first came across this term when I read a heartbreaking article about an Intermediate student who took her life because she secured State

2nd rank instead of 1st. Her younger brother, who witnessed it, went into deep shock and stopped talking. Their parents—both doctors—were left shattered, battling self-blame and grief while also struggling to take care of their son.

This tragedy made me realize the importance of emotional intelligence. The girl was academically brilliant, but she never learned how to handle her emotions. And her family, despite being highly educated, lacked the emotional awareness to support her in that crucial moment.

That article changed something in me. It planted the seed of emotional intelligence in my mind when I was in 10th standard.

And today, you see a “I am more than just your housewife” transform into a Life Coach and then into an Emotional Wellness Coach, because of that thought.

Let us dive deeper into understanding emotions and emotional intelligence together. Shall we?

Here are two experiments that completely blew my mind when I first learned about them! I’ve shared them with so many people I have met and had the chance to speak with. The more I understood the power of instant vs. delayed gratification and why practicing it is essential, the more I saw changes—not just in myself, but even in my kids, who started following my lead.

I once read, ‘When we change, we change the world.’ As a teenager, I thought this was just a feel-good quote. But as I became a coach, I finally understood the science behind it—when we change the way we see things, the world around us changes too.

So, take a deep dive into these two powerful experiments that transformed my perspective and can do the same for you!

The Marshmallow Study: A Lesson in Self-Control and Success:

In the late 1960s and early 1970s, a psychologist named Walter Mischel and his team at Stanford University conducted one of the most famous psychological experiments on self-control, delayed gratification, and emotional intelligence—an experiment that would later be known as The Marshmallow Test.

The Experiment Setup:

The study involved preschool-aged children (around 4 to 6 years old) who were brought into a room, one at a time, and seated at a table. On the table in front of them was a single marshmallow (or another treat of their choice, such as a cookie or pretzel).

The researcher then explained the rules:

The child could eat the marshmallow immediately if they wanted.

However, if they waited for 15 minutes without eating it, they would receive a second marshmallow as a reward.

The researcher then left the room, leaving the child alone with the marshmallow.

Children's Reactions:

The hidden cameras in the room captured a fascinating range of behaviours from the children:

Some children ate the marshmallow immediately—they could not resist the temptation.

Others struggled but gave in after a few minutes—they attempted to distract themselves but eventually succumbed to the urge.

A few managed to resist the temptation for the full 15 minutes—these children engaged in creative self-distraction techniques to stop themselves from eating the marshmallow.

Self-Control Strategies Used by the Children:

The children who successfully waited used several interesting techniques to manage their impulse control like -

- Avoiding eye contact with the marshmallow by looking at the ceiling or turning their chairs away.
- Singing, humming, or playing with their fingers to distract themselves.
- Closing their eyes or pretending the marshmallow was not there.
- Engaging in imaginary play, such as tapping the table or talking to themselves.

The Long-Term Findings:

Years later, Mischel and his team tracked these children into adulthood to see if their ability to delay gratification at age four had any long-term impact on their lives. The results were astonishing.

The children who had successfully waited for the second marshmallow were more likely to:

- Score higher on SAT tests and have better academic performance.
- Have better emotional regulation and fewer behavioural problems in adolescence.
- Develop strong social skills and handle stress more effectively.
- Achieve greater career success and financial stability.
- Have healthier relationships and lower rates of substance abuse.

On the other hand, the children who had eaten the marshmallow immediately were more likely to:

- Struggle with impulsivity and self-control later in life.
- Have lower academic achievements and higher rates of frustration.
- Experience more difficulty in handling emotions and social situations.

The Science Behind the Study: Why Does It Matter?

The Marshmallow Study highlights an essential concept in Emotional Intelligence (EI):

- Self-control and delayed gratification lead to long-term success.
- Managing emotions and impulses is a key factor in achieving life goals.
- Our ability to regulate desires and distractions shapes our future achievements.

This study proved that intelligence alone is not enough for success—emotional intelligence and self-discipline play an equally critical role.

How Can We Apply This to Our Daily Lives?

The ability to delay gratification can be trained and developed. Here are a few ways to apply the Marshmallow Test principles in real life:

1. **Pause Before Reacting:** Whenever faced with an emotional impulse (anger, craving, frustration), pause for 15 seconds before acting. It helps rewire the brain for better self-control.
2. **Break Big Goals into Small Steps:** Like waiting for the second marshmallow, train yourself to focus on long-term rewards over short-term pleasures.

3. **Practice Distraction Techniques:** Just like the children who sang or looked away, engage in alternative activities to control urges, such as deep breathing, journaling, or exercising.
4. **Visualize the Reward:** When working towards something challenging, imagine the result and the benefits of waiting. This strengthens patience.

Final Thought: Success Comes to Those Who Wait!

The Marshmallow Test teaches us that self-discipline is the key to a fulfilling life. It reminds us that those who can delay short-term gratification for long-term rewards are the ones who achieve greater success, happiness, and inner peace.

The Rubber Hand Illusion: How Our Brain Can Be Tricked into Feeling the Unreal:

In the late 1990s, researchers Matthew Botvinick and Jonathan Cohen conducted a fascinating experiment that revealed how our brains can create false sensations—an illusion that demonstrates how deeply our sense of self is linked to our body's perception. This experiment, now famously known as The Rubber Hand Illusion, provides valuable insights into how the brain processes touch, sight, and body ownership.

The Experiment Setup:

Participants sat at a table with their real hand hidden from view behind a barrier. In front of them was a lifelike rubber hand positioned in a way that seemed to belong to them. The experimenter then used two brushes to simultaneously stroke both the rubber hand and the participant's real hidden hand in the exact same way and at the same time.

At first, the participant knew that the rubber hand was fake. However, after a few minutes, something astonishing happened—they began to feel the sensation of touch on the rubber hand, even though it was not actually connected to their body! Their brain

had been tricked into believing that the fake hand was their real one.

How the Brain Creates This Illusion:

The Rubber Hand Illusion happens because of the way the brain processes multisensory information:

1. **Visual Input Overrides Reality** – The eyes see the rubber hand being stroked, and since the real hand is hidden, the brain assumes that the touch sensation is coming from the rubber hand instead.
2. **Sensory Integration** – The brain combines what it sees with what it feels. Because the stroking on the real hand and the fake hand happens at the same time, the brain links them together and “adopts” the rubber hand as its own.
3. **Body Ownership Perception** – Our sense of our own body is not just a biological fact; it is actively constructed by the brain. The illusion shows that the brain can be fooled into thinking an external object is part of its body.

Mind-Blowing Reactions from Participants:

The Rubber Hand Illusion triggered strong responses in participants:

- Many felt as if the rubber hand was theirs!
- Some pulled away in shock when the rubber hand was “attacked” with a knife or hammer!
- Others experienced a strange “numbness” or “disconnection” from their real hand.

This proves that our sense of body ownership is not fixed—it can be altered by simply manipulating sensory information.

What This Experiment Tells Us About Emotional Intelligence:

The Rubber Hand Illusion is more than just a cool trick—it teaches us a powerful lesson about how our mind shapes reality.

- Our brains are not always right – Just like it can falsely adopt a rubber hand, it can also hold onto false beliefs about ourselves and our emotions.
- Our perception of reality can be changed – Just as the brain can be tricked into “owning” a rubber hand, we can train our minds to see emotions differently.
- Our emotions are influenced by what we focus on – If our brain can “adopt” a fake hand, imagine how much our environment, past experiences, and thoughts shape our emotional responses!

How to Apply This to Life:

1. **Do not Believe Everything Your Mind Tells You** – Just because you feel something strongly does not always mean it is true. Step back and re-evaluate your emotions before reacting.
2. **Shift Your Focus to Shift Your Feelings** – If your brain can be tricked into feeling a rubber hand as real, it means that you have the power to rewire your emotional responses by changing your thoughts.
3. **Use This Awareness to Overcome Fear and Anxiety** – If your brain can “own” a fake hand, it can also “own” limiting beliefs and fears. Just like you can let go of the illusion, you can let go of emotional baggage.

Final Thought: You Are More Than Your Perceptions

The Rubber Hand Illusion proves that what we experience is not always the truth—our mind is constantly shaping our reality. If our brain can trick us into believing a fake hand is real, it can also trick us into believing we are weak, incapable, or unworthy.

But just like we can let go of the illusion, we can let go of limiting beliefs and emotional fears. The key is to recognize that we are in control of how we perceive and respond to life.

The Daily Emotional Cycle: How Our Feelings Flow from Morning to Night:

We all experience a complete emotional cycle in a day, though it varies from person to person. Our emotions follow a natural rhythm influenced by biological, psychological, and external factors like sleep, food, interactions, and stress. Here is how a typical emotional cycle unfolds in a day:

1.Morning - Awakening & Priming Emotions

Emotion: Calm, hopeful, or anxious (depending on sleep & thoughts)

Why? The brain resets during sleep, and we wake up either refreshed or carrying emotional residue from the past day.

Example: Some people feel energized, while others wake up dreading the day.

2.Mid-Morning - Productivity & Engagement

Emotion: Focused, motivated, or overwhelmed

Why? Energy levels rise, and we start tackling tasks, experiencing small wins or setbacks.

Example: A compliment from a boss boosts mood; an unexpected workload triggers stress.

3.Afternoon - Dip & Emotional Fluctuation

Emotion: Fatigue, frustration, or contentment

Why? Blood sugar drops, and decision fatigue kicks in.

Example: A tough meeting drains energy, or a casual chat with a friend brings relief.

4.Evening - Reflection & Emotional Release

Emotion: Relaxed, regretful, or relieved

Why? The mind starts processing the day's events, triggering either satisfaction or overthinking.

Example: Achieving a goal creates fulfilment, an argument with a spouse lingers in the mind.

5.Night - Emotional Reset & Subconscious Work

Emotion: Peaceful, restless, or anxious

Why? The subconscious mind takes over, processing emotions through dreams.

Example: If unresolved stress lingers, it may turn into a restless sleep or disturbing dreams.

Conclusion: The Emotional Loop

We experience a cycle of highs and lows daily.

Our reactions shape our next day's emotional state.

By managing emotions consciously (like gratitude or reflection), we can break negative cycles.

How Great Leaders Transformed Their Lives Through Emotional Intelligence Despite Adverse Conditions:

Steve Jobs faced many challenges, including being ousted from the company he co-founded. After leaving Apple, he took time for reflection and self-awareness, realizing that his earlier emotional outbursts and impulsive decisions had hurt both his relationships and the company's culture. With this newfound understanding, he re-entered Apple with a more controlled and empathetic approach. His emotional intelligence allowed him to manage his impulses, listen to others more effectively, and align his passion for innovation with the company's mission. Jobs' ability to transform his leadership style played a pivotal role in

Apple's remarkable resurgence, turning it into one of the most successful companies in the world.

Oprah Winfrey's rise from a difficult childhood to becoming one of the world's most influential figures was fuelled by her emotional intelligence. She developed a deep self-awareness that allowed her to understand her own emotional struggles and use them to connect with others. Despite facing numerous obstacles, including racial prejudice and personal challenges, Oprah stayed consistent with her goal to empower others. Her empathy for people's stories, combined with her ability to regulate her own emotions, helped her create a platform where millions found inspiration and healing. Oprah's courage to remain true to her values and connect with people on a deeper level was key to her lasting success.

Malala Yousafzai's journey to global activism was born out of a deep sense of self-awareness and a commitment to her cause. After surviving a brutal attack by the Taliban, she used her emotional strength and courage to continue advocating for girls' education. Malala's emotional intelligence allowed her to transform her trauma into a powerful message, motivating her to stay consistent in her mission despite the enormous pressure and danger she faced. Her ability to empathize with others in similar situations and her unwavering determination to fight for justice made her a symbol of resilience. Malala's story is a testament to how emotional intelligence can empower individuals to turn adversity into a catalyst for meaningful change.

Muniba Mazari's life took a dramatic turn when she was involved in a car accident that left her paralyzed from the waist down. Rather than succumbing to despair, Muniba used this life-altering event as an opportunity for self-reflection and growth. She realized that while she could not control her physical condition, she had the power to control her emotions and mindset. Through her emotional intelligence, she learned to embrace her new reality with strength and courage. Muniba's ability to

empathize with others facing challenges allowed her to connect deeply with people, and she became an advocate for disabled individuals and women's empowerment. Her resilience, consistent pursuit of her goals, and ability to maintain a positive outlook in the face of adversity have made her a beacon of hope and inspiration for many.

David Goggins is a former Navy SEAL, ultramarathon runner, and motivational speaker whose life story is a testament to the power of mental and emotional resilience. Growing up in a challenging environment filled with abuse, poverty, and self-doubt, Goggins learned to confront his inner demons through sheer determination and emotional strength. His journey is rooted in the realization that most people, including himself, operate far below their true potential due to limiting beliefs and a lack of emotional control. Goggins transformed his mindset by developing an unshakable emotional intelligence—learning to master his fears, push past pain, and find strength in discomfort. His relentless drive, consistency, and ability to embrace suffering as a tool for growth have made him a symbol of perseverance and mental toughness. Through his story, Goggins inspires others to break through their limitations and create lives of extreme accomplishment by controlling their emotions, pushing boundaries, and never giving up.

Tony Robbins is a renowned life coach, entrepreneur, and motivational speaker whose rise to success is deeply rooted in his understanding and mastery of emotional intelligence. Growing up in an abusive household and experiencing poverty, Robbins faced significant challenges in his early years. However, he discovered that the key to overcoming adversity lay in the power of the mind and emotions. Through self-awareness and a commitment to personal growth, Robbins transformed his life, teaching himself to manage his emotions and mindset to achieve his goals. His emotional intelligence allowed him to not only overcome his own limitations but to guide millions of people toward achieving their potential as well. Robbins has consistently emphasized the

importance of managing one's emotions to make empowered decisions, cultivate lasting success, and build meaningful relationships. His work has empowered countless individuals to create positive change in their lives by taking control of their emotional state and using it as a driving force for success.

Priyanka Chopra's journey to global stardom is a powerful example of emotional intelligence and resilience. Coming from a modest background and facing cultural barriers, she struggled with insecurities and challenges early in her career. However, her self-awareness and emotional strength enabled her to overcome rejection and criticism. Priyanka embraced her unique identity, using her emotions and experiences to connect with audiences worldwide. By consistently focusing on personal growth, she broke into both Bollywood and Hollywood, proving that emotional intelligence—through self-regulation, empathy, and perseverance—was key to navigating her path to success. Today, as a philanthropist and advocate for women's rights, education, and mental health, she continues to inspire others by demonstrating how emotional resilience can turn adversity into achievement.

Mel Robbins is a renowned motivational speaker, author, and television host whose life transformation story is centred on emotional intelligence and overcoming personal challenges. Struggling with anxiety, self-doubt, and a series of setbacks, Robbins hit a low point in her life. However, she discovered a simple yet powerful tool that changed her life: the "5-Second Rule." This rule, which encourages taking immediate action without hesitation, became a catalyst for her to break free from her emotional paralysis. Robbins realized that her emotional responses were often holding her back, and by learning to act in the face of fear, she could reshape her destiny. Through self-awareness and self-regulation, she managed to turn her life around and achieve personal and professional success. Robbins now teaches millions around the world how to recognize and overcome their emotional barriers, empowering them to take

control of their lives and achieve their dreams. Her message emphasizes the power of emotional intelligence to create lasting change by mastering fear, procrastination, and self-doubt.

