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EXCERPT FROM PROJECT BLOOM

Meditation is not an act. It's not something that you do; it's something that you become. It's a certain quality. If you cultivate your body, your mind, your emotion, and your energy to a certain level of maturity, meditation will happen. A certain state of being is referred to as meditation. One way of describing this in terms of work would be when you are meditative, you are functioning out of your intelligence, responding to every situation that you face. When you are meditative, the reaction aspect of you is taken off. No matter what kind of situation you're placed in, you are not reactive to it. You are only responding to it. I think that for people who lead other people, this is the most invaluable quality in them, that they don't react to situations. They look at everything and respond the way their intelligence and resources allow them to respond in a given situation. Meditation would be truly invaluable for people who want to manage large groups of people.

Meditation, or being meditative, on another level, mean you can play with life whichever way you want, without life really leaving a scratch on you. Right now, in the process of managing large situations, people are getting wounded, people are getting broken, because instead of managing life, life is managing them, or life is managing to destroy them. Meditation-if meditation comes into the workplace-if people are meditative, even to some extent, their work spaces will become very different. Work spaces would become in such a way that it would be a place that you always love to be. It would be most nurturing for your wellbeing and your health, physically, mentally, in every way. It would be most nurturing for every human being if we create a meditative atmosphere.

Creating a meditative atmosphere does not mean that you have to change something about the work. It is an internal change that you bring about within yourself, that you become a very conscious response to everything, no more an unconscious reaction. The employees will also experience the benefit of this, even if just a few people in the group are truly meditative. Especially those people who are in the key areas of management, if a certain amount of meditateness is brought into their lives, their effectiveness as managers could be hugely enhanced. It would definitely also bring physical health and mental balance.



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The word 'health' comes from the word 'whole.' When do you really feel healthy? When there is a sense of wholeness—your body, your mind, your emotion, and your energies are feeling in tune with each other, and you feel wholesome within yourself—that's when you feel healthy.

Yet, a huge number of people are unhealthy. I'm saying even those people who are right now medically healthy, they are still unhealthy. They may not need any medication, but their systems don't know any wholeness. There is no sense of peace or joy in them, so they're unhealthy. You think they're unhealthy only when they get depressed beyond a certain point, but I think you're unhealthy if you're not bubbling with joy.

Your problem is you take one step toward ill health and you think it's okay. Only when somebody takes ten steps toward ill health you think it's not okay. When you take the single step toward ill health it's not okay. So, there is no wholeness in terms of their internal composition of who they are. That's happened because they never paid any attention to it. This whole attitude of trying to fix everything from the outside has to go. No doctor or medicine can ever give you health. They can assist you when you have fallen into ill health. They can assist and help you out of it a little bit. But health has to happen from within you. And, health is not just a physical aspect.

Today you know modern medicine is very much saying that man is psychosoma. What happens in the mind naturally happens in the body. What happens in the body, in turn, happens in the mind. So, the way we are living here—our attitude, our emotion, the very basic mental state, the level of activity we are going through, how streamlines our minds are—all of this is very much a part of your health.

So, if internally from within health has to come, we definitely have to do some inner engineering. We definitely have to create an atmosphere where our body, mind, emotion, and energy is in good harmony.



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When you say you have an ambition, you are saying that you want to do something in a particular direction. So, if you are getting to do what you want to do, why should you become stressful on top of it? When you are longing to do something, the more opportunity you get to do it, the better off you should be, isn't it? Now you want to do something, if you get to do it you will become a mess. That's what you are saying. That means you don't have your systems in your control. Your body, mind, emotion, energy, nothing is within your control. You are living by accident. Your existence is by accident.

The stronger your wanting is, the happier you should be when you get to do it. But in the process of pursuing what you want to do, you have become miserable, stressful, so you have to go to the mountains or the beach to feel peaceful.

If you can be peaceful in the marketplace, if you can be peaceful in the most stressful, demanding situations of your business or career, that is when you are truly peaceful.

