SANTOSH JOSHI

SKY™

is NOT the limit

Unleashing A Powerful You

SANTOSH JOSHI

SKY™ is NOT the limit

Unleashing A Powerful You

EMBASSY BOOKS
www.embassybooks.in

SKY Is Not The Limit
© Santosh Joshi

First Edition 2017

Published in India by:
Embassy Book Distributors
120, Great Western Building,
Maharashtra Chamber of Commerce Lane,
Fort, Mumbai 400 023, India
Tel: (+9122) -30967415, 22819546
Email: info@embassybooks.in
www.embassybooks.in

ISBN: 978-81-933415-4-4

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher. The use of brief quotations embodied in reviews is permitted.

Illustrations: Santosh Joshi
Layout: PSV Kumarasamy
Printing: Repro India Ltd.

CONTENTS

PREFACE		9
1	WHERE ARE YOU GOING? *Establish your coordinates*	15
2	SUCCESS, SURVIVAL & STRESS *If you can handle stress, you can handle success*	27
3	WELLNESS V/S MADNESS *Health isn't just absence of disease*	51
4	ARE YOU NURTURING A PET? *Clear your emotional space*	69
5	BUILDING BRIDGES *Treasure your relationships*	85
6	SET TO RISE *Turn setback into a comeback*	111
7	BREAKING BARRIERS *If you believe you can achieve*	129
8	DREAM IT, TO GET IT! *The power of creative visualization*	151
9	WHAT MAKES YOUR HEART SING? *Passion will take you beyond yourselves*	167
10	TAPPING THE POWER OF YES AND NOW *Create magic in your life through affirmations*	187
SKY – THE 12 MINUTE MAGIC		201

THANK YOU

Gratitude to you all, who became a part
Of my journey, with your soul and heart

I can't thank enough for what you have been
My support and strength, through all I have seen

You helped me, guided me, through every little bit
And made me realise, that SKY is Not the Limit

To me you are so close, a part of family
A family that spreads, and grows like a tree

Without you being there, it was impossible to fly
To you I dedicate, this book on SKY

PREFACE

It was a dull Monday afternoon. I had just concluded a workshop the previous day which had almost 50 participants. And like most day-afters, I was just chilling. I like to spend this time after the workshop catching up on the mails and connecting to the, now new set of addition to our SKY family, as we call it. I was glancing through my Facebook page when I noticed a new message. It was from Jyoti Matange, a participant of my SKY workshop (that was held about a month before I received this message). The message read: "SKY Healing has helped me tremendously. I had diabetes earlier but now my blood sugar is surprisingly normal. I am also happier than before! Thanks to you and SKY!"

I was thrilled! Jyoti had been suffering from diabetes for several years. Just before she came for the workshop, she had checked her sugar level and her next appointment was incidentally scheduled after twenty-one days of the workshop. What happened next was nothing less than a miracle. On that 21st day, all of Jyoti's tests came out normal. The doctors were shocked. But Jyoti wasn't. The doctors insisted that Jyoti continue taking her tablets, but she knew that she didn't need them anymore. "I felt so healthy after regularly practicing SKY that I stopped all

the tablets. Doctors were worried that it'll come back again but I knew I was going to be fine", Jyoti told me.

Though I was completely sure of the immense potential SKY has, a feedback like this is always very motivating. I thanked the universe again for making me a medium to spread this wonderful technique. The beauty of this technique is, that it is short, effective and uses our body's own mechanism to heal oneself out of the traumas on a physical, emotional and mental level and manifests what you are looking for in your life. SKY has a potential of transforming your life 360 degrees.

I strongly believe that we all are born with limitless potential – potential to heal ourselves, to achieve our dreams, to be successful and reach the top. Some of us are able to realize that potential, unleash it and soar high, while others live in oblivion, getting swayed by the winds of self- doubts, fears, failures, negative emotions and negative belief systems. They spend their entire life struggling to manage their health, wealth, career, and relationships and the stress arising therein. They fail to discover their passion and are scared to even dream big. But it is never too late to begin. History has shown us examples of people who realized their true potential and followed their passion much later in their lives and reached great heights. Once you realize your hidden potential, nothing seems to have the power to stop you from achieving what you are looking for in your life. Even the most challenging situations become your launch pad.