Madonna's journey to becoming the “Queen of Pop” is a testament to her emotional intelligence, resilience, and relentless pursuit of her goals. Raised in a working-class family and facing numerous obstacles, including personal tragedies and challenges in the music industry, Madonna developed an unshakable belief in herself. Her self-awareness and emotional strength allowed her to continuously reinvent herself, pushing boundaries and defying societal expectations of women in music and pop culture. By embracing both her vulnerabilities and strengths, Madonna learned to regulate her emotions and use them to fuel her creativity and drive. Her ability to stay consistent, adapt to changing times, and maintain her relevance for decades speaks to her emotional resilience and unwavering commitment to her vision. Through her music, advocacy, and constant evolution, Madonna continues to inspire millions, proving that emotional intelligence and determination can transform adversity into lasting success.

Nelson Mandela's life is a profound example of emotional intelligence, resilience, and unwavering dedication to his values, even in the face of extreme adversity. Imprisoned for 27 years under apartheid in South Africa, Mandela's self-awareness and emotional strength allowed him to transform personal suffering into a powerful force for change. During his imprisonment, he learned to manage his emotions, using forgiveness and empathy instead of hatred, which ultimately became a cornerstone of his leadership. Mandela understood that true leadership came from regulating one's emotions and connecting with others, even with those who had wronged him. His consistent courage, emotional resilience, and ability to focus on the bigger picture—justice, peace, and equality—helped end apartheid and led to his election as South Africa's first Black president. Mandela's journey

highlights how emotional intelligence, along with persistence and compassion, can create monumental change in the world.

Chiranjeevi's rise from a small-town boy to a towering figure in the Telugu film industry is a powerful story of grit, emotional intelligence, and transformation. Born into modest circumstances, he faced early setbacks and fierce competition in the film industry. But rather than letting these challenges define him, Chiranjeevi learned to turn his emotional vulnerabilities into strength. His unwavering belief in his vision, combined with his ability to manage his emotions and adapt, helped him rise to superstardom. He was not just an actor but also a trailblazer, using his success to influence social change through his philanthropic work and political involvement. Chiranjeevi's journey proves that true leadership and success come from understanding and mastering one's emotions, and how the resilience to overcome personal and professional obstacles can create a legacy that inspires generations.

The Day I Chose to Understand My Emotions:

There was a time when I was my biggest fan as a child, but as I grew older, I started judging myself harshly against the so-called ideal rules of being a perfect human. This self-judgment led to a cycle of negative self-talk, rejection, and even moments of self-blame. Left alone at home, I would oscillate between hitting, consoling, and shouting at myself, trapped in an emotional storm that I couldn't escape. Then came the day when I had a profound realization—I needed to understand my emotions instead of complaining about them. That moment marked the beginning of my journey toward self-awareness.

My search led me to my mentor, Puja Puneet, and her transformative course, *Awakening*. One session changed everything for me. She asked us to write down emotions like anger, doubt, fear, guilt, shame, procrastination, and jealousy, explaining how our inner dialogue activates these emotions. More

importantly, she taught us how to shift them through affirmations. It felt like I had discovered a hidden treasure. Slowly, I started practicing affirmations, understanding my emotions instead of suppressing them. I began recognizing which emotions from my past were holding me back, preventing me from living a joyful life, and which fears were stopping me from moving forward.

Now, it's your turn to explore and enhance your emotional intelligence for a happier, more fulfilling future. My manuals are designed to help you build emotional strength, but remember, there is a step-by-step process to follow. If you complete this book and still feel the need for guidance, I will be more than happy to help you. You are not alone on this journey—understanding your emotions is the first step toward transforming your life.

CHAPTER 6

THE RIGHT MENTOR CAN CHANGE YOUR LIFE

In this chapter, you are going to feel an “OMG” moment—realizing just how much the right mentor can truly transform your life. I have had many mentors, but Puja Puneet will always hold a special place in my heart. She helped me heal from deep emotional wounds that I did not even realize were controlling my life. If it were not for her and her courses, I cannot even imagine where I would be today or what kind of mess I might have created.

Perhaps I would have remained an unhappy, dissatisfied mother—constantly complaining and feeding negativity into my children, blaming their father and his parents for all my struggles. But *thank God*, she trained me to rewrite the stories I was telling myself. *Thank God* she entered my life at the exact moment I needed her the most. *Thank God*, she introduced me to a community of like-minded people who uplifted me and showed me that I was not alone. In more ways than I can count, she helped me fight back when life had pushed me to rock bottom.

So, let me take you through the journey of how connecting with Puja Puneet changed my life—step by step.

My Unposted Letter to Puja: A Tribute to My Mentor

Dear Puja,

I hope you remember that day in March 2023 when I told you there were so many things I wanted to share—how you and your system transformed my life. But I could not fit it all into a small

message or a letter. I needed a book. *Haha!* And that is exactly why you now have an entire chapter dedicated to you.

I used to tell you to call me your *Eklavya Shishya* because I followed every word you spoke. Your affirmations became my life's mantras. Your book became my guide. Your recordings became my solutions. Your Big Sisters became my mini angels. Your manuals and chapters shaped my personality. Your *husband-and-wife* tips helped me build a happy, fulfilling relationship with my husband. *What not, Puja?* Every part of me that now knows how to deal with life's challenges has been shaped by you.

This chapter is for you, my mentor, my guide, my angel. *All my gratitude belongs to you.*

The Moment, I Knew You Were the One:

Puja, I realized that before anything else, I needed to change the way I looked at life. Just before you entered my life, I had one major realization—I was fighting and arguing with the wrong people. Deep down, I knew the real battle was within me, but I could not control it. That is when I understood that I needed to develop self-control.

I started a 90-day challenge, and my priority was to heal my relationship with my husband because the pain from it was unbearable. We attended online sessions with a family counsellor, and in just three sessions, she pointed out exactly where we were going wrong. That was the first dot. The next dot connected when I realized I needed to learn financial management, so I sought guidance from a financial advisor. That is when I set a new goal—to earn money for my financial freedom and my children's future security. I began asking God to send me a female mentor who could help me create a life where I could work from home, gain respect, build strong relationships, earn well, stay stress-free, be available for my kids, maintain good health, make confident decisions, and take care of myself. *Haha!* As I wrote it all down, I

laughed, thinking I was throwing an impossible puzzle at God to solve.

I know digital marketing algorithms pitch content based on what people browse. But trust me—I had never searched for anything about becoming a life coach. I never typed or wrote it anywhere. And yet, there you were—appearing like a miracle in an advertisement. I was *shocked* to see you speaking about the exact things I had been writing in my letters to God every day. For a moment, I questioned if this was even real. But then, I told myself—if you were truly the one sent by God, I could not afford to ignore it and regret it later. That thought pushed me to join your webinar. And every word you spoke in that session felt like it was meant *just* for me. I knew, without a doubt, that I had found my angel. The three takeaways from your webinar confirmed it—I was exactly where I was meant to be.

The Day She Said, “We Don’t Live Lives, We Live Patterns”:

At first, I was puzzled. *Patterns?* What patterns? Are they the same patterns we learned in mathematics?

You know, like: white ball, green ball, red ball, white ball, green ball, red ball, white ball... what comes next?

If life really worked like that—if our whole life ran in these invisible patterns—what would that mean for me?

Let me give you an example:

I expect to have a happy time with my husband and kids.

Then, he gets a call.

Then, my mother-in-law suggests going somewhere or doing something.

I argue.

I shout.

I don't know how to deal with the negativity I've created.

I run away from the situation.

I cry.

Then I come back, adjust.

And then... repeat.

This same loop kept repeating so many times that my brain accepted it as *truth*. So much so, that even a normal phone call would trigger my reaction—before anything even *happened*. My brain had decided: *This is how it is going to go*.

That day, I realized—I had to break this pattern.

But how?

That is when I came across Dr. Meghana Dikshit, a brain performance expert. I joined her webinar, and there, it clicked: The brain was the culprit. It was releasing adrenaline and cortisol unnecessarily, making me feel threatened, just because of my past experiences. My brain was treating *memories* as *proof* that it is going to happen *again*.

That is why I used to panic the moment I heard my husband on a call with his mother. It was not them. It was me. It was my pattern.

So, I started turning toward that fear and asking:

“How sure are you that this is going to happen again?”

Every time I asked, the fear grew smaller.

And slowly, I wanted more of those calls—because they gave me the chance to work on this loop.

Now, I know:

It is completely in my power—not anyone else's—to break a pattern.

Thank you, Puja, for making me *aware* of more patterns. Only then was I able to break it.

Her Webinar Gave Me These 3 Life-Changing Insights:

The day I attended Puja's webinar; something shifted inside me. I realized—it is time to start changing the patterns that were silently running my life.

Along with that realization, I walked away with three powerful takeaways that became the foundation of my self-work journey:

Fighting resistance with the 5-4-3-2-1 technique – Instead of getting stuck in overthinking or hesitation, I started acting in the moment. That simple countdown helped me move, take action, and interrupt my fear-based patterns.

Dealing with the 'Guilt Auntie' inside me – The one who kept whispering, "You shouldn't do this," "You are being selfish," "What will others say?" I learned how to face it, talk to it, and gently set it aside.

Learning to say 'No' and upsetting people a little – For the first time, I gave myself permission to be a little selfish, knowing that this was the only way I could truly be selfless later... from a full heart, not a drained one.

That whole month felt like a beautiful experiment. I was finally *feeling* my own power for the first time in my life. And the truth was—I always had that power. I had just been too busy believing what others told me about myself.

Thank you so much, Puja, for the webinar, for your guidance, and for giving me tools that helped me live better. If you had not opened that door, I may have never found it on my own.

Love you.

The Day I Decided to Become a Life Coach:

The day I enrolled in Puja's *Coaching Mastery* course, something beautiful awakened inside me. For the first time, I truly believed—I *can become a life coach*. Not just work under one, not just support someone else's mission—but truly lead my own.

I was excited... and overwhelmed.

The course was for two full days—Saturday and Sunday, 9 AM to 6 PM. My daughter was just 19 months old then, and arranging care for her felt like moving mountains. I started asking people indirectly for help, but no one stepped forward.

So, for the first time in my life, I took a bold step—I said, “I’ll travel to Rajahmundry and ask my cousin if he can help.” And something shifted. The moment I stood up for my desire, people around me started saying, “Okay, you can attend—we’ll take care of the kids.”

Haha, I had to become a little dramatic to get their support, but it worked!

At the end of Day 1, Puja said, “*Tomorrow, I want to see you in your coach dress.*”

That night, I went to a mall after years. I walked around, looked at clothes differently—not as a mother, not as a wife, but as a coach. I found a beautiful coat. I didn’t compromise on how I wanted to show up. I felt proud, excited, alive.

But the next morning, when I looked at the dress hanging, I suddenly felt like... *this isn't the day*.

And just like that—Puja announced the next level.

It was an invitation to step into a higher self-worth, a deeper purpose, a bigger version of me.

The cost? Two lakhs.

And with it came a huge wave of self-doubt: *Where will I get the money? Do I even deserve this?*

My excitement turned to fear. My heart knew I could help people. I knew I was a healer. But my mind whispered, “*Maybe later... maybe not you.*”

And then, *Vandana*, one of Puja’s senior coaches, asked me just one question:

“How much do you think you are worth?”

That night, I made a decision that would change my life forever.

I said YES.

Yes to myself. Yes, to my dream.

Yes to the healer inside me who had waited long enough.

I found the money. I did not let fear stop me.

Because I knew—I am meant to heal people.

I just needed someone to show me *how*.

The Day I Fell in Love with Money:

Her *Money Manifestation* webinar gave me something that completely shifted how I saw money.

For the first time, I heard someone say,

“Say thank you to the money whenever you pay for something—because only if you have it, can you spend it.”

And something about that just struck me deep.

I had never thanked money before. I had only worried about it.

From that day on, I began a new ritual.

Whenever I paid—whether by cash, GPay, PhonePe, or even coins—I would pause and say, “*Thank you.*”

Thank you for coming to me. Thank you for allowing me to buy this.

Even when I received ` 10 or ` 1 as change, I smiled and felt grateful.

And then, another habit formed:

I started *using cash* sometimes—just to feel the connection again. I arranged all my notes neatly in my wallet, one after the other, like honoured guests.

My wallet became more than just a wallet.

It became my best friend.

My little money temple. Haha.

In that webinar, there was one moment I’ll never forget:

Puja stood with her palms open and said,

“Let the money flow from your right hand... say, ‘Go to his pocket... now hers... now there... and come back to me through the left... into my account.’”

That moment?

Pure magic.

I don’t know why—but I felt so free, so powerful, so joyful.

Since then, I visualized money that way—flowing freely like a river.

And I’d whisper to it:

“Money, come soon, so I can stop you from going into the hands of people who build atom bombs. Come to me. I want to heal the world with you.”

Slowly, I started playing with more such visualizations:

“Money, the way I’m God’s instrument in healing people, you are my instrument in doing that.”

And of course, the affirmations she taught us became part of my daily language:

- ***I am a money magnet.***
- ***Money is flowing to me easily and effortlessly.***
- ***Money is coming from expected and unexpected ways.***

It was never about money.

It was about *my energy* around it.

It was about *letting go of fear* and *welcoming flow*.

It was about *respecting money* like a sacred friend—not chasing it but co-creating with it.

That day I stopped worrying... and started playing.

And everything started changing.

From Chaos to Clarity: My Journey through CC and CCX

When I enrolled in Puja’s *Coaching Certification (CC)* program, I thought the biggest challenge would be the learning.

But it was not.

The real challenge was *showing up*.

CC was not just a course—it was a full-time commitment:

- Weekly trainings
- Breakout rooms and deep discussions
- Mini tribes and accountability partners

- Challenges, flyers, social media postings
- Journaling, habits, reflections
- Emotional upgrades every single week

Everything felt new. Everything felt intense.

And most of all—everything felt like a fight between my *old life* and my *new calling*.

As a mom, I had gotten used to the *10K marathon* every day—running between responsibilities, multitasking, doing everything for everyone, and collapsing in exhaustion.

But this course? It asked me to *sit*.

To *listen*.

To *speak with intention*.

To *prioritize myself*.

And oh, was that hard.

Even simple things were a challenge:

- Going to the stationery shop for printouts
- Maintaining a gratitude journal
- Accepting 100% responsibility for my own life
- Speaking out loud about my dreams

But slowly, something inside me began to shift.

In Chapter 2, everything changed.

That day, I looked at my “want list” and realized something so simple, yet so profound:

Everything I wanted was tied to *happiness*.

A happy mother.

A happy wife.

A happy coach.

A happy me.

That realisation helped me *align my inner compass*.

Then came the breakthrough chapter: *Limiting Beliefs*.

This is where Puja personally helped me rewrite a story I had carried since childhood—a story filled with guilt, weight, and emotional baggage.

She taught me how to fight back.

How to challenge the imposter within me.

How to *reclaim my inner power*.

I found my “soul sister” in our mini tribe—an accountability partner (Hari Priya Pilla) who spoke my language and walked the path with me.

My kids began seeing a *happier* mom.

My husband noticed a *lighter, freer* wife.

The invisible weight I had carried for years?

It was slowly dissolving.

I began to focus on:

- My thoughts
- My words
- My to-do list
- My joy list
- My goals
- My behaviour
- My *inner world*

I realized—until now, I was blaming others for how they treated me.

But once I turned my focus *inward*, the game changed.

And just when I thought I had arrived—came the final challenge: **CCX**.

We had to present our story in just 5 minutes.

And I failed.

Not once, not twice—but four times.

Each time, I changed the story—about energy, about teaching, about marriage, about pain...

Until my big sister Sheetal, lovingly yet firmly, *lost her patience*.

“Haritha,” she said,

“We don’t want a lecture from you. We want your experience.”

That night, at 11:30 PM, I finally understood.