So peacefulness is not happening because of your work, nor is peacefulness being taken away because of your work. You are unable to be peaceful because of the way you are. Your mind is not taking instruction from you; your energy is not taking instructions from you; they are doing their own things. It is like you are driving a car where the four wheels of the car are going in four different directions, but you are planning to go somewhere. You will not go anywhere.

So, ambition means you want to go somewhere, and if you are getting to go there, why would you be disturbed? You are not getting to go there because the vehicle that you are driving is not in your control. You have to take charge of that. The whole process of yoga is just this-taking charge of all the faculties within you in such a way that you'll drive your body, your mind, your emotion, and your energies just the way you want it.



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Now, you get up at six o'clock, go to the office, work, come back home, take care of the kids, eat, and till whatever time you go to bed, and you have a busy day. Where is the time for yoga? You have time to eat, to gossip, to work-you have time to take care of everything, but you have no time to take care of yourself.

This attitude comes about because you try to act like a martyr all the time. I have no time for myself. I am giving totally to everybody. What is it that you are giving? Your agitations, irritations, and anxieties are being passed onto children. If you are truly concerned about your children, creating a joyful and loving atmosphere for their growth on a daily basis, moment to moment, is more important.

If you invest even thirty minutes a day into yoga, you will enhance your capabilities, and you will gain immensely, even in terms of time. The first thing is your sleep quota will come down. If you are sleeping eight hours a day, that means you are just sleeping off one third of your life. If your body and mind are more energized and active, your sleep quota will naturally come down. So if you gain three or four hours a day, just in terms of wakefulness, that is a huge benefit.

Apart from that, with a simple process of yoga, your body and mind get more organized. You would see that your level of performance becomes such that whatever you are doing in eight hours, you will very easily be able to do it in three or four hours. This is simply because, if you observe yourself throughout the day, you will notice how many unnecessary movements, words, activities are happening in your life.

If your mind becomes more organized, these unnecessary words and movements will disappear. Once they go away, you feel more energetic and will also have a lot more time. You have twenty-four hours to live each day. If we are organized and focused human beings, we can do plenty in twenty-four hours' time. If you are disorganized and unfocused, you think there is no time. Most people are not busy; they are just preoccupied. It is just too much preoccupation in the mind. If one makes time and brings yoga into their lives, suddenly the quality of their life will be very different.



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How much you are worth need not necessarily always be looked at in terms of the money that you're being paid. How much you're worth should be assessed in terms of what responsibilities have been given to you. The privilege is not just the money that you get; the privilege is that you've been allowed to be able to create something out of which, naturally, you are expecting some money. But money is only a means for us to have a few things. Those things, yes, are needed; to that extent, money is necessary. But fundamentally, you must always assess yourself in terms of what you are doing, whatever you are being asked to do. What is the level of responsibility that's being offered to you? What is the opportunity for you to create something truly worthwhile, both for yourself and everybody around you? Because any work that you do, any work that you do in the world, is truly worthwhile for you only if you are able to touch people's lives in a deep way.

Now, if you make a move, you don't want to make a movie that nobody wants to watch. You don't want to write a book that nobody wants to read. You don't want to build a house where nobody wants to live. You don't want to produce something where nobody wants to use it. In some way, you want to touch people's lives.

You will see, if you closely observe your life on the surface, you may be thinking many things. But actually one thing that really means something to you is in term of activities; the activity that you perform should touch people's lives. Right now, there may be many people who are trying to divide their live into work and family. So work is something that you just do for money you earn, and whatever you do, whatever you provide-if you find your wife, your husband, your children, or whoever is there, are not at all touched by what you're doing, then you would see suddenly it would become meaningless for your to have the family. Somewhere, you do something; you want people to be touched by it. This aspect need not remain or restrict itself to family alone. It could extend itself into every area of life, whatever you do. It should touch people's lives; that's all that really matters.

So how deeply you touch people's lives depends on with how much involvement you do this work. So if that is there, naturally the way you work will be very different. And according to your capabilities, I think people will pay. Sometimes, maybe you will have to bargain a little bit, but generally I think if people realize the value of what you are to that particular business or company, they will pay.



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