Through this book, I have made an attempt to address all the issues that prevent us from reaching where we are supposed to reach. Through short stories and real life

examples, this book will help you reflect on your own life and locate your current co-ordinates. I have also designed worksheets with utmost care and a lot of research, provided at the end of every chapter (except chapter 1 as that is a grounding chapter that makes you get hold of your current position). I urge you to take time after every chapter and solve the worksheets. They will help you bring in the transformation you desire in your life. Following this book will provide you the fuel for you take off from your present location and rocket high in the sky without any limits.

SKY is not the limit drives you to look into your life radically, discover your true passion, unlock your highest potential and start your journey to reach where you truly deserve to be.

SKY, the 12-minute technique I have developed, gives wings to fly smoothly even through the strong pessimistic currents in life. It dispels the internal and external forces that may be pulling you back or swaying you away from your path to your goal. I teach this technique in my workshops. SKY is a serious life changing technique and is best practiced after an initiation from an experienced Teacher, and should be performed correctly to reap maximum benefits. If practiced regularly, it is sure to take you to the next level.

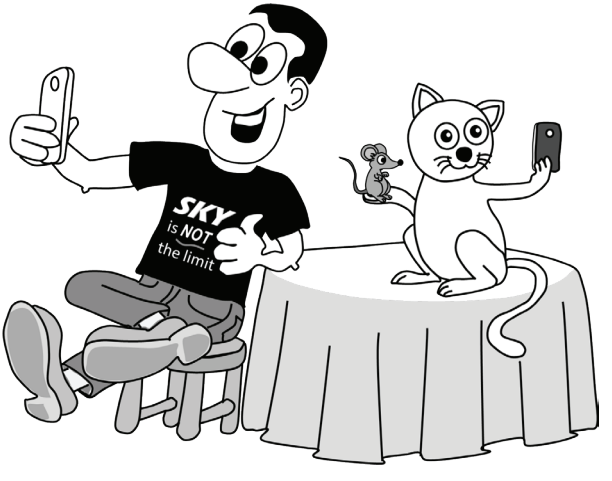
I wish you a life-transforming experience through this book and may SKY be only the beginning of your journey to infinity.

Remember, even, sky is not the limit.