I sat down and wrote the rawest piece of my life: ***Me and My Mom’s Story***.

I sent it to her, and she called me immediately:”This,” she said, “*is* vulnerability.

This is storytelling.

This is YOU.”

That day, I understood something I will never forget:

People do not want Gyan. They want a heart connection.

They want to feel your tears, your courage, your laughter, your truth.

Thank you, Puja, for this life-changing system.

Thank you, Sheetal, for believing in me and pushing me to find my real voice.

Love you both. Always.

The Day I Chose Myself: My Chennai Breakthrough

I still remember the day I had to travel far, leaving my children behind for the first time in *eight years*.

It was not easy.

I was the mother who once blamed herself for putting her baby in daycare at an early age.

I was the mother who made a silent promise to her daughter after a painful bout of dengue:

“Never again will I leave you.”

That promise—born from guilt and fear—kept me tied down for years.

So when the *Live Event in Chennai* came up, I was torn.

It meant leaving my two kids with their father for a day, and with their grandparents the next.

Just before leaving, I broke down and cried.

That is when my husband gently stepped in.

He made me write a line on a piece of paper and stick it in the hall:

“My husband is going to take care of the children because he is the father of the kids.”

I laughed through my tears. That one sentence gave me the strength to *go*.

It was the first time I travelled without my family in eight long years.

The moment I met my friends in Chennai—Rama, Prema, Haripriya, Neelima, Sardonyx, Sureka, Rachita, Shalini...

And my big sisters—Sheetal and Swetha—my heart *burst open*.

I danced like no one was watching.
I laughed like I had nothing to prove.
There was no judgment.
No questions.
No invisible ropes tying me to *be perfect*.
I felt free—from guilt, from expectations, from perfectionism.
I was surrounded by love, respect, excitement, and unconditional support.
For the first time in years, I was *me*.
And then I saw *Puja*.
I could not stop myself—
I touched her feet,
hugged her tightly,
and let my happy tears flow.
There was healing in those hugs.
There was grace in that space.
There was sisterhood, music, dancing, and a magical energy that made me feel like...
This is it.
That day, I knew I was ready.
I visualised myself wearing a *white coat*, receiving my *Life Coach* certificate, and stepping into the *dream life* I had always imagined.
We sang Sia's "*Unstoppable*"—Puja's favourite—and I felt every single word in my body:
"I am unstoppable. I am a Porsche with no brakes..."

Sometimes, I just close my eyes to relive that moment.

To remind myself of the joy, the freedom, the transformation.

Thank you, to everyone who was a part of that day.

Thank you for holding space for me to fly again.

The Fire That Forged Me:

When Puja announced her Super Specialisation (SS) and Enlightenment courses, my world turned upside down.

I froze.

I had no idea how I would afford it. No clue how I would make that money back.

But something deep within whispered: *This is your next step.*

So, I trusted that voice. I paid the basic amount and told myself—

“God, I am going ahead. Whatever happens now is your responsibility.”

That leap of faith became my first step toward becoming a healer and life coach.

Returning from Chennai, the pressure hit hard.

The rest of the course fee was still pending, and I did not know where it would come from.

But I began telling a new story:

“I’m going to become a Big Sister one day... this money will come back to me through Puja’s blessings.”

I promised my dad that the money he gifted us would return in just two years through my coaching journey. I still remember the exact path I walked when I made that commitment.

But stepping into SS, I felt like -I jumped from the frying pan straight into the fire.

On one end: Intense Zoom sessions, breakout rooms, daily action tasks.

On another: I had *already declared to the world* that I was a life coach—and people were watching.

At the same time, I had to *start earning money*. And for that, I had to do the one thing that terrified me the most:

Ask for money for my words. My time. My presence. My truth.

It felt impossible.

Make things worse, my grandfather passed away.

My first few clients? My mom, dad, and sister. The others? My cousin (who dropped midway) and a neighbour's daughter (whose father and husband *forced her to quit* my program).

I felt crushed.

Still, I believed.

I thought I would get clients back-to-back like Puja. But real life?

Was not that easy.

I took a bold step and rented a tiny office, dreaming of clients walking in, one after the other.

But then summer holidays came. My kids were home.

They scribbled with permanent ink on the floor, and I had to pay for the damage.

At the same time, my confidence to pay next month's rent... disappeared.

I had to let go of the office.

Reality was tough. People did not understand what I was offering.

My stories did not convert.

My resistance to asking for money... it *choked* me.

But Puja kept reminding me:

“You are laying the foundation today. Do not stop the process until you reach your goal.”

And then came my angels—my Big Sisters.

- **Jharna** – who held space for me when I doubted myself or Puja.
- **Vinti Bharati** – who connected me with a batchmate earning well, showing me it *was* possible.
- **Sheetal** – who, when I couldn’t even post my flyer because of my inner fear (*what if I earn more than my husband and he leaves me?*), sat with me on a video call, helped me open Canva, and taught me how to design confidently.
- **Rajashree** — the one who gently helped me heal my deepest emotional wounds. For three months, she spoke with me every week, guiding me with love and patience. Through her, I learned how to release the heaviness of my past karmic bondages and finally let go.

I was never alone. Every time I hit a wall, someone pulled me back up.

And yes, I was doing deep healing work too.

Before joining Puja’s tribe, I had a cyst in my left ovary.

But with consistent self-work—affirmations, visualizations, movement, healing—it *disappeared*.

No surgery. No medicine. Just self-love and consistency.

That miracle told me: Your body is listening.

And so is the Universe.

From creating Level 3 programs worth ` 1 lakh to understanding the power of *client agreements*, everything started aligning to my *bigger purpose*—

- To heal people.
- To help others live peacefully.
- To reduce aggression and spread love, acceptance, and respect.

My vision was still forming.

But my voice was getting stronger.

I began meeting people of all age groups.

Hosting webinars with different titles.

Trying, failing, learning, and getting up again.

Every comfort zone I had built over the years—I started breaking it, *one by one*.

And then, one day, with trembling fingers and a proud heart,

I stepped forward and said to the world:

“Hello, Namasthe and Aadab. This is Haritha Akkala... and I am a Life Coach.”

My Second Chennai Journey – The SS Completion Ceremony:

The second time I travelled to Chennai was for the SS Completion Ceremony. This time, we planned something special—our whole family would join, and we would stay in a 5-star hotel to celebrate that richness and “big life” feeling, even if just for a day.

But life, as always, had its own plans.

Just before the trip, our son had his exams and had to stay back. Thankfully, my parents, who live nearby, stepped in to take care of him. And then, on the evening of our journey, my daughter suddenly fell sick. She started vomiting severely, and that night on the train, I could not sleep for even an hour.

I was torn—guilt, pain, and doubt swirling in my mind.

“Am I being selfish for bringing her along?”

“Should I just go back?”

And on the other side, a quiet voice asked, *“Don’t I deserve just one day... for myself?”*

It was a terrible emotional storm.

When we reached the hotel, exhausted and anxious, it was my husband who became my anchor. He looked at me calmly and said, *“You go attend the event. I am here for her.”*

That moment was life changing.

Big Sister Swetha Maheswari told me that day, *“You are truly blessed with the best husband—very few have such a man by their side.”*

And for the first time, I deeply felt it—I am blessed. I have the best man on Earth.

I had visualized myself standing on that dais, sharing how Puja and Life by Design helped me heal. That dream came true. I got an opportunity to speak. I did not even ask how long I had to talk—I just poured my heart out. Looking back, it is funny now that I went on for so long! But one thing was clear that day—Puja and her big sisters were not just mentors; they were angels sent by God.

We had lots of fun in Chennai, despite the emotional rollercoaster.

And then, as we were returning home to Hyderabad... we missed our train—by *just* 4 minutes. Stuck in traffic, we reached the station late.

You would expect a typical couple argument—blame, frustration, irritation. But instead, we looked at each other and laughed. Aloud. Right there in the station.

We had changed. We were becoming better. We were understanding each other more.

All thanks to you, Puja.

You helped not just me—but us, as a couple.

You made life better for a struggling mom and wife.

And to the amazing Big Sisters who walked with me—thank you from the depths of my heart.

And to my husband—for standing by me and showing up when I needed him most—thank you for coming with me to Chennai. You made it magical.

Your Enlightenment Course Changed My Life – A Letter to Puja

Puja, your *Enlightenment* course completely changed the way I was looking at my life.

It did not just shift my mindset — it transformed my soul.

As I began changing, I invited my sister into this journey too. And then, one day during the *Awakening* course, you guided us to write down emotions step-by-step: doubt and fear, guilt and shame, anger, procrastination... That was the moment something cracked open inside me. I felt deeply connected.

I practiced observing, postponing, talking, and processing my emotions. Slowly, I started seeing miracles.

One big miracle? My sister and her family, who were in the USA for eight long years, suddenly came back!

Their visas were approved, and they travelled within days.

I hugged my sister again.

I met my elder nephew, Karthik, after years.

And for the first time, I held my little nephew in my arms.

I spoke to my brother-in-law, something I hadn't done in 8 years.

All the pain I had been carrying — the longing, the tears, the guilt — melted into celebration.

These were not just my dreams; they were my *mother's* dreams, my *sister's* dreams too. We waited for this moment for years — and suddenly, it was real.

At the same time, I had become a Big Sister for Awakening, and my sister enrolled in the course too. We were doing the *21-Day Money Manifestation Challenge* in your WhatsApp group. Every morning, we would get a prompt:

“Imagine you received ` 50,000 today. You must spend it on yourself — or it will vanish.”

We would laugh so hard in the living room, dreaming and talking wildly. My husband and my brother-in-law would joke,

“They're talking as if they got real money!”

And the next day it was ` 1 lakh.

We imagined paying for a Kerala package — flights, shopping, everything.

My mom said, “*I'll buy gold bangles!*”

And guess what? Within just 2 days, we paid for the package and headed to Kerala — during the second session of *Enlightenment*.

During the first session, the Lemuria Goddess, I saw Puja, enjoying on an island, surrounded by water.

And by the second session, there I was — on a boat in the middle of the backwaters, *living my dream*.

This was not just travel — this was transformation.

I was in love with these manifestations.

I began to love life.

I started feeling strong.

I now knew — we can redesign our lives.

We just must believe.

Go deep. Visualize. Feel it. Believe it.

So dear reader, pause for a moment.

Can you feel it?

My life was shifting —

From fear to celebration

From pain to power

From victim to victor.

Yes, our brains are small — but the voices of doubt we've listened to are too loud.

It's time to rise.

Say this aloud:

"Today, I am open for miracles."

And I promise, you will start seeing them.

Then came the Lalitha Goddess session —

I realized I was carrying more fear in my marriage than *trust*.

I understood my deep sexual desires — something I had never explored or spoken about. It helped me balance my energy. Now, I know what to say and what *not* to say in intimate moments.

This awareness brought us closer — me and my husband — emotionally and physically.

Then came Durga — I learned to balance Karma and Dharma.

And then Kali — I was saying “sorry” way too often, even when it was not necessary.

That realization made me stronger. I began to stand up for myself without guilt. I now know when to let go — and when to *roar*.

Then came Quan Yin —

I realized I had to forgive.

I blamed my mother-in-law for my unhappiness. But truth is, I let go of my dream to adopt a girl child just because she said *no*.

That anger sat deep within me.

I told myself:

“Let us adopt many girls in the future and give them beautiful lives, Haritha. It is not over.”

I forgave her. And I forgave myself.

Then came Cerridwen — the Goddess of maternal wounds.

I understood the wounds my parents gave me as a child — the pain, the beatings, the loneliness.

I wrote apology letters from my parents to my younger self.

I cried so much that week.

But I healed.

And guess what?

I did nothing *physically*.

But that week — my mom *texted me*:

“Hari, I love you so much”.

That... was a miracle.

I started practicing Ho’oponopono, just as Puja taught us.

And it worked.

Then came Goddess Isis — and I saw my sister wounds.

We had hurt each other so much, unknowingly.

I began to heal that too.

And by the end of the course —

I was no longer part of groups that demanded me to prove myself.

I stopped living in “do for them, be for them.”

I felt *light*.

I felt *free*.

I felt *ready*.

Now, I know how to heal.

Now, I am ready for the next chapter of my life.

Big Sister Dream Flying High and Crash Landing – November 2023:

Becoming a Big Sister in Puja’s tribe was one of my biggest dreams. I manifested it not once, but four times. I was thrilled—speaking to clients, listening deeply, inspiring them, and sending healing energy from my heart. It was fulfilling.

But while one side of me soared with joy, the other side quietly trembled.

Balancing Big Sister duties with motherhood was not easy. Most clients were working professionals, so I had to schedule calls at odd hours. I would switch on the TV for my kids just to buy some quiet time. Sometimes, there was no one to help, and my kids would fight, hurt each other, or cry.

I still remember my daughter standing near the door one day, softly pleading,

“Amma, I will sit silently. Please let me in.”

That moment shattered something inside me. I felt torn—between duty and desire, love and longing.

Slowly, I realized I was not yet ready for Big Sister duties. Not because I lacked capability, but because this version of me was not prepared for that kind of responsibility.

And then, in November... I was not called back.

It hurt.

More than that, it crushed something I had worked hard for. People laughed.

“Puja gave you a biscuit,” someone said.

“One more bakra,” another tribe member mocked.

I did not know how to process that pain. My betrayal wound—so raw, so old—triggered again. I cried, curled up on the sofa, watching Korean dramas and crying along with the actors. Waiting for a miracle message from Puja’s team that never came.

And then... came December. My birthday month.

I told myself: This time, I will prioritise *me*.

On my birthday, I asked myself, “*Haritha, what do you want?*”

A quiet whisper rose within:

“Do you remember? If nothing works out, you are going to meet Nag Anna. You will tell him you became a coach because of his interviews with MVN Kashyap. You will ask if there is something you can do—a podcast, a collaboration... just something.”

So, I searched the address of Suman TV. I was not even sure what I was doing. And life—so beautiful in its mystery—led me not to Nag Anna but to another building... and another anchor. Something clicked. A spark lit. I met Mohan sir, the team lead, and he told me the journey of Suman TV.

I was still full of self-doubt and fear.

But that very day, I got a chance to speak. My husband said, *let us just check if you can do it*, and supported me.

I was invited to debate with Kompally Madhavi Latha garu.

I was shaking. Literally. But I stood firm, repeating affirmations silently:

“Work for the work and the work works for you. I am God’s instrument in making the world a better place”.

And just like that—my journey with Suman TV began.

Looking back, I now understand...

If I had continued as a Big Sister, I would have stayed in my comfort zone.

I would not have needed to find my own clients. I would not have explored the world beyond Puja’s space. I would’ve become dependent again, waiting for someone else to bring me opportunities.

But that painful November, that so-called crash landing—it was necessary.

Because from that fall, I rose.

I became a motivational speaker.

I stopped hiding.

I stopped waiting.

I stood up and said:

“I am ready to fly high... on my own wings.”

You can just type “Haritha Akkala” and find my videos in Telugu on Suman TV.

Sometimes, rejection is God’s redirection.

Thank you...

- Puja, for your courses, your tribe, and your unconditional love.
- Radha and Mohan sir, for the Suman TV opportunity.
- Nag Anna, for the inspiration.
- Kashyap Anna, for being a living example.
- My husband, my rock.
- Mother Nature and God, for carrying me through everything.

To all the women reading this: Sometimes your darkest month hides your biggest breakthrough.

Do not stop.

Love Bubble Course and Its Magic:

Slowly, I was trying to balance my life and make content. I had no guidance, no sure feeling, but one thing that kept me going was *consistency*. The formula was simple—show up for the work. One affirmation kept echoing in my heart:

“Work for the work, and the work works for you.”