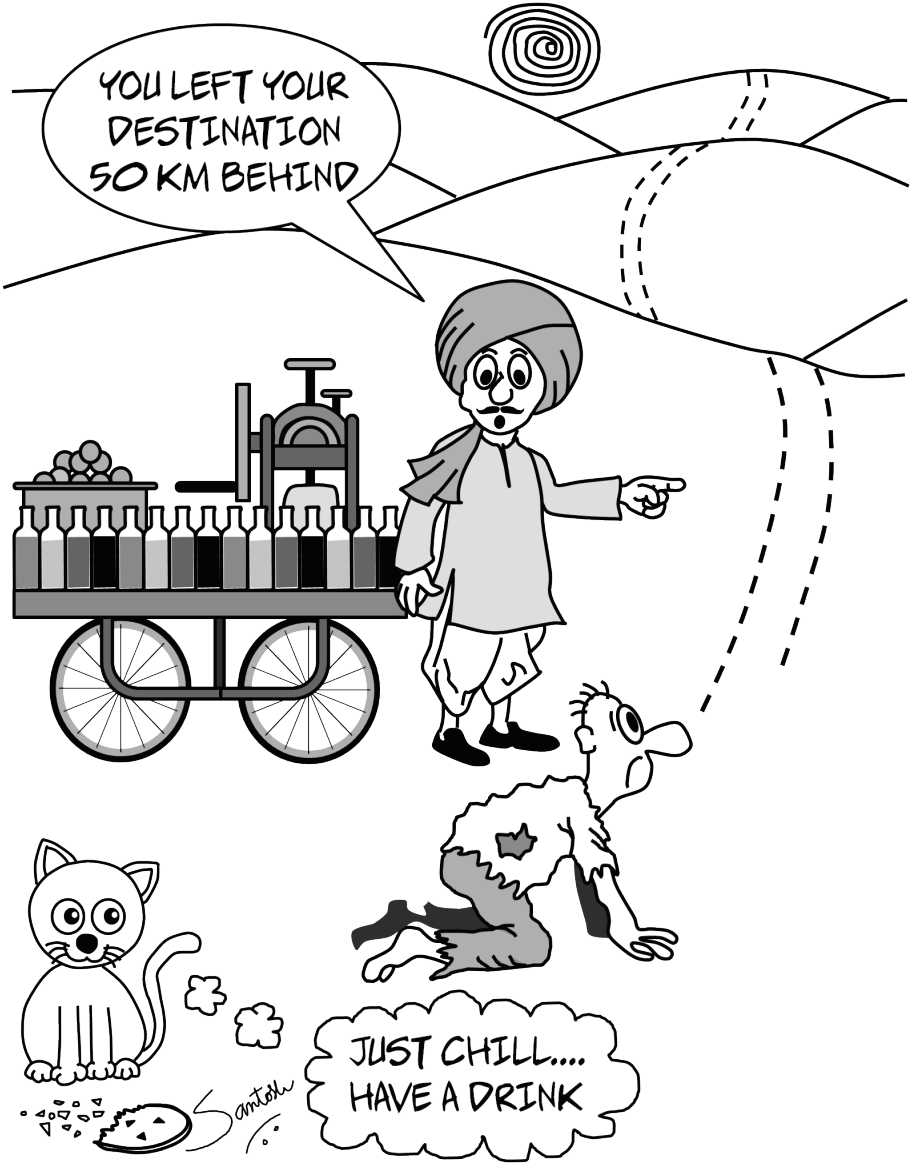
Santosh Joshi
March 2017

PS : I have added few cartoons to break the monotony and convey the point with a dash of humour. Humour helps in reframing the problems that might otherwise seem overwhelming.

You will find that there a character that is present in all the cartoons and that is a cat. I have named the cat - Cookie. So, 'Cookie the cat' is wise yet playful, and has an opinion to offer in everything. She is also creative and wonders why the humans fail to see the way she can see things. At the end of each chapter, there is a distilled wisdom in the form of Cookie crumbs.



WHERE ARE YOU GOING?


YOU LEFT YOUR DESTINATION 50 KM BEHIND
JUST CHILL.... HAVE A DRINK
Santosh

1

WHERE ARE YOU GOING?

Establish your coordinates

It was raining incessantly that day, flooding all the roads in Mumbai. I had to change my plans and stay back home due to the unexpected rains. I thought of best investing my time in reading the books I had bought the previous day from a road side vendor.

As I picked up a book from my neatly arranged book shelf, a soiled and crumpled paper, fell on the floor. There was something written on it in black ink. Out of curiosity I opened the paper and started reading....

Dear God, *12th Jan 2010*

Today for the first time my teenage daughter, my princess, screamed at me in front of our family friends during dinner. Her eyes were raging with anger when she shouted and

complained about how I was never there for her and then in a fit of rage she said, "I hate you dad, I hate you." On hearing this I froze. It was the most embarrassing moment of my life. Before I could say anything she had left the room. I never thought I would see this day. This has never happened before. Where have I gone wrong? I felt a sharp pain in my heart. I stood there numb, for a long time and realized something was terribly wrong in my life.

She blamed me for many things which I was not even aware of. All these years I relentlessly focused on building my career. I thought this was the only way I could provide everything that my family needed and make them happy. But today I realize that I was wrong. They needed me, and I wasn't there. Am I such a bad father? Do I deserve to hear such painful words from my angel, who I love the most?

God, I have been living like a programmed robot, mechanically moving around in the world of vicious competition. I have been working round the clock, crazily travelling across different time zones. I have not paid attention to my health or happiness. I don't even remember the last time I took a break. My foremost priority was work and only work, because I was convinced that only this can bring the best for me and my family. That one sentence she uttered has dulled all the applauds and achievements of all these years. Suddenly I feel I am alone, though am at the peak of my career. I can see that my wife and my daughter were left far behind, in this race to get to the top. They were longing for my presence, my time and my love and I kept chasing my goals. Didn't realize when we disconnected. I have lost so much in the bargain. Today I feel an emptiness. I realized even I have a heart, when I felt a sharp pain, and I felt like crying. All these years I was only