It gave me the power and push I needed every day.

Another one that anchored me was:

“I am God’s instrument in making the world a better place.”

This belief helped me explore, experiment, and expand. And with that, money started flowing in. Clients began paying for my 3-month courses. I slowly started gaining confidence.

Coach friends also started coming together. New connections, fresh energy—it was exciting! Yet, at the same time, I felt low when my videos did not get views. I remember feeling disheartened. But then, in April 2024, *one video crossed 54k views*. I was thrilled—finally, one video went *well*! That moment gave me the motivation to continue.

Around the same time, few of my coach friends from Puja’s tribe wanted to do a physical event to *heal women on Mother’s Day*. It felt like- jumping from the frying pan into the fire. My health began to decline. Meetings were at night or during my much-needed rest hours. My routine was disturbed, and I could sense something shifting. People I trusted started playing games behind my back.

Still, on the inside, I was visualizing something beautiful—I wanted to *heal people through Puja’s Enlightenment Course*, but in Telugu. I loved that course. I asked for permission to translate and teach it in Telugu, and to my surprise and joy—*Puja said YES!*

That very same day, I launched the course, calling it Wisdom.

I poured my energy into it, channelling the goddess energies I had learned to invoke. While few women were hesitant to enrol at a high price, my mom supported me fully. Others could not pay, but I went ahead anyway—because I *trusted the process*, not the outcome.

But once again, my sleep began to suffer. I was going low, feeling stressed and confused, especially with how few friends were behaving. Right then, *another course by Puja launched*—called Love Bubble, a 2-day event. I was unsure whether to attend

or not. But eventually, I said to myself—just go, receive her energy, insights, and meet your angel.

I am so glad I went. After the event, for the first time, I gathered the courage to speak to a couple and help them restore their marriage. That moment birthed a new course—New Beginnings. It felt like, finally, *after becoming a coach, all my inner levels were aligned* to truly help someone *transform their life*.

To Puja:

Thank you, Puja, for giving me this clarity, this courage, and for helping me stay consistent in my mission. As you always said, *“Problems don’t disappear after becoming a coach, but YOU change.”*

Earlier, I used to take months to recover from emotional pain. Now, it takes just hours or a day.

Your DDD formula became my mantra.

You told me once:

“Haritha, it is okay that the planets were in a certain position when you were born. It is okay if the destination was pre-written. But you can still choose a different path—the one filled with happiness, excitement, experiments, lessons, losses, wins, tears, and laughter. Don’t live a life of sacrifice—LIVE FULLY.”

That one sentence shifted something deep inside me.

Puja, I remember during one *Lalitha session*, you made me write the date and time and said,

“Haritha, your daughter will not go through what you did. You already decoded the trauma. You broke the generational curse.”

I cried. That meant *everything* to me.

Thank you is a small word for what you have done in my life. From a fearful, confused, helpless mom, you have helped me become a *happy, healed mother and wife*.

I owe this joy to your courses, your energy, and your *Life by Design*.

You are my Guru.

From your Eklavya shishya...

I hope you remember the day I said, “Puja, I don’t want to just write a letter—I want to write a book about you.”

Love you so much. Please bless me that someday I will be part of your bigger mission as a Big Sister.

Bless me so that one day, I may become a living testimonial of your tribe.

Dear Housewives, My Sisters in Spirit...

You have just witnessed the journey—from an underconfident, hopeless housewife to a speaker, healer, and coach.

Yes, it is possible.

You do not need to rush, run around, get exhausted, or become an absent mother or wife—only to drown in guilt and shame.

You can *still be at home*, plan your day, stay consistent, *connect with the right mentors*, and *transform your life*.

You can *redesign* your life on *your own terms*.

Bring in your passion.

Take those bold risks.

Break your comfort zones.

Activate the beast mode within you.

And live a life that is whole, bold, and true to your soul.

Do not die with regrets.

Die with pride.

The pride of knowing—you lived like a *lion*.

You led. You roared. You *rose*.

And yes, to live like a lion, we will have to walk through storms and face our struggles. But remember this:

A lion does not wait for someone else to heal it. It licks its own wounds.

So, start healing yourself.

Stop waiting.

Start rising.

To every housewife reading this—

You have it in you.

And I believe in you.

Puja, this chapter is for you:

My Guru Dakshina.

Thank you for showing me my strength,

And for giving me the courage to become *me*.

With deepest love,

Haritha Akkala, Emotional wellness Coach.

CHAPTER 7

UNSHAKABLE STRENGTH: FINDING POWER WITHIN

Hanuman did not Know He Was Powerful, Someone Needed to Remind Him:

There was a time when Hanuman, the mighty monkey god, did not even know how powerful he was. As a child, he was extremely playful and full of energy. He once tried to jump up and catch the sun thinking it was one fruit! His divine powers caused mischief, so the sages, with love, placed a curse on him—not to take away his strength, but to make him forget about it until someone reminded him.

Years later, during the search for Sita, the monkey army stood helpless at the ocean's edge, unsure who could leap across to Lanka. That is when Jambavantha, the wise elder, reminded Hanuman of who he truly was. He spoke about Hanuman's birth, his divine blessings, and all the powers hidden inside him.

The moment Hanuman heard those words; something woke up inside him. He stood tall, full of confidence. He grew, roared with faith, and took that mighty leap across the ocean. Not because he gained powers that day, but because someone reminded him, he already had them.

Dear reader, just like Hanuman, you are powerful too. You have just forgotten. And this chapter is your Jambavantha moment.

Sanjeevani Story Reminds Us Of:

When Lakshmana was down in battle and lay unconscious, the entire Vanara Sena panicked. Rama's heart was with pain.

The only hope - a herb called Sanjeevani, hidden deep in the Himalayas.

Hanuman was given the task to bring it. He did not think twice. He did not say, “But I don’t know where it is,” or “What if I can’t find it?” No. He just flew, with a heart full of devotion and urgency.

When he could not recognize which herb was Sanjeevani, did he give up? No. He lifted the entire mountain and flew back—because when it comes to saving someone you love or completing your purpose, you do not waste time doubting yourself.

The Sanjeevani story reminds us that we do not always need clarity or perfection—we just need the intention, the urgency, and the willingness to try, no matter what.

You may not have all the answers, but you have the strength to carry the mountain if needed.

Impossible Becomes Possible When You Decide to Do It at Any Cost:

When the sea stood tall between Lord Rama and Sita, there was only one name on everyone’s lips—Hanuman.

He leapt across the ocean—not with wings, not with tools—but with one thing: a decision. A decision to do it at any cost. That moment was not about talent or timing. It was about faith, purpose, and surrender.

(When troubles overwhelmed and no way seemed clear, Hanuman found strength in faith and made the path appear.)

This line from the Hanuman Chalisa reminds us: when everything looks dark, your inner fire can still light the way.

Real-Life Example:

When a mother decides her child needs saving, there is no mountain she will not climb.

Like Neerja Bhanot, the flight attendant who saved over 350 lives during a plane hijack. She could've run. But she chose to act at any cost and became a hero.

You, my dear housewife reading this—maybe your dreams look distant.

But the moment you decide— **“No matter what, I will rise”**—you activate a divine energy within.

And just like Hanuman, the universe will conspire to help you leap oceans too.

How We Can Use the Law of Attraction to Live a Dream Life:

I did not believe it at first.

When I read *The Secret (Book)*, I thought— “Really? Is this how it works?”

Until I realised that all along, I was using the Law of Attraction in the wrong way.

I was not manifesting peace—I was manifesting fights.

How?

Every time I imagined a conversation, I was preparing strong answers to prove my point in a fight.

I was not visualising harmony—I was rehearsing a battle.

And the universe? It simply delivered what I kept asking for.

It sounds silly, but this truth hit me hard. I was asking for fights without realising it.

Then I learnt about the deeper layers—Law of Contact Energy, Law of Vibrations, and finally, the Law of Attraction.

I shifted. I started writing my goals, feeling the emotions as if they already happened.

Few goals required action. But others?

All I had to do was write, command, and release it to the universe.

One of My Favourite Manifestations:

I remember writing down a desire:

“I want to visit a beautiful beach, wearing my favourite dress, with complete peace and clarity.”

Guess what?

It manifested on its own.

I went to Chirala Beach, and without any pre-planning, everything aligned. The waves, the wind, the vibes, my mood—everything was exactly right.

I felt like a free bird. I did not push for it to happen. I just let it go after writing.

That is when I understood the magic:

You do not have to chase everything. Sometimes, just ask and trust the timing.

Manifesting Peaceful Parenting: My Kids, God’s Kids

When I became a coach, I unknowingly stepped into a new role—not just for my clients, but for my kids too. I began using one powerful affirmation:

“Baba, mere bache tere... tere bache mere.”

This was my way of surrendering my fears, especially during their exam season. I used to be so anxious that I’d sit beside them and force them to study, often ending up yelling or hitting—just to chase ranks. Why? I was always taught that “second rank isn’t enough.”

I carried that pressure like a chain and unknowingly tried to tie it to my kids too.

But something shifted.

When I backed off and let God take over, magic happened. They began studying on their own. Their ranks went up. Their names were suddenly on the notice board in the Top 3! I was shocked... and deeply grateful.

In fact, I started counselling my clients more during my kids' exams—because I feared that if I was around, I might slip back into old patterns. The truth is: I had to heal my inner child, the one who cried every time she could not get the first rank. I had to break that painful cycle. And I did it using my subconscious power and the Law of Attraction.

I visualized my kids being protected and guided by my divine friend—my personal version of God. And I wrote down every desire I had for their growth, our family, our home, travels, wealth... like I was designing a dream blueprint for life.

It felt silly at first. But today when I look around—

I see it's *happening exactly the way I imagined it.*

K-Dramas, Laughter & Life Lessons:

Now, do not ever think I miss out on the *fun* in life!

In fact, one of my biggest sources of joy, inspiration, and laughter comes from... yes, you guessed it — Korean Dramas!

What started as mere curiosity turned into a full-on love affair with storytelling, emotions, and quirky cultural habits. Over time, I noticed how I began *absorbing* from them — their gentle manners, deep emotions, heartfelt family values, and even the small rituals around food and connection.

One of the most beautiful habits I picked up from K-dramas was how they *respect and enjoy meals together*. We now sit

down, talk, eat, and laugh — just like they do. When we love someone more, we show it in small gestures, like offering food from our plate to theirs — such a simple, yet deep expression of care.

When we feel low or overwhelmed, I have learned the importance of having open-hearted conversations — sitting across from the person, face to face, and just talking things through.

And on lazy days? Haha! We just cuddle and pause. These small, cute habits trickled down into our home — and yes, my kids are now part K-drama fans too!

My K-Drama Journey:

The very first one I ever watched was *Penthouse*, and to be honest — I did not like it much. But then came *Mr. Queen*, and I was enjoying! I laughed like a child, and the happiness was so pure, I ended up watching it twice. That drama remains my all-time favourite.

Here is my beloved K-drama list (in no order, because I love them all!):

Mr. Queen (Hilarious & heartwarming)

True Beauty

Strong Girl Nam soon (Our kids favourite)

Marry My Husband

May I Help You?

Oh, My Ghost (A fun favourite!)

My Man is Cupid

Heartbeat

Brave Citizen

100 Days My Prince

Tale of the Nine Tailed Fox (Both seasons!)

Welcome to Samdal-ri

It's Okay to Not Be Okay (The most emotional and deeply healing)

King the land

The Trauma Code

Castaway Diva

The King

Strong Girl Bong Soon

Strong Girl Nam Soon

Among all of these, “*It's Okay to Not Be Okay*” touched my soul the most. It is a poetic, raw, and healing story — especially if you are on a journey of healing your inner child. I even watched it with my kids, and it sparked such warm, open conversations between us. Another one we watched together was *Strong Girl Nam soon* — filled with laughter and fun!

Korean dramas have a beautiful way of covering *every* emotion — love, pain, hope, humour, healing, dreams, courage, and connection. It is like living 10 lives in one season.

So, if you ever feel stuck, bored, or just need to escape for a bit while still learning a lot about life, go watch a K-drama. I promise — you will laugh, cry, reflect, and grow.

Because healing and joy can come from the most unexpected places — sometimes, even from your couch, with popcorn, tissues, and subtitles.

All the best

Lets dive into the next chapter.

CHAPTER 8

THE MAGIC OF GRATITUDE: A LIFE-CHANGING PRACTICE

The First Time I Heard About It:

I still remember the day I heard about it from Puja in her sessions. And then I remembered Hari Kumar sir in our engineering college, who once discussed with me personally about gratitude—how we need to be thankful for the hands and the healthy organs, for the eyes, for being able to see the world... feeling thankful first for having the vision unlike those who were born blind.

When I heard it from Puja that we need to write at least 5 points in a day to be happy, I thought—*but these people around me should be thanking me for the free services I am providing them, not I should be telling them.* And I avoided writing it.

How I Started Writing Gratitude

One day, I was complaining a lot about my husband to the big sister Sheetal, and she told me to write gratitude for the next 7 days and send it every day to her in the morning. And that is how I brought a separate book and started writing gratitude.

First, I wrote:

“I am thankful to God for this amazing life.”

And the moment I wrote it—I cried. What am I writing, seeing the worst phase of my life and saying thank you for an amazing life?

And the other point was:

“Thank you universe for the 2 happy and healthy children.”

I was feeling—*these two are like small devils running on my head every day.*

When I wrote:

“I am thankful to my husband for getting vegetables.”

I was like—*What? Even for vegetables you are saying thanks. It is his responsibility!*

The inner voice was commenting the opposite. But I took that challenge of writing it every day no matter what.

Couple Gratitude Book Changed Something in Me:

Slowly, I started maintaining a different book for our couple and gave it a title—*Couple Gratitude Book*.

And I started writing first. I wrote five points every day only for my husband.

On the fourth day—I was extremely happy while I was writing some thankful point and felt happy that I got such an amazing man as my husband.

And suddenly, on the 7th day of writing every day—we couple had a small argument.

Actually, we might have had a fight for an hour easily around it.

But I took a pause because of this gratitude habit that happened.

I just asked myself—

“You wrote $7 \times 5 = 35$ good points in him in this week that you were grateful about...

Can’t you let go this silly one thing in him?”

That is it.

I let it go in a sec.

And you know what happened?

My husband said “*sorry*” so fast.

I was shocked. Because when I am changing, he is changing, because I am changing my view.

Aha... this is gratitude magic.

Gratitude Became a New Normal:

Slowly, we started using more thank-you in the home, in everyday life—to the watchman, to the people, for the past help from the people to the relatives, to the friends...

The more I was writing, the more I started feeling—

“Ohooo... I got the best life on the earth.”

And there I was—a silly woman complaining about what was missing.

You-missing-tile-syndrome aunty, let me be free from you and enjoy my life by noticing every small, good thing happening in my life.

And that is it.

My life was changing from complaining and blaming to blessing and feeling like the luckiest soul on the earth.

My Magic Stick to Change the World: Gratitude Exercise

As a child, I always dreamed of having a magic stick that could change people's lives.

Now I have something - it is ‘GratitudeJournal’.

The day I accepted the challenge of writing one hundred gratitude points; I was filled with joy.

Then there was another day—my birthday. I was truly angry and upset with my husband. He had not taken leave or even asked how I wanted to celebrate. I was about to fight with him.

But something in me said No. *First, write gratitude.*

As I wrote, my mind screamed—

“Why should I thank him? He did nothing special!”

But I kept going.

By the time I reached the 20th point, I realised—this pain was not about today. It was pain from the past.

When I reached the 70th point, I felt so happy that I had such a wonderful husband.

And at the 80th point—I could not hold back. I walked up to him, hugged him, and said,

“Thank you for coming into my life. I just wanted your time today. But when you said you’d be coming home at your usual time, I felt hurt. You three are my world. For me, celebration simply means having your presence and feeling a little special. Please don’t let this be repeated on my next coming birthdays”.

That is the magic of gratitude.

Gratitude and My Clients:

Gratitude did not just change *my* life.

It has also transformed some of my clients’ lives.

But I am keeping their stories out of this book—because confidentiality and non-judgment are my promises to them. I will only share if they allow me because their stories are not mine to tell.

But trust me—they have seen miracles.

Scientific Studies on the Power of Gratitude:

1. Gratitude Writing & Brain Activity – UC Berkeley Study (2016)

Study by: Greater Good Science Centre, UC Berkeley

What they did:

Researchers gave three groups of people different writing tasks:

Group 1: Wrote letters of gratitude weekly.

Group 2: Wrote about negative experiences.

Group 3: Did not write anything.

What they found:

After 3 weeks, the gratitude group showed better mental health.

But more importantly, after 3 months, brain scans revealed greater activity in the medial prefrontal cortex—the area linked to emotional regulation and long-term happiness.

This showed that gratitude literally changes brain function over time.

2. Gratitude and Depression – Indiana University fMRI Study (2015)

What they did:

Participants who were undergoing therapy were asked to write gratitude letters for four weeks. Later, their brains were scanned using fMRI.

Results:

Even months after the writing exercise, those who practiced gratitude had more activation in the brain's reward systems and reported lower levels of depression and anxiety.

This means the effects of gratitude are not just emotional—they are also deeply neurological and long-lasting.

3. Gratitude and Heart Health – University of California, San Diego (2015)

What they did:

Patients with heart failure were asked to keep a daily gratitude journal for 8 weeks.

Results:

They showed improvements in heart rate variability, better sleep, and reduced inflammation—proving that gratitude impacts even physical health, not just mental health.

Gratitude can help your heart heal faster.

4. Gratitude and Stress Hormones – University of Utah (2003)

People who practiced gratitude had lower levels of cortisol, the stress hormone, and had stronger immune systems.

Gratitude is not just a mindset—it is a medicine.

It rewires your brain, reduces stress hormones, activates the happiness and empathy centres of the brain, and improves your mental and physical health.

Your Turn Now:

Dear reader, it is your turn now.

Start today.

Write at least five gratitude points a day and see the magic unfold in just 90 days.

Gratitude is not just a feeling.

It is a way of living.

It is a mindset reset.

It is the key to freedom.

And it is the *magic wand* for which you have been searching.

Use it.

CHAPTER 9

MIRROR WORK: FACING YOURSELF, LOVING YOURSELF

The Day I Realized I Used the Mirror to Cry, Not to Heal:

All my life, I stood in front of the mirror—not to admire or uplift myself—but to cry. The reflection staring back was filled with confusion, shame, and emotional weight I did not know how to carry. Like many children, my sister and I were trained to be perfect, to be composed, to behave. But underneath that surface were unspoken wounds.

Being the younger child came with its own share of added expectations. We never really learned how to cope with being left alone emotionally, how to express what we were going through, or why our parents were constantly fighting. My mother was always frustrated, and my father was always working hard for money—thinking that providing financially was more important than being emotionally present.

I still remember my dad walking into the room with his favourite book, *How to Stop Worrying and Start Living*, opening to a page, and reading aloud:

“What is the matter, Olga? Are you not having any fight in you?”

Then he would look at me and say, *“What is the matter, Haritha? If a cancer patient could live her best life, can’t you?”*

That was his way of encouraging me. And honestly, it worked. I would often fight back my tears and try to stay strong. Books like that shaped my early understanding of personal

growth. And for that, I am deeply grateful—I had a father who pushed me to be independent and resilient, and a mother who worried deeply about me, even if she did not always know how to show love the way I needed.

Looking back, I now know:

My parents were doing their best.

They were never loved enough themselves to know how to love us fully.

They didn't receive hugs and affection growing up, so they didn't know it was important for us to feel safe and emotionally secure.

It was through years of inner work—healing courses, mirror exercises, and self-reflection—that I came to a place of understanding. One affirmation changed everything for me:

“If they had known better, they would have done better.”

That one sentence helped me release the anger and pain. And slowly, I asked myself—*If I now know better, can I do better?*

I took the first step. I hugged my mom.

And something magical happened.

That hug was not just a moment. It was a shift. Her love began to heal me. Her appreciation became the medicine my inner child always longed for. I used to ache for her to say, “*Hari, you are doing an excellent job. I am proud of you.*”

And when it finally came, it meant everything.

The more I did my mirror work, the more I realized—I was missing a best friend in life. So why not make my mom that friend? Why not create the relationship I wanted, instead of waiting for it?

That is the miracle of mirror work. It helped me connect deeply with myself.

It helped me see clearly what I wanted.

It helped me *ask* for help instead of staying silent.

It helped me become a better healer, a better coach, and a better human.

Today, my family is not just surviving—we are living. We stopped waiting for a “better future.” We started choosing happiness *now*. And that shift began with me... standing in front of a mirror.

I now spend hours in front of the mirror talking to myself, encouraging myself, and even rehearsing speeches for the future. Who knows? One day I might be standing on a big stage, healing thousands through my words.

Why dream small when we can dream big, right?

So, here is my invitation to you:

Bring a chair. Sit in front of your mirror.

And just talk.

No judgment. No filters.

Just honesty.

Let it all flow out.

And then, tell yourself the things you have always wanted to hear.

That is where healing begins.

That is where your power awakens.

And that is where your new story starts.

Facing Yourself, Loving Yourself:

Your mirror is the reflection of you—not just the external appearance, but also your *inner* you.

We can avoid anyone in the outer world... but not the self when we stand before the mirror. Right?

Mirror exercise helped me grow in confidence. It helped me become the person I am today.

Because the more time I started spending in front of the mirror, saying things like:

“Haritha, you are beautiful...” ...I noticed that people started complimenting me with the *exact* same words that week.

When I said:

“Haritha, you are a smiling queen...”

...people started saying, “Your smile is beautiful!”

And when I said:

“Haritha, you are courageous...”

...people used those words that very same week!

That is when I understood something magical:

People will feel about us what we first feel about ourselves.

So, I thought—why not *say the things we want to hear* from others... to ourselves first?

Why not feel appreciated by the self-*first*?

Why not say the things I *want to be*?

Why not treat myself the way I *wish others treated me*?

And when others do appreciate you—it is just a bonus!

That is how I started *feeling* my mirror exercises.

That is how I built a deep connection with myself.

The more I looked into my eyes in the mirror, the more I felt trust and compassion.

I could reduce the gap between the *pain* and the *promises* I made to myself.

The more I listened to the self... the happier I became.

Daily Declarations: Speak Love to the Self First:

"I love you."

"I forgive you"

"I am proud of you."

"I trust you."

"I am there for you."

"I am enough."

These are the sentences we are supposed to say to ourselves every single day.

Because the trust we place on the outer world?

It *starts* from the inner world.

So why not say these to the self-first?

Why not be kind to the self, so that we can *spread that kindness* to the world?

The world mirrors back what we show to ourselves.

And the mirror? It is not just glass—it is a gateway to self-love, self-trust, and true transformation.

Fake It Until You Make It – A Path to Becoming:

There was a time when I did not feel confident. I did not feel beautiful. I did not feel strong.

But I started saying it anyway. I stood in front of the mirror and whispered,

“Haritha, you are confident.”

“Haritha, you are a healer.”

“Haritha, you are enough.”

Did I believe it on day one? No.

Did I feel it on day two? Not fully.

But I still said it—repeatedly.

And slowly... the world started reflecting it back.

That is the magic of “Fake it until you make it.”

It is not about being dishonest.

It is about speaking into existence the version of you that is already waiting inside.

The version that is brave. Whole. Powerful.

The version that needs *your* permission to rise.

When you affirm, act, and show up like the woman you want to become—

one day, you will realize...

you did not fake it.

You became it.

Because what we repeatedly do and say becomes what we honestly believe.

So, start now.

Speak it.

Feel it.

Walk like her.

Talk like her.

Hold your head like her.

You are not faking it.

You are awakening it.

No One Else Is Coming. Become the One:

When we grow, at every level — there is a devil.

That devil might come as fear, doubt, self-judgment, or failure. But do not wait. Do not wait for things to be perfect. Do not wait for years just to realize you were always worthy. Do not waste a whole decade waiting for permission, approval, or a magical sign from the universe.

Let us dream big and bring those dreams into reality.

Let us live an enthusiastic life — on our own terms.

Let us turn fear into fuel. Let us stop living according to others' expectations and judgments. Let us stop being afraid of failure, because failure is not the end — it is the beginning of real courage.

The Bystander Effect: Why We Stay Stuck:

Sometimes, we are waiting for someone else to rescue us... to guide us... to say, "Come, I'll help you." But the truth is: most people are waiting for *someone else* too.

This is known as the Bystander Effect — a psychological phenomenon where everyone assumes that someone else will act, someone else will speak up, someone else will help. So, in the end? No one does.

We wait. We look around. We stay silent.

But your life is too precious to pause.

Do not be a bystander in your own life. Take that first step. Speak up. Show up. For yourself.

Pluralistic Ignorance: You are Not the Only One

Do you ever feel like you are the only one struggling? The only one afraid? The only one who is feeling unfulfilled?

You are not.

Pluralistic Ignorance is when we all think we are alone in how we feel, so we hide our truth. We smile. We nod. We confirm. But deep down, most people feel the same — they are just waiting for someone else to say it first.

Let that someone be you.

When you share your story, when you say “I’m trying, I’m healing, I’m growing” — others feel safe to do the same.

That is how change begins. Quietly. Gently. But powerfully.

Choose Both: Passion & Family

This does not mean we leave our families behind to chase passion. No. If Mother Nature trusted women with the sacred strength to give birth, then surely, she trusted us to balance love and dreams.

We are capable of both.

Let us honour our children, our partners, our parents — but not at the cost of abandoning ourselves. Let us show our families what it means to live with purpose. Let them witness our passion.

Because when we grow, they grow too.

Turning Hard Times into Good Ones:

As Tony Robbins says:

“Good times create weak people.

Weak people create hard times.

Hard times create strong people.

Strong people create good times.”

Let us become those strong people.

Let us not just overcome — let us elevate.

Let us make our pain meaningful.

Let us turn breakdowns into breakthroughs — not just for us, but for every woman watching us, silently praying for courage.

No one else is coming. So, become the one.

The Secret of Self-Talk:

My dear reader, now you know that whatever you speak to yourself is exactly what your energy communicates to others. So why not start saying something good to yourself? Remember, it doesn't come on its own—we need to practice. Only then does our brain develop the discipline to keep telling us positive things.

So from today, don't wait. Just go stand before the mirror and say the words you've always longed to hear from others. Listen to those most-awaited affirmations, spoken by you, for you.

And if you feel like you need extra guidance, don't wait anymore—just enrol in my videos and watch them. All the best!

Chapter 10

CHAPTER 10

THE POWER OF EXPRESSING YOUR EMOTIONS

For a long time, I was the one who would suppress.

Suppress the anger, the frustration, the hurt, the loneliness.

I used to think—if I just stay quiet, if I just smile, everything will be okay.

But inside, I was breaking.

One day, I realized... when I suppress, I am not being “strong.”

I am being silent.

And silence was not healing me—it was killing me softly.

So, I began to express.

Not to blame. Not to hurt.

But to free myself.

I started writing my emotions. I began talking to trusted people.

I allowed myself to cry—without shame.

I allowed myself to feel jealous—without guilt.

I allowed myself to feel anger—without fear.

And slowly, the pressure inside started releasing.

It was like opening a tightly closed bottle—finally letting the steam out.

The truth is:

Your emotions are not your enemy.

They are messengers.

They are guides.

They are your friends in disguise, asking you to listen, to understand, to release.

When I gave space for my emotions, I gave space for my healing.

I started feeling lighter. Calmer.

And for the first time—I felt real.

Let Your Emotions Breathe:

If you feel angry—write it down.

If you feel hurt—speak it out.

If you feel overwhelmed—breathe, cry, scream into a pillow if you must.

There is no shame in expression.

There is only freedom.

You do not have to express it to the entire world.

But express it to someone. To yourself. To a diary. To God.

To a mirror. To the wind.

Just... do not bury it.

Because buried emotions do not die. They multiply.

To Every Soul Holding It All In...

You do not need to always be the “strong” one.

You do not need to always smile.

You do not need to carry it all without breaking.

You are allowed to fall apart.

You are allowed to scream.

You are allowed to feel.

And the moment you allow yourself that...

Is the moment you start healing.

The Only Way to Heal Trauma: Speak Out to the Right Person

Trauma grows in silence. It feeds on our fear of feeling judged, misunderstood, or rejected.

But healing begins the moment we dare to speak.

Not to everyone.

But to someone safe.

Someone who will hold space without fixing, judging, or interrupting.

When you speak out, you release the pain that has been trapped inside for years.

Your story deserves to be heard.

Your tears deserve to be witnessed.

Your pain deserves to be held—with compassion.

It is not about blaming anyone.

It is about freeing yourself.

Even one conversation with the right person can change your life.

So please... do not carry it all alone.

Speak. Heal. Rise.

Accept the Past:

You cannot go back and change it.

You cannot erase what happened.

But you can stop letting it control your today.

Accepting the past does not mean you approve of it.

It means you are ready to make peace with it.

Your past shaped you, but it does not define you.

You are not your mistakes.

You are the strength that came from surviving them.

Breathe. Forgive. Let it be.

And walk forward—lighter, freer, and wiser.

We Need to Go Step by Step in Understanding the Emotions:

Emotions are like layers—each one revealing something deeper.

We cannot rush through them or push them away.

We must sit with them, name them, feel them, and understand them.

Anger might be hiding hurt.

Tears might be speaking of strength.

Silence might be asking for love.

When we walk through our emotions, one step at a time,

We discover the truth behind them—and begin to heal from within.

“Understand Your Emotions” and deal with them:

My online seminar “Understand your Emotions” was born from my own emotional awakening.

From feeling lost and heavy to finally understanding what my emotions were trying to say—I transformed.

And now, I want the same for you.

This is not just an online seminar.

It is a safe space to feel, express, and evolve.

It is a journey back to your true self.

If you have ever felt stuck, overwhelmed, or numb—

this is your sign to take the first step.

Happiness: Not a 24×7 Fairytale

It is important to understand that our brain was not specifically designed to make us happy.

It was designed for survival.

It’s only job—*survival*, not celebration.

So, if you have been feeling guilty for not being happy all the time, take a breath. That is not your fault. It is just how our biology works. The brain is constantly scanning for threats, danger, and problems. It is wired to protect you, not pamper you.

And that is why; after reading this book, I am not going to ask you to be happy 24×7.

You can try—and you *should* try—because joy is worth reaching for. But let go of the idea that life should be a “happily ever after” fairytale. It is not.

And that is perfectly okay.

I still remember in 2023, I made this tiny little goal. Silly, but deeply personal and cute to me:

“I want to be called the happiest woman on Earth.”

Haha, yes, that was my goal!

And that goal led me on a beautiful journey of research, reflection, and rediscovery. I wanted to understand what happiness really means—and how we can feel it more often, even when life gets hard.

And you know what I discovered?

In my search, I came across one of the most powerful scientific studies ever conducted on happiness.

The Harvard Study of Adult Development, also known as the Grant Study, began in 1938. This study followed the lives of hundreds of men, including President John F. Kennedy, for over 80 years to find the real formula for a fulfilling life. And guess what?