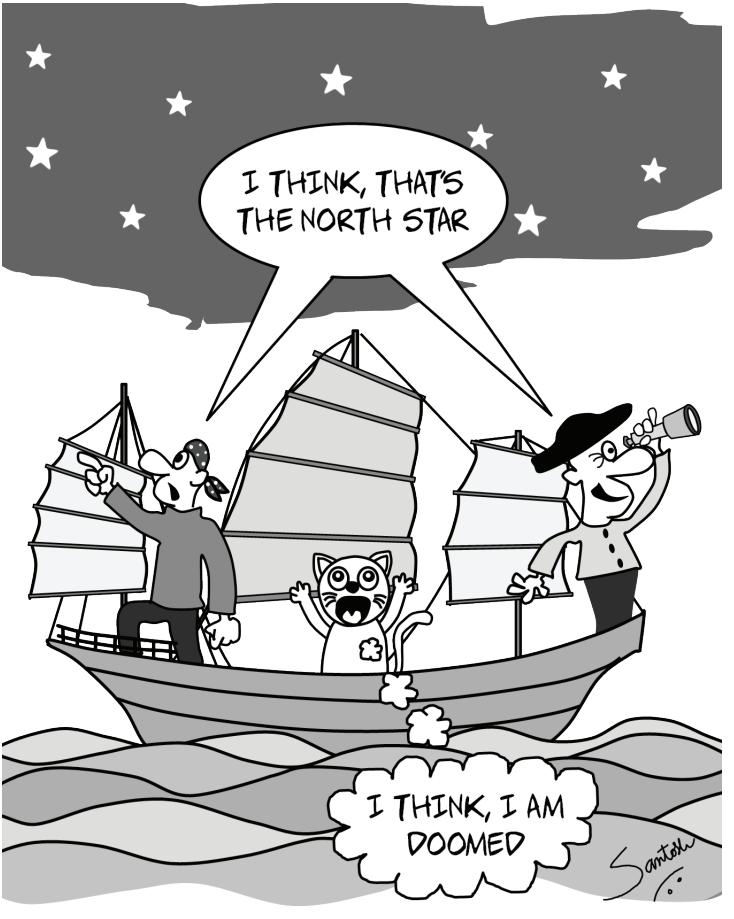
using my mind, and the role of my heart was to pump blood to various organs of my body to keep them going. But today my heart is bleeding and I do 'feel'.

I missed out on so much. My little girl has turned into a beautiful teenager. Where did time fly so quickly? I ignored the feelings and emotions of my wife, who is the love of my life. She has stood by me through everything. I don't remember the last time we spent quality time together. What hurts me now, is that she never complained. I had locked my heart and hidden the keys under heaps of work and my goals, hence I could not see any of these things all these years.

Today, the world sees me as the CEO of a company, successful, making big money, living a rich life. But I feel a vacuum. My health has gone for a toss. My true treasure, my family is far from my reach. I don't get sound sleep and I don't even enjoy a hearty meal. This is not what I had signed for! I am not happy. I don't know what went wrong and when I drifted away. Dear God, I am willing to do anything to get my family back. To hear my daughter say, "Dad, I love you. You are the best Dad in the world!" I can give away my career, my ambition, my money, and everything, I have so pain-stakingly earned; just to hear these words from my sweet little angel. I plead and beg of you to help me regain the lost love in my life, and my life too!

God, I am writing with the hope that you will lead me to find the secret ingredient that will make us a happy family again...

a dejected father



This emotionally charged letter brought tears to my eyes. The dejected father had poured his heart out. He believed that he could provide the best for his family by working hard and earning loads of money. But only when his daughter screamed at him, he realized that only money could not provide for all their needs and make them happy.

Although personal ambition, money and career are undeniably an important part of life, they don't come with a 'happiness guaranteed' tag. As soon as we link our happiness with the amount of money we earn, or the career ladder we climb or our achievements, we are bound to encounter moments when we really start questioning, 'Did I go wrong somewhere?' or 'Am I really happy?' or 'Am I missing something in life?' However, some emotional moments spent by a person with his family and friends can also bring in lot of happiness. Simple things like playing with your child, sharing a meal with the family, buying a gift for someone you love, sharing the good and bad moments of life with your friends or just being there for others; adds great value to life. The father in the letter, was probably oblivious of these simple things and his picture of a happy family came crashing down with his daughter's rage.

I sincerely wish that he has found the secret ingredient already, and they are a happy family again.