It was not money.

It was not fame.

It was not even success.

The researchers found that the strongest predictor of happiness and health is the quality of our relationships.

Let that sink in.

Not your grades.

Not your salary.

Not your looks.

But how connected you feel to the people around you.

That gave me a deep insight: No matter what is going on in our lives, if we can love, trust, and be loved—especially starting with ourselves—we already have the roots of real happiness.

So, I stopped chasing the fairy-tale version of happiness. I started living my days fully. Loving more. Laughing at myself. Talking to myself with kindness. Hugging more. Healing more.

Because happiness is not a destination. It is a daily practice of connection—with self and with others.

And just maybe... one day, someone will call me the happiest woman on earth. Until then, I will just keep living like one.

Sadness:

Sadness is not a weakness, and it is not something we need to fight or avoid all the time. It is a deeply human experience, one of the six universal emotions identified by Dr. Paul Ekman, and it plays a special role in our emotional life. When we are sad, our system slows down. We pause. We reflect. We try to understand what happened. In a way, sadness is the emotion that invites us to sit with ourselves, to feel, to heal, and eventually to grow.

Scientists have studied sadness through the lens of the brain, and what they found is fascinating. When we feel sadness, certain areas of the brain light up—like the amygdala, the insula, and the prefrontal cortex. These are regions that help us process emotional pain, analyse situations, and make sense of what we are going through. That is why, during sadness, we often withdraw, become quiet, and sink into deep thinking. It is not depression—it is the brain doing inner work. It is healing in progress.

Sadness also has an unexpected beauty: it makes us more human. Studies, including those led by psychologist Dacher Keltner, show that sadness increases empathy. When we have gone through pain, we are more sensitive to the pain of others. We begin to connect from a place of heart. We show kindness more easily, listen more gently, and offer comfort more authentically. That is why some of the most compassionate people you know have tasted sadness. It softened them. It humbled them. It made them love.

Crying, something often misunderstood or judged as weakness, is a powerful healing process. According to William Frey II, a biochemist who studied tears, emotional crying helps release stress hormones like ACTH. So, when we cry from sadness, our body is flushing out toxins. It is cleansing us from within. That is why a good cry sometimes feels like a deep breath for the soul.

Suppressing sadness, on the other hand, is not healthy. Research published in *The Journal of Personality and Social Psychology* reveals that when we suppress emotions like sadness, it can raise our heart rate, increase stress, and even lower immunity. This is why expressing what we feel—through conversation, journaling, art, or simply allowing the tears to fall—is not only emotionally but physically important.

There is also a beautiful link between sadness and creativity. Many artists, poets, writers, and musicians have used sadness as a doorway to their most brilliant expressions. Neuroscientist Nancy Andreasen found that the most creative minds often move through deep emotions and transform them into something meaningful. Sadness, in these moments, becomes a fuel for purpose, poetry, and connection.

So dear reader, if you are feeling sad, let it be. Do not rush to escape it. Just sit with it. Listen to what it is trying to tell you. There is a message hidden in your melancholy—a message your soul wants you to hear. And I promise, if you truly allow sadness to flow through you, it will not break you. It will shape you. It will deepen you. It will prepare you for the next version of you.

Anger:

Anger is an emotion that we were taught to suppress, hide, or be ashamed of—but it is one of the most powerful signals our body gives us. It is not a sign of bad behaviour. It is not a flaw in your personality. Anger is just information. It is a loud knock on

the door saying, “Something is not okay.” It signals that a boundary was crossed, a value ignored, or a wound touched.

From a scientific perspective, anger activates the amygdala—the alarm system of the brain. In just milliseconds, our nervous system prepares us to fight, flee, or freeze. Our heart rate increases. Blood rushes to the muscles. The body is getting ready to defend itself. It is survival-driven, like a lion protecting its cubs. The problem is not anger itself, but what we *do* with it.

Neuroscience shows that chronic suppression of anger can be more dangerous than anger expressed in healthy ways. When we bottle it up, it builds up inside like pressure in a cooker. Over time, it can contribute to high blood pressure, heart problems, digestive issues, and even weaken our immune system. Harvard Medical School has pointed out that repressed anger is linked to higher risk of anxiety and depression.

But here is the hope: anger can be a guide. If you listen closely, it often points toward a deeper emotion underneath—like sadness, fear, or helplessness. Dr. Brené Brown’s research shows that anger is a secondary emotion. It shows up to protect the more vulnerable emotions we do not know how to express. It puts on the armour. It acts like a bodyguard. But when we remove the armour and ask ourselves, “What am I *really* feeling?”—that’s where healing begins.

Some of the most life-changing movements in history were born out of anger—not rage, but righteous anger. The kind that says, “Enough is enough.” The kind that leads to action, justice, and truth. When channelled with awareness, anger becomes energy for change. It helps us stand up for ourselves, speak our truth, and protect what matters. It helps us build boundaries. It teaches us what we will no longer tolerate.

In emotional wellness, we do not get rid of anger—we befriend it. We breathe with it. We sit with it like a curious friend. Tools like mindful breathing, journaling, grounding exercises,

and physical movement help move this intense energy out of the body safely. When we do that, we realize we were never angry at the world—we were just hurting, unheard, or unprotected. And our anger was only trying to protect the tender part of us that wanted to feel safe.

So dear reader, if you have been angry lately, it is okay. You are not broken. You are not a bad person. You are just human. Try asking your anger: *What are you trying to protect me from? What are you really trying to say?* And then give yourself the space to listen. You might find that underneath all the fire, is a tender little heart that just wanted to feel respected, loved, and safe.

Disgust:

Disgust is one of the most misunderstood emotions. We often think it is something negative or something to feel guilty about—but in truth, disgust is a *protector*. It evolved in us as a biological warning system, telling us: “This is unsafe. This is not right for me. Stay away.” From spoiled food to rotten smells to morally unacceptable behaviour, disgust is the body’s natural defence to preserve physical, emotional, and even spiritual purity.

Scientifically, disgust is processed in the insular cortex of the brain—a region that lights up not only when we experience something physically repulsive (like bad smells or tastes) but also when we witness behaviours that violate our deeply held values. That is why we can feel the same deep discomfort when someone cheats, manipulates, or abuses, as we do when we smell something foul. The body does not differentiate between physical and emotional contamination—it wants to protect us from both.

But here is the surprising truth—disgust is not about what we *reject* in the outside world. Sometimes, it is about what we reject *within ourselves*. Many of us carry internalized disgust: towards our bodies, our desires, our past mistakes, or our identities. It often comes from childhood conditioning—when we were

shamed for natural feelings or made to believe that a part of us was “dirty” or “unworthy.” This inner disgust quietly becomes self-hatred, and we do not even realize how deeply it affects our self-esteem and confidence.

Researchers like Dr. Paul Rozin, who studied the psychology of disgust, discovered that this emotion is tied to our *moral compass*. That means it can guide us to live more aligned with our values—but only when we *listen* to it with awareness, not judgment. Disgust helps us build healthy boundaries. It helps us say, “This doesn’t feel right for me,” whether it is a toxic relationship, a situation that violates our ethics, or even habits that don’t support our well-being.

Healing disgust begins by *reclaiming our right to feel it*—without shame. It begins when we ask: *Is this disgust showing me something I need to clear out? Or is it pointing to a part of me I need to forgive and embrace?* Sometimes it is both.

In emotional healing work, we use tools like inner child dialogues, body forgiveness rituals, and mirror work to melt the layers of self-disgust we have carried for years. And slowly, we start replacing the shame with compassion. We begin to see that there is nothing “disgusting” about being human—about making mistakes, having desires, or carrying wounds. There is only a call to clean, heal, and renew.

Dear reader if you have ever felt disgusted by a part of yourself or your past—pause. Breathe. You are not broken. You were simply hurt. Let your disgust be a guide, not a punishment. Let it be a cleansing force. Let it teach you what you no longer wish to carry and what you are finally ready to forgive.

Because at the heart of disgust... is the deepest longing for *purity, peace, and truth*. And your truth, no matter how messy it has been, is worthy of love.

Fear:

Fear. Even the word carries a vibration that touches something ancient within us. It is an emotion we all know too well, yet very few of us take the time to understand it with compassion. We often label it as “negative,” try to overcome it, silence it, or pretend it is not there. But what if I told you that fear isn’t the enemy? That fear, in its rawest form, is your most loyal protector?

Fear is a biological alarm system wired into our nervous system to ensure our survival. From the moment humans walked the earth, our brains have been scanning for threats—lions, fire, strangers, storms. That primal fear still lives in us today, only now the lions are not in the jungles but in our workplaces, families, and even inside our own minds.

Scientifically, fear activates a tiny almond-shaped part of our brain called the amygdala. The moment we sense a threat—real or imagined—it sends signals to the rest of the body to prepare for *fight*, *flight*, or *freeze*. Our heart rate rises, breathing becomes shallow, muscles tighten. It is the body saying, “Get ready. Danger is near.” The problem is that the modern mind cannot always tell the difference between actual danger and emotional discomfort. So, we fear rejection, fear failure, fear of being judged, fear being alone. We fear our own light. We fear change.

In 2010, research in neuroscience began to uncover that fear is not just a sudden response to danger—it can also be a *habit loop*. If we have lived in unsafe environments as children, or faced repeated emotional trauma, our brains become hyper-alert. They learn to fear joy, stability, love, even peace—because we are just waiting for something to go wrong. That is why, sometimes, even in moments of happiness, a small voice whispers, “*This won’t last.*”

But here is the good news: Fear cannot be fixed but it can be taught. Just like it learned to be afraid, it can also learn to feel

safe again. When we consciously work with our fear, not against it, it begins to soften. That is where emotional healing work comes in.

When I started my own journey, I used to fear everything—being seen, being judged, being laughed at, failing, disappointing my loved ones, stepping into my truth. But slowly, with the help of tools like *mirror work*, *breathwork*, *gratitude journaling*, and inner child healing, I started talking to my fear. Not avoiding it. Not fighting it. But asking it: “*What are you trying to protect me from? What do you want me to see?*” Fear started showing me my wounds, my unmet needs, my buried truths.

And then I began thanking it.

Yes, thanking my fear. Because it had been trying to protect me all along.

If you, dear reader, feel stuck in fear right now—whether it is fear of judgment, fear of success, fear of being alone, or fear of not being good enough—please know you are not weak. You are human. And your fear is not here to destroy you. It is here to guide you to the parts of yourself that still need love, still need reassurance, still need to feel safe in this world.

Fear will visit again. That is okay. But each time, you will greet it a little differently. With more softness. With more curiosity. With more faith.

Let fear be a doorway—not a wall.

Because behind fear... often lies your freedom.

Neutral:

Neutral is that quiet middle ground we often overlook. It is not loud like joy. It is not heavy like sadness. It does not make your heart race like fear, nor does it weigh on you like guilt or anger. It simply *is*. But in that “just being,” lies a deeply powerful emotional space—one that we rarely celebrate or even recognize.

In my healing journey and in working with so many clients, I have realized something very profound: Neutral is not absence. It is presence—without chaos. It is not a lack of feeling. It is the fullness of being without being consumed. It is the stillness after a storm, the pause between breaths, the space where you simply observe life without reacting to it. And this space, this “neutral,” is essential for emotional balance.

Science tells us that the brain operates in patterns. We are wired to jump from one emotion to another, especially in our fast-paced lives. But being in a neutral emotional state—also called a “regulated” or “grounded” state—is where our nervous system finds safety. It is where the prefrontal cortex (our decision-making and logical thinking brain) functions best. When we are neutral, we are not running away, nor are we fighting. We are just... witnessing.

Sometimes, my clients would come to me saying, “I do not feel anything. Is that bad?” And I smile and say, “No, my dear. That is beautiful. You are in neutral. Stay there. That is where healing begins.”

Because from neutral, we can choose our next emotion. We are no longer being hijacked by our survival brain. We are responding, not reacting. This is the place where true power lies.

In ancient mindfulness practices, especially in Buddhism, being in a neutral state is considered a sign of equanimity—a balanced mind that is not swayed by pleasure or pain. It is what monks, yogis, and spiritual seekers aim to cultivate: the art of witnessing life as it is, without labelling it as good or bad.

But here is the challenge: our culture does not teach us to value neutrality. We are told to chase highs, avoid lows, and keep moving. So, when we find ourselves not feeling “too much” or “too little,” we get anxious. We think something is wrong. But neutral is the emotional breath your soul takes after feeling

everything else. It is rest. It is peace. It is the calm presence of awareness.

Personally, I have had moments when I wasn't sad or joyful, angry or excited. I was just... present. In those moments, I could feel my own heartbeat, notice the light through the window, hear my thoughts without judging them. And I felt alive. Not in a dramatic, cinematic way—but in a quiet, sacred way.

Neutral is not emptiness. It is spaciousness.

And when you learn to honour your neutral states, you stop needing life to always be high or low. You begin to love the ordinary. You begin to live with grace.

So, dear reader, next time you find yourself in a neutral space, do not rush to change it. Sit with it. Breathe in it. Trust it. Because in that silent space, your soul is recalibrating. It is finding balance again.

And sometimes, healing does not look like fireworks. It looks like neutrality—like still water reflecting the sky.

Surprise:

Surprise is one of those emotions that does not knock. It does not ask permission. It just bursts in—sometimes like sunlight through a cloud, other times like thunder on a quiet night. It is a spontaneous, involuntary shift in our inner landscape, often leaving behind ripples we never expected. Scientists say surprise is the briefest emotion, lasting just a few seconds, but within those seconds lies a lifetime of possibility. The brain releases dopamine, attention spikes, and we become suddenly alert—more alive. But what science cannot always explain is how *deeply* surprise can shape a heart.

To surprise someone is to imagine the moment their eyes light up, their heart melts, and the room fills with joy. We pour our love into an act that we *think* will create magic. But here is the secret no one tells us: surprise is never about the act—it is about

the *receiver's perception*. And that is where the heartaches quietly slip.

I failed extremely hard when I planned surprises in my life.

There was a time when I gifted a mobile phone to a friend. It was not just a gift—it was worth more than my monthly salary back then. I had stitched all my hopes into that one surprise, waiting to see their eyes glow. But to my surprise, all I heard was: “Why didn’t you tell me? I would have picked a different one.” That moment broke something inside me. I felt unappreciated, unseen, and slowly... I withdrew. The emotional connection dissolved, like a paper boat in the rain.

Later, after I got married, I tried again—with love, with hope, with a mobile phone. My husband smiled and said, “Wow! But maybe a bigger storage would have helped.” I stood there, confused. I had no words—only silence, only disappointment.

This pattern repeated. I gave everything I had—thinking that surprises were my way of proving love. And each time, I felt more upset, more misunderstood, more unseen. Eventually, I stopped surprising. I started giving a budget and letting others choose. Practical. Painless. Predictable.

But then... came my sessions with Puja.

And I had my biggest surprise of all: I had never learned to ask what *I* wanted.

I had never honoured my needs. I kept adjusting to whatever life presented me, instead of choosing for myself. And in that shift, everything changed. I stopped trying to impress the world with my surprises. I started surprising myself—by standing up for me, by asking clearly, by loving without losing myself.

You see, surprise can be beautiful—but only when it is rooted in real connection.

Surprise works best when we understand people—not just what we think they would love, but what truly touches their soul. And the most beautiful surprise? It is not a thing. It is a moment of presence, a gesture of being seen, a realization that you matter.

So now, I still love surprises—but I give them only when they come from a space of shared joy, not expectation. And I receive them gracefully, knowing I deserve to feel good about what comes into my life—not adjust to it out of guilt.

Surprise may be brief, but its impact is lasting. And the most divine surprise? That life starts to feel better—not because others changed, but because *I* learned to meet myself first. The outside world is only ever reflecting what I'm building inside.

Not Just Feelings – They Are Messages:

These are the basic emotions I have shared with you here—*sadness, anger, fear, disgust, surprise, neutral*—but as we go deeper into the emotional layers of our life, we encounter many more profound and complex emotions like shame, guilt, doubt, joy, jealousy, hope, revenge, love, power, courage, peace, and authenticity. These emotions often go unnoticed or unspoken, yet they shape our choices, our relationships, and even our destiny.

We all need awareness—not just of *what* we are feeling, but *why*. We need to learn how to understand our emotions, train them with compassion, and finally guide them toward healing and growth.

So, to you, my dear reader—congratulations for taking this beautiful and bold step of self-awareness. You have just peeled the first layer of the most sacred relationship you will ever have: the one with your own self.

May this chapter offer you not only clarity but also courage.

May it lead you to a deeper connection—not just with yourself, but with the people and world around you.

And may you always remember that emotions are not enemies to fight, but energies to befriend.

All the best on your inner journey.

You are doing amazing, and I am so proud of you.

Invitation to Deepen Your Emotional Journey:

If you feel inspired to explore more about emotions, I warmly welcome you to join my webinar/seminar: **“Understand Your Emotions/ Emotional Mastery”**.

In this session, I will guide you through one emotion after another, helping you see them more clearly and learn how to identify and label them. This simple practice itself can bring an immediate sense of lightness and relief right after the session.

Don't miss this opportunity to understand yourself better and step into emotional freedom. I look forward to seeing you in my webinar/seminar!

CHAPTER 11

SELF-RESPECT: THE FOUNDATION OF HOW OTHERS TREAT YOU

The First Step to Teaching the World How to Treat You:

I remember crying in the early mornings, not because something bad had happened, but because something was missing — *respect*. I craved it deeply. I did not know what to do to earn it. I blamed people, I judged their behaviour, but what I failed to see was this simple truth: no one was disrespecting me more than I was disrespecting myself.

And when that realization hit, it stung.

I would compare myself to others endlessly — to those who stuck to jobs, who had “figured out life,” who did not quit like I did. I was tuning my inner frequency to self-criticism. That frequency told others, “Go ahead, compare me too. Judge me. I am doing it already.”

That was my pattern. And it was *mine* to break.

When I learned about the impact of self-criticism, I began my journey with something simple but life-changing — writing letters to myself. I’d write things like:

“Haritha, you are born to be a leader.”

“Haritha, you are an amazing soul, chosen for something special.”

“You’re not meant to teach those old subjects — your soul is here to teach life.”

Every time I read those letters back to myself, a small voice inside whispered, “*Maybe it’s true.*” And that whisper was all I needed. I started gifting myself small rewards for my wins. I would look in the mirror and say, “*I am proud of you.*”

“*You are courageous. You are consistent. You are beautiful.*”

And one day, it happened: I caught myself smiling at my own reflection and saying aloud, “*Haritha, you’re amazing.*” Not in a loud room, not for the world — just for me. And that changed everything.

The Science Behind It:

Self-respect is not just an emotional concept — it is deeply rooted in neuroscience and psychology. Studies have shown that the brain processes self-affirming thoughts through the prefrontal cortex, which governs decision-making and self-perception. According to research published in the journal *Social Cognitive and Affective Neuroscience*, self-affirmation activates the brain’s reward centres and reduces the stress response, especially in challenging situations.

What is even more fascinating is the role of *self-schema* — the beliefs you hold about yourself. When you treat yourself with kindness, you start to rewrite these internal scripts. Over time, those new beliefs become the lenses through which you view the world. So, when you respect yourself, you automatically teach others to do the same — not through words, but through your energy.

A 2011 study by Kristin Neff, a pioneer in self-compassion research, also supports this. She found that people who practice self-compassion (which includes self-respect and forgiveness) are more resilient, motivated, and emotionally intelligent — not because they ignore their flaws, but because they respond to themselves with understanding and belief instead of shame.

So, my dear reader, if you are still waiting for the world to respect you — pause. Look within.

Start respecting *yourself*.

Talk kindly to yourself.

Celebrate your small wins.

Say out loud what you wish others would say.

Because the world doesn't teach us how to respect ourselves — *we teach the world* how to treat us, by how we treat our own soul.

Let this be your new beginning.

Difference Between Self-Respect and Ego:

Self-respect is gentle. Ego is loud.

Self-respect is grounded. Ego is shaky.

Self-respect connects. Ego separates.

Self-respect is when I know I am valuable — not because someone praises me, but because I deeply feel it within. It does not need approval. It does not scream for validation. It stands silently, like a tree rooted deeply into the earth. It allows me to respect others too, without feeling lesser or greater. It says: *"I am enough, and so are you."*

But ego... ego is different. It is like a mask I wear when I feel unseen or unworthy. It tries to prove something. It competes, it compares, it shouts, "Look at me!" Ego says: *"I need to be right,"* even if it breaks a relationship. It gets hurt easily. It builds walls. And often, it is a loud cry of pain, dressed as pride.

There were times I confused ego for self-respect. When someone spoke to me harshly, my ego would say: *"Do not tolerate this! Show them who you are!"* But self-respect

whispered: *"You do not need to react. You know your worth. Walk away if needed but do it with peace."*

The biggest difference is this:

Self-respect keeps your soul light. Ego makes your soul heavy.

Self-respect leads to inner peace.

Ego leads to drama and restlessness.

When I started practicing self-respect, I did not need to win every argument. I did not need to prove my goodness. I just *became* good to myself. And slowly, that reflected in how others treated me.

So dear reader, when in doubt, pause and ask:

Is this my ego talking, or my self-respect guiding?

The answer will come... quietly but clearly. And it will set you free.

When people choose not to listen to you, that is their choice.

But when I choose to behave the same way, that's ego.

Because ego whispers, *"Let me treat them the same way they treated me. Let them feel what I felt."*

It comes from a place of hurt, wanting to hurt back in disguise.

But self-respect says something else. It says,

"Let them be themselves. I choose to be myself. I will not complain, I will not react. I will remain stable, calm, and okay with their behaviour. If they had known better, they would have done better. Let me now shift my focus to something that brings me peace."

After a small conflict or difference in opinion, when people go silent for months or even years,

Ego says, “*Why should I talk first? Let them come to me. Let them realize.*”

But self-respect says,

“*People are more important than a silly misunderstanding. Let me talk first. I do not need to say sorry, but I can break the silence before it grows into distance, bitterness, or revenge.*”

There is an exceptionally fine yet powerful difference between ego and self-respect.

We do not have to make ourselves small or behave badly to show others we love them.

That is not love. That is self-sacrifice that leads to inner emptiness.

Instead, have understanding. Let love be strong, yet soft. Let your peace be more important than your pride. Let your life be led not by emotional reactions, but by inner wisdom.

Choose peace. Choose connection. Choose growth.

All the best on your journey of love and self-respect.

Revenge vs Sweet Revenge:

Revenge is all about them — waiting for the other person to fall, to suffer, to face what they made us feel. It is about focusing entirely on the *outside*, on the person who hurt, insulted, neglected, or rejected us. And in that process... we unknowingly give them power over our emotions, our peace, and even our path.

But here is the truth:

Revenge is a trap.

It makes us stoop to their level — energetically, mentally, emotionally.

Imagine this:

You are standing at Level 5 in life.

The ones who hurt you are vibrating at Level 3.

Now, if you choose revenge in its typical form, you drop down to Level 3, just to “*match*” them. Just to prove a point.

You fight, argue, gossip, insult, withdraw love — whatever it takes to mirror what they did.

But what is the cost?

Your own growth. Your inner stability. Your grace.

Now comes the powerful shift.

Let us talk about **Sweet Revenge**.

Sweet revenge is not about falling.

It’s about rising up.

From Level 5 ’! to Level 6 ’! to Level 7 ’! to Level 8...

Until you reach a point where your glow, your growth, your greatness is so high...

That the people who once insulted or rejected you, can’t even *touch* your energy anymore.

They see you now —

Stronger.

Brighter.

Peaceful.

Happy.

Unshakable.

And the sweetest revenge?

You rise so high — say Level 9 — that the very same people who once hurt you come back to you for help, guidance, or support.

And you — without ego, without grudge — help them.

Not because they deserve it...

But because you deserve peace.

That is the real win.

That's power.

That's leadership.

That's divinity.

Because it is not about showing them who they are...

It is about showing the world who you truly are.

This is how we can flip the energy.

This is how we stop being a victim and become a visionary.

This is how we stop being a loser and become a leader — of our life, of our emotions, of our journey.

So now the question is —

Which one will you choose today?

To stay stuck in the loop of revenge?

Or to rise above with sweet revenge — powered by love, success, growth, and grace?

The choice... is yours.

Now it is time for the Sweet and the Sweetest Revenues:

There comes a moment in life when we stop trying to prove ourselves... and instead, we start to become ourselves.

For me, that moment began with a simple whisper in my soul:

“Let me turn this pain into power. Let me turn this insult into insight. Let me make my life the loudest answer.”

That is where sweet revenge was born.

My first sweet revenge?

It was simple but sacred.

I began saying my full name — Haritha Akkala — everywhere I went.

Not out of pride, but out of purpose.

Because I wanted to bring honour to the name, to the bloodline, to the story behind it.

I wanted people to remember it as a name that stood for kindness, courage, and contribution.

A name that didn't rise by hurting others, but by healing many.

The next sweet revenge?

Choosing peace over pressure.

Earning my income from home —

In comfort, in calm, in clarity —

Instead of exhausting myself standing on my feet from morning to evening, drained and depleted.

This was my soft roar to the world that I can build *my* kind of success —

On my terms, at my pace, in my rhythm.

Another sweet revenge was this:

Remaining silent in chaos.

Not because I didn't have words.

But because I had wisdom.

I chose to speak later — when the space was safe, the energy was right, and my words could heal, not hurt.

That's not weakness. That is emotional leadership.

And now... comes my sweetest revenge.

To bless the very people who once said:

"You are unstable."

"You need a psychiatrist."

"You are not beautiful."

"You are a bad woman."

"You are confused."

"You look like a skeleton."

"You are fit for nothing."

"You are waste."

"You are dumb."

"You are used."

Yes, I remember every word.

But I do not carry the weight of those words anymore.

I have turned them into wings.

Because today, my sweetest revenge is this:

I have healed to a point where I can forgive them.

Not because they deserve it...

But because I deserve peace.

I've reached a place in my evolution where I can help those who once hurt me.

Because I know now — they were hurting too.

I help through my words.

My manuals.

My time.

My love.

My presence.

And how did I do it?

I have rewritten my own story — line by line — using affirmations as my ink:

“I am strong.”

“I am kind.”

“I am powerful.”

“I am courageous.”

“I am beautiful.”

“I am consistent.”

“I deserve abundance.”

“I am moving the universe forward.”

“I am unstoppable.”

“I am stable.”

“I am happy.”

“I am wealthy.”

“I am healthy.”

“I am God’s instrument in making the world better.”

I repeated these words to myself many times until they became truth in my bones.

So now... let the world say what it wants.

I know who I am.

I know what I carry.

I know what I am here to do.

If people choose to comment, curse, or threaten... let them.

That is their karma.

But I choose grace. I choose greatness.

So, to anyone reading this:

Choose your kind of revenge.

Let it not be rooted in bitterness —

But in blossoming.

Be kind.

Be generous.

Be helpful.

Be smart.

Be consistent.

Be forgiving.

Be hopeful.

Be strong.

And most important of all — Be YOU. Just YOU.

Because when you become your best self, that is the sweetest revenge of all.

Take a moment to write down the sweet revenge you dream of — on whom and how you would take it. Use the blank space below to plan your sweet revenge.

CHAPTER 12

MY RELATIONSHIP WITH THE GOD

The Innocence of Childhood: Faith in a Perfect World

When I was just five or six years old, I found myself deeply moved by the suffering around me. The sight of a thin beggar, the sorrow of an animal in pain, or a mother dog mourning the loss of its puppy would bring me to tears. I could not understand why the world felt so unbalanced, why there were some livings in abundance while others struggled with hunger and disease.

I remember sitting down with my father, asking him, “Why, why is this an unbalanced world? Why are some people and animals so sick, so sad, and so hungry?” I sought answers to the injustices I saw, longing for a world where everyone was equal, free from pain, illness, and sadness. At that time, I was just a little school girl, hopeful that one day, the world would be filled with love, smiles, and happiness.

But even then, deep inside me, there was a spark of faith. I did not have all the answers, but I trusted in something larger than myself. I trusted that there was a force, a divine presence, which could bring change and make everything right. As I grew, I started to develop a deeper connection with this divine energy — my relationship with God.

The Dialogues with God: Seeking Answers and Understanding:

As I continued to grow, I began to visit temples more often, speaking to God like a friend. I shared everything — my joys, my struggles, and my pain. I asked questions, hoping for answers,

believing that if I prayed hard enough, God would listen. One day, I met a temple priest, and I asked him the same question that had been plaguing me for years: “Why is there so much pain and suffering? When will God come to change the world?”

His answer was simple yet profound: “This is God’s game. We are all part of His bigger plan, playing our roles in His divine drama.” But instead of feeling comforted, I felt angry. How could God create such a world, full of pain and suffering, and watch us from above without stepping in to help? The anger I had toward the world turned into frustration toward God. I felt as though I was left to navigate life’s hardships alone, while God observed from a distance. And so, my dialogue with God began to shift. I began pouring my emotions into those conversations — every hurt, every joy, every anger. God was my sounding board, my confessor, and my friend.

Crisis of Faith: Doubts and Disconnect

When I turned eighteen, my perspective on life and God began to shift dramatically. Influenced by the practical mindset of a famous Telugu writer and his philosophy, I started questioning everything in which I had believed. My doubts grew stronger: *If God existed, why would He allow so much pain and suffering? Why wouldn’t He intervene in the struggles of the world?*

I began to pull away from my spiritual practices. I stopped going to temples, stopped praying, and stopped believing in the divine presence I had once so deeply trusted. It felt as though, if God genuinely cared, he would not allow such injustice to unfold around me. My heart, once full of faith, was then filled with anger and confusion. I wondered if the God I had once believed in was nothing more than a concept created to comfort the suffering — a fantasy to keep us going in a world full of pain.

But even in my doubts, a small voice within me kept whispering, “Don’t give up completely, for the journey of faith is never truly over.”

From Doubt to Hope: The Invisible Connection

There was a time in my life when I had made up my mind—*God does not exist*. I stopped visiting temples, stopped praying, and stopped believing. Deep inside, though, something kept poking at me. A restlessness. A question that never went away: *If He does not exist, how do we explain the devotion of billions?* Temples, mosques, churches, gurudwaras—are they all built on an illusion?

Sensing my turmoil, my father gently guided me to meet a wise old lady. She listened, smiled, and asked me a simple question:

“Can you see the light from this tube light?”

“Yes,” I said.

“Then try seeing the current,” she replied.

I was puzzled.

“This is how you must believe in God,” she continued. “The current is unseen, yet it powers everything. Just like Him.”

That moment struck something deep within me. Faith began returning, not in the form of rituals or fear, but as *relationship*. The kind where you speak, trust, and share... even if you cannot see.

My Best Friend, God:

With no close friends to confide in at the time, I chose to make God my best friend. Not just in prayer, but in everything.

I began sharing my everyday thoughts—what dress I liked, which colour made me feel pretty, even my innocent crushes.

He became my secret keeper. The one who never judged, never interrupted. Just listened.