Many times, we live a very superficial and pretentious life. Everything seems to be rosy at the surface. But there is a volcano forming inside the crust of life waiting to erupt. This could be in the form of stress, unfulfilled ambitions, sour relationships, bad health etc. Knowingly or unknowingly we ignore the smoke (early signs that something is not right), most often not really knowing how to handle it, and thinking that it will settle down on its own. But finally, the volcano erupts destroying everything around. One of my colleagues in my previous company, was a chain smoker. He was not able to handle stress at work and home and eventually found a respite in smoking. He landed up in a severe cardiac condition soon after.

Sometimes, when we don't address issues in our life or reflect upon the questions such as,

- is everything really fine in my life?

- am I in control of my life?

- or, where am I going?

In all probability, life creates situations where we are pushed to do so.

We cannot deny the fact that, at the core, we are all emotional beings. How much ever we try to pretend to be tough on the surface, every incident in our life, does stir some emotion deep within us. If we don't take cognizance of those, there and then, it gets pushed back, only to manifest later in the form of health issues, relationship issues, or mess up with our work and career. The constant presence of the unresolved negative emotions also produces stress. If this stress prevails for a longer duration, it may lead to depression and become as hazardous as a life-threatening disease.

A stimulating statement by Jim Carrey, the famous Hollywood comedian, astonished his fans, when he said, "I hope everybody could get rich and famous and will have everything they ever dreamed of, so they will know that it's not the answer." We believe that celebrities are superhuman, having achieved name and fame, they cannot ever feel sad. But even after all those achievements, they fall victim to severe depression.

Nobody expected a person like Jim Carrey, 'rich and famous', to be depressed. Moreover, he was a comedian. He always portrayed to be a happy man. But deep within he was crestfallen. It was then, he realized that whatever he

earned could not really make him happy. Being under the watchful eyes of his fans and media, he kept on wearing a mask all the time. Living a pseudo life can itself be very depressing and stressful.

Here I am reminded of a friend who does theatre. He is a fabulous actor and fun to be with. He shared a very close

bond with his dad and when his dad passed away, he was sad and bemused. The catastrophe was that the opening show of a comedy play, where he played a lead actor, coincided with the day of his dad's funeral. The show was sold out and could not be called off. He had no choice but to perform even in that situation. The pain he went through was immeasurable.

At times, we are so weighed down by the duties and responsibilities assigned to us that we forget to live. We land up in utter confusion and then start questioning our own self, like the father in the letter. Are we doing what we are, to fulfill our personal ambition or are we doing it for others? The reason could be any. In either case, we need to find what makes us happy. Is our happiness based on how we feel each day, or is it based on our accomplishments and achievements?

There was an interesting blog I read long back, about an Australian nurse Bronnie Ware, who spent several years working in palliative care, caring for patients in the last twelve weeks of their lives. Bronnie Ware writes of the phenomenal clarity of vision that people gain at the end of their lives, and how we might learn from their wisdom. "When questioned about any regrets they had or anything they would do differently," she says, "common themes surfaced again and again." The top five regrets as she witnessed were...

1. I wish I had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I'd had the courage to express my feelings.

4. I wish I had stayed in touch with my friends.
5. I wish that I had let myself be happier.

This thought certainly made me reflect on my life too. "If I had to die today, what would be my greatest regret?" This question gave me lot of insights into my life. It set me thinking, "where am I going?" and later changed the course of my life. Sometimes when we look at other people, we feel their life is so much better than ours, they are happy and we are not. But trust me, if the universe gave you permission to exchange your problems and challenges with others, you would soon start owning yours.

According to the survey by WHO, it is said that depression has become a global epidemic. One in every five women and one in every ten men is depressed. Why is that so, if the basic nature of our being is 'happiness' than why there is so much despondency?

In the midst of the chaotic life we live, we need to pause, take a stock of our life and ask ourselves these basic questions.

Where am I now?

Am I happy where I am? and

Where am I heading to?

If the answers to these questions are not clear, that means we are living in oblivion. It is a clear indication that it is time to act and change the course of our life. It is time to peel off the mask of 'everything is hunky-dory in my life' and address the issue bang on. By avoiding this, we are cheating ourselves, further complicating our lives. The hardest battle to fight is with our own self.

Each one of deserves to be happy and successful in life. Whether a CEO of a company or a housewife, a student or a labourer, each one of us has the "right to happiness and success", and it is our birthright. We are born to thrive, to succeed, to excel, and to be happy in life. We need to be the sailor of our ship and steer it in a right direction. What we don't realize is that we also have the choice, power and authority to do so.