And slowly... things began to shift.

I started feeling a presence in the room. Gentle. Loving. Almost like a whisper calling me “mere bache.” At first, I brushed it off, laughing at my imagination. But it kept happening—this presence was kind, caring, and so familiar.

Then came the dreams.

The Old Man in My Dreams:

In my dreams, I began seeing an old man—full of wrinkles yet radiating peace. He spoke with love, like a gentle elder who knew me better than I knew myself.

He told me about God, about another world where there was no pain, no sorrow. He began taking me on journeys—early in the morning around 4 AM, he would somehow lift a part of me (my soul?), and we would travel.

To oceans where silence healed.

To mountains that whispered ancient stories.

To gardens full of flowers I had never seen.

To swings in foggy lands where we would just smile and sway.

I did not know who he was or what was happening, but every visit filled me with joy and peace. He said I could call him *Dada*. He said God is like our father—*Baba*—and he was like my elder brother.

One day, I was stuck with a difficult thought and was about to take a bath when—without warning—I was pulled again. But this time, not by Dada.

The Ocean of Silence:

I found myself in a place of deep stillness. A vast ocean—silent, still, and without waves. No light. No dark. Just... calm.

And then it happened.

From above, a warm reddish-orange light descended slowly. It did not just illuminate the space; it illuminated *me*.

The light spoke.

“Mere bache.”

Tears rolled down. That voice... that love... I *knew* it. I had found Him.

Or rather, *He* had found me.

“I am your Father, the God you’ve been speaking to every day,” he said.

I did not need proof. My heart was already convinced. But my mind, like always, questioned:

“If you are truly God, tell me—why did you create a world filled with differences and pain?”

He gave me the sweetest, most soul-satisfying answer. A divine example that melted my questions away.

Yes. He was *my God*. My best friend. My everything.

The Interrupted Answer:

Just as I was about to ask the most important question—“Why did you choose me? What is my work in this world?”—He began to answer...

And then, suddenly—

Woof!

Our pet dog barked furiously.

I was back. Not lying down, not injured... just standing in the washroom. Fully awake.

But everything had changed.

I *knew* I was not alone in this world. I *knew* that Baba and Dada were with me, guiding me, loving me, walking with me.

The Journey Continues...

That moment marked the beginning of our divine partnership.

Me, Baba, and Dada—a team on a mission to spread love, healing, and truth in this world.

A journey of transformation—mine, and through me, many others.

This is just the beginning of our story.

Wait for my next book, where I will share many more beautiful, soul-touching experiences with Baba and Dada—my God and my Guide.

CHAPTER 13

JOIN ME: LET US HEAL THE WORLD TOGETHER.

The Affirmation That Carried Me Through

There was one simple affirmation that became my shield and sword – “I am God’s Instrument in making the world a better place.” It did not just help me quiet the inner fears, doubts, and shame—it gave me the strength to *step out, face the world, meet people, learn from many, and teach a few.*

As “I am more than just a housewife,” I once sat in silence wondering if I could ever do more. But when I *decided to dedicate three years* of my life to helping people who were stuck—who needed a push just like I once did—my life completely shifted.

From Housewife to Healer:

In this journey of stepping into service, I discovered so many new versions of myself:

I became a Life Coach, a Motivational Speaker, a Counsellor, a Healer, a Mentor, a Certified Insurance Advisor with Aditya Birla, and a Health Planner with Care Health Insurance.

And guess what changed everything?

My focus shifted from “what’s wrong with my life” to “how can I help someone else?”

The energy I had been wasting on pain became the fuel for purpose. Life began to unfold, day by day, beautifully and organically. It was hard. In the beginning, *there were no clients,*

no income. But I kept going. I believed. I experimented. I took risks.

Most importantly—I stepped out of the *comfort zones* my mind had built for years.

A Powerful Question to Ask Yourself:

I often ask my clients:

“If you knew back then what you know now, what would you have done differently three or four years ago?”

The answers vary—

“I wouldn’t have married that person.”

“I’d have saved more money.”

“I’d never trust that friend again.”

Now, pause.

Take a deep breath.

Ask *yourself* this question right now.

I did. And the answers I got were raw and real:

“I wouldn’t have quit my job out of fear.”

“I wouldn’t have trusted the wrong people.”

“I wouldn’t have cried endlessly for not having a home of my own.”

...and the list went on.

But then it struck me:

Life is a path of self-discovery.

We do not have the script.

We only have the present moment—to live, to lead, to learn, and to grow.

We cannot change the past, but we can choose not to repeat the mistakes we once made.

Gratitude Changed My Vibration:

One day, I asked myself a question that softened everything inside me:

“What are you thankful for today?”

And the answer? It was massive.

I remember writing *one hundred points of gratitude* many times—

Even when I had no time, I made time.

Each sentence was not just a thank you; it was a doorway to fulfilment.

Because when we say “thank you” repeatedly, we do not just attract better—we start seeing and enjoying the good that is already *there*.

And in that space of gratitude, I saw the truth:

“Life is absolutely beautiful”.

There are low phases, yes. But that is when we hold on to hope.

The Power of Consistency: Becoming an Author

One of the biggest breakthroughs I had in my healing journey was realizing—

I am an author.

Not because someone gave me a title.

But because I *earned* it through consistency.

Every time I travelled—I carried a notebook.

Every time I visited someone's house—I took something to read or write.

And before I knew it, I had written twenty two note books in just 2 years.

Here is what they were about:

- Gratitude journaling
- Letters to God
- Self-acceptance and healing letters
- Future manifestation
- Class notes and session preparation
- Self-learning
- Content creation
- Expressing raw feelings
- Daily to-do lists
- Schedules and planning

And one day, it hit me.

Who else writes like this—so passionately, so persistently?

Only an author.

That is when I embraced the identity I had created with my own hands.

Let the Change Begin with Me:

In today's world, sadness is growing louder, depression and loneliness are at their peak, and aggression is visible in every corner. The number of killings and acts of cruelty is rising. Relationships are breaking. People are hurting. Many people are turning mad with pain or behaving in ways they never imagined they would. Trust has become a rare experience. Injustice is becoming the new normal.

But even during this darkness, *light still exists*—and that light can be *you*.

Let us rise like Goddess Durga—not with swords or anger, but with awareness, compassion, and courage. Let us pick the right weapon for the right enemy. And let us remember, the first enemy to defeat is *within*. The fears, insecurities, pain, and patterns inside us must be - seen, felt, and healed.

Because”When I change, I change the way I see the world.

And when that vision changes, I begin to create ripples—

In my family,

In my community,

And slowly, in my country and the world”.

Read the above lines three times, and with each reading, allow yourself to truly feel them and gently repeat them.

Gift This Book with Love:

This book is not just a story.

It is a *call to action*, a *warm hug*, a *reminder*.

Gift this book to:

A woman who believes she is weak or that her time is over.

Someone who went through a terrible breakup and does not know how to cope.

A husband who assumes his wife is lazy or useless just because she does not earn.

The tired school teacher who gives her best to everyone but herself.

The housewife who is talented but stuck in reels, scrolling and comparing, feeling low and lost.

Your wife, sister, mother, mother-in-law, sister-in-law—any woman who you know has more potential than she believes.

Anyone feeling hopeless, numb, or betrayed by life and relationships.

Give them this book.

Give them a new lens.

Let it hold their hand when no one else is there.

If I Can Heal, Anyone Can:

I was once just a housewife. No followers. No clients. No stages.

But I chose to meditate. I chose discipline. I chose to work on myself.

And today, I can say—with pride and peace—life changed.

Hi, I am Haritha Akkala, a mother of two and a happy wife.

To me:

I am a *mother first*, coach next.

Wife first, author next.

Daughter first, speaker next.

Daughter-in-law first, healer next.

After learning from powerful mentors, I now know how to prioritize my life. I have learned what my responsibilities are—and when and where to lovingly say, “*Sorry, no.*”

And trust me, that clarity changed everything.

Come, Let Us Heal the World Together:

I want to remind you of something remarkably close to my heart:

When one person begins to heal, the entire world starts healing a little more.

So, my dear reader, let us come together—not to complain, but to contribute.

Let us become:

More conscious

More present

More aware

Let us plant seeds of change within our families, in our children, in our relationships.

Let us rise together with the energy of Shakti, of Love, and of Truth.

Not to fight people—but to fight darkness. Not to prove others wrong—but to light up the right path.

Let us fight not against each other—but alongside each other, against the pain, the hopelessness, and the patterns keeping us stuck.

And let that inner healing spread to the world outside.

Hope Is Real:

There was a famous experiment – “Hope Experiment”

Scientists placed rats in water. The rats could swim only for a few minutes before giving up.

In the next round, just before they gave up, they were rescued. Later, when dropped in water again, they swam for hours.

Why?

Because they had hope.

They believed someone would come.

They believed they would not drown.

That is the power of belief and trust in life.

Hold on.

Your miracle is closer than you think.

From My Heart to Yours:

If this book touched you, changed you, or held you even for a moment—

Please write to me.

Send me an email or message our office number.

Let me know how you felt.

And you please promise me one thing—

Do not let this book sit inside a shelf. Let it breathe through your actions. Let it shine through your eyes. Let it transform the way you treat yourself and the people around you.

If someone comes to your mind who might need it, please pass it on. Or, if you would like to keep it in your collection, consider buying another copy to gift to your loved one.

A Gift Every Mother Deserves

If you are a child of a mother, and you never fully understood why she washes the vessels again and again, why she always says *“I will eat later, you eat first,”* why she wakes up all night when you are sick but when she herself is unwell, she still gathers strength from somewhere inside just to cook for you...

If you never noticed why she hid her own dreams and talents—though she knew she could shine differently if she prioritized herself—but still chose to give *you* a good life...

Then, I ask you for just one thing:

- Gift her this book.

If your mother once gave up her own education to secure yours, don't just hand her this book to read. Sit with her. Call her

if you live far away. Visit her if you live near. Massage her tired feet. Ask her how her day was. And then read this book to her—chapter by chapter. Watch her face change with emotions. See the sparkle return to her eyes. And when that happens, don't forget to share that experience with me.

This book is not just my words—it is three years of my life. I tried everything—seminars, webinars, free courses, endless calls and messages—searching for ways to help women who only know sacrifice but never learned how to heal their inner wounds, insults, and silent traumas.

Finally, a thought gave me peace: *“If I put my heart into a book and set it aside for them, one day it will reach the right hands.”* That thought gave me strength—and I began to write.

The first sketch of this book began in 2023. And just when I finished writing and started searching for publishers, life tested me. A twist while exercising at the gym led to ACLR and a medial meniscectomy. My life turned upside down. But the very tools and habits I share here helped me heal and recover faster. That recovery story will be in my next book.

For now, this book is for your mother. For every mother. For the woman who gave up pieces of herself so that you could feel whole.

- Gift her this. Just do it. She deserves it.

Redesign Your Life:

Thank you for your time, patience, and energy.

You are not here by accident. You are meant to heal. You are meant to shine.

You are powerful beyond your own belief.

So go on,

Redesign your life.

Live it the way your soul wants.

With love,

Haritha Akkala

(I am more than just a housewife—who chose to become much more.)

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My deepest gratitude to the Divine — my constant guide and strength — for holding my hand through every twist and turn of this journey. Without that grace, I would not be here today.

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To my **mother**, who not only gave me life but also became a part of my mission, and to my **father**, who always tried his best to protect me from those who misunderstood me — I owe my resilience to both of you.

To my **children**, who lovingly adjusted to my unpredictable schedules, letting me guide others even during odd hours — you are my inspiration to keep going.

To my **sister**, my steady pillar of strength, and her family, who always made me feel supported; and to my **sister-in-law's family** and **my husband's brother**, thank you for your kindness and presence in my life.

My heartfelt thanks to my **mentors** — *Puja Puneet, Sheetal, Rajashree, Swetha, Vinti Bharati, Swastik Nandakumar Sir, Shree Dembla Ma'am, Ridhi Sharma Ma'am, Siddharth Rajshekar Sir, Ankit Neerav Sir, Hari Kumar Sir, MVN Kashyap Sir, Nagaraju Sir, Mohan Sir, Suman Sir, Radha Ma'am, Pandu Sir, Suma Ma'am, Padmavati Ma'am, Sri Ram Reddy Sir, Sai Ram Sir, Lavanya Ma'am, Rajitha Vanga Ma'am, Venkat Reddy Sir, Jaipal Reddy Sir, Anjana Devi Ma'am, Jyoti Ma'am, Santhosh Sir, Rahul Sir, Amulya Ma'am Santosh sir— for being the guiding lights who shaped my journey, my purpose, and even this book.*

To my **dear friends**, *Neelima and Prema*, thank you for handholding me whenever I needed strength. And to my **accountability partner Hari Priya**, thank you for being my safe space, my mirror, and my unwavering support.

A heartfelt thanks to all my **clients and students** who trusted me with their healing and growth — you are the reason I continue this work with faith and joy.

To my **relatives**, thank you for being a part of my evolution — through good times and hard times, each of you helped me become who I am today.

To all the **authors** whose books inspired me to write mine — your words lit the path ahead.

And lastly, thank you to **money** — the silent energy that supported my growth, helped me invest in learning, and shaped the person I have become.

Finally, to **you, my dear reader** — thank you for spending your time, attention, and emotion with me through these pages. Your connection means more than words can express.

With love and gratitude,
Haritha Akkala

ABOUT THE AUTHOR

Haritha Akkala is an Emotional Wellness Coach who believes that every woman has the power to rise above her struggles and create her own success. Her life is proof of it. Once a housewife who felt limited by circumstances, she slowly discovered the strength of self-love and healing. Today, she helps others who feel stuck, helpless, or lost to find clarity, courage, and confidence in themselves.

She comes from a strong educational background, with a degree in Electronics and Communication Engineering (ECE) and a Master's in VLSI System Design (M.Tech). After becoming a mother of two children, her thirst for learning didn't stop—she also completed her **B.Ed** degree, showing that it's never too late to invest in yourself. But life took her on a very different path—from being a homemaker to finding her true calling as a coach. This unique blend of personal experience and professional knowledge makes her deeply relatable to women who feel they are “just a housewife” or “just a mother.” Haritha shows them that these roles are not limitations but the very foundation for transformation.

Through her books, talks, and workshops, Haritha inspires people to take small but powerful steps toward emotional awareness. She strongly believes that emotional health is as important as physical health, and with the right tools and guidance, anyone can heal, grow, and fly high. Her journey continues to touch lives, reminding people that change always begins with one brave decision.

CONCLUSION

This book is not just for housewives who are struggling, but for every woman who is torn between the conditioning that says she must build a career and the expectations that she must also be the perfect mother, wife, and daughter-in-law. It is for those who are silently battling fears and unable to make decisions for themselves. It is for the ones who are feeling hopeless right now — hopeless in relationships, stuck between choosing forgiveness or revenge, and wondering if healing is even possible. This book is for anyone who has gone through a painful breakup and wants to rise again, not just for themselves but for the people who still love them deeply. It is for the couples fighting the same fights every day, unable to find peace, yet unwilling to give up. This book is for those looking for a tiny spark of inspiration, something that finally makes them smile and feel like their time was well spent — a book that gently reminds them that they are not alone. And as an Emotional Wellness Coach, I want to remind you: we all deserve to be happy. Sometimes, all we need is to press the restart button and this time, redesign our life by filling it with the colours we genuinely want to shine in. Thank you from the bottom of my heart for reading my journey. I am more than just a housewife— Haritha Akkala — an Emotional Wellness Coach, a Motivational Speaker, and now, the proud author of *I am more than just a housewife*. Text me your message after reading the book.

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