

# Ethics of 21st Century





## Table of Contents

History of edits:.....	3
Who I am? .....	4
Why I wrote this eBook.....	5
Chapter - 1 .....	6
Life is a cocktail of Ethics & Behaviour garnished with love .....	6
The "Meaning" & "Implementing" that meaning in real life.....	8
What's left of it now....	9
Where are we making the mistake.....	11
Chapter - 2 .....	14
Enjoying this amazing mixture called: Life.....	14
This is the basic rule of life.....	16
Be thankful to everybody, and for everything.....	17
I'm sure achieving this is not so tough.....	18
Day-To-Day stress .....	19
Chapter - 3 .....	20
Faith in God does not make you any lesser person .....	20
Being a God fearing person does not make you weak.....	22
Do not lie to yourself.....	26
You are the owner of your thoughts, but you are a slave of your actions....	27
Learn to say GBU every time you get a chance to do so.....	28
Adios with my heartfelt thanks .....	30
A Request: Copyrights © .....	34

## History of edits:

27 Jan 2016

Added news sections:

"History of edits", "Who am I", "Day-To-Day stress" (page numbers got changed)

Minor edits like wordings/grammar,

Added "Rate this eBook" link on last page.

## Who I am?

Does it matter who this stranger is? But still I would write about me, just in case if you finish reading the eBook and somehow wants to know about the author.

I won't write my name as it is everywhere in this eBook, so let's start with other basic information about me:

Sun sign: Cusp (Capri-Aqua)

Year of birth: 1977

Place of birth: New Delhi, India

Religion: Sikh

Gender: Male

Education: Not enough to write an eBook

Experience: Good enough to share something precious with everybody.

Religious Beliefs: I live with a simple rule: Leave nothing, and accept all.

I'll never leave my family values & teachings, but will keep learning what science has to tell us.

Any other specific question? Your question might get answered indirectly somewhere in this eBook, but in case if it remains unanswered... Then just ask me.

Don't forget to rate this eBook, your ratings will help others to decide "If they shall be spending time on this eBook or not". 😊

## Why I wrote this eBook.....

Greetings of a blessed and healthy life to everybody :)

If your goal in life is earning money (by any means), fame (as in limelight), enjoyment, having fun, or petty physical pleasures, then please be aware of the fact that this eBook is not for you. In this book I'm giving you "food for thought", you will be healthy and nourished only if you have your food every day. I assure you that you will find something new every time you read the book and think about what you read.

Like every other author in the world I also will be sharing my thoughts with you. Kindly allow me to hurt the ego of those who possess it in enormous amount, let's start accepting our different thoughts, and just like these thoughts we all have our Ethics & Behaviour which we have learnt from our childhood, fortunately our belief/views are as different as we ourselves are. I plan to talk about the worst effect of this smartphone generation who have completely failed in synchronizing the meaning & implementation of what parents/religions have taught.

I come from a religion known as Sikhism, basis of the religion is "Ek Omkar", and means god is one. But I will not talk about "My" religion here, let's just talk about God. Are you not surprised with the fact that all religions in this world talk about all same things: god/faith/belief and humanity. This is something like the Theory of Everything, so where is the difference? It is in the people, it's in all of us. I'd say there are three types of people:

- Those who believes in "Something",
- Those who believe in "Anything", and
- Those who believe in "Nothing".

21st century gave birth to the fourth type of race who believes in "Themselves" only. This kind of people believes that any information is correct only if it matches with the data present in their own brain, otherwise it is rubbish. I'd call such people as worst part of the century.

No matter from which type a person you belong, we all have our Ethics in which we strongly believe in. The only difference is the face/type/kind of those set of moral values/rules/beliefs which we name as Ethics. It does matters what we term as "Right/Wrong", but what matters more is How strongly we hold-on to our ethics. Example: A person must be having ethics, but he will not be kind enough to share/adjust with anybody around him/her.

## Chapter - 1

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**Life is a cocktail of Ethics & Behaviour garnished with love**





## The "Meaning" & "Implementing" that meaning in real life.....

If you have honestly spent time doing the previous chapter of "What is left of it", then only you should be reading further in this page. Believe me otherwise you will not feel interested in reading paragraphs below. They will sound like unwanted talk of ethics by somebody useless who does not have any place in your life.

If you have got all the data of "What is left of it" then I hope that like me you also would be interested in getting back into those sweet childhood days which your parents have blessed you with. Our conscious is the inner voice which we all hear at times, but we all somehow ignore it because of other priorities in life. But when you hear that voice and decide to follow it..... You'll start changing your life into something better.

Now let's give a careful look into the fact of how hard/easy is it to implement those beautiful ethical values which were handed over to us by our parents and family. For achieving this we need to do introspection of our own self. Basically we need to find our worth and ability to strongly hold-on to our moral values. This is not at all easy to figure out because all the previously mentioned reasons in this book will play a significant role in affecting and effecting every part of you and your lifestyle.

Hold on man... What's the mess of affecting and effecting?

By affecting I mean to show visible changes in your ethical or moral values. You will be carrying these values and your present lifestyle will reflect your values silently in your thoughts and beliefs. For example: You will believe only in those things which your brain accepts as correct, for other information you might make fun of them, or you might just avoid them, or you may remain silent till the time you let your brain gather more data before it accepts that new and unknown information.

By effecting I mean is to show visible changes in your real life actions and behaviour. Your moral values will always over power your actions as your basic behaviour will be your driver. You may not know but it might be possible that all those 50 people around you are there for some other reason OTHER than the love of your friendship.

Hope now you are aware of the fact that implementing those forgotten moral values is not a child's play anymore. You surely need to be really strong in your decision to change yourself for the good. It is not easy to carry your family name with the same pride with which it was handed to you by the family. Your inner most desire to live like an example in this society will be the basic and most required driving force in this process. We have to really need to put in our honest hard work in this.

It's just because we had put hard work in forgetting too many things in the past.

Stand up for yourself, I'm sure in later days you will be really proud of yourself for making this impossible task turn into a practically possible beautiful memory.

## What's left of it now....

On this page I'd like you to grab few blank papers or a diary to start writing your habits, in the next paper write your beliefs, in another write down your thoughts, in the next paper write your likings. Be honest with yourself because nobody else in the world will be seeing whatever you have written in these papers. You will impress nobody.

On a new day whenever you find some more time for yourself, take another fresh paper. Grab a cup of coffee, sit and make yourself comfortable, clear your brain from office, TV serials, baseball score, your desires, and your plans. Spending time with your past will be like making the foundation of what you will be doing in the future, and you cannot lay the foundation unless you dig out that mud which is already occupying the area. The stronger the foundation, the higher and taller can be your tower of self-realization and self-control.

I'm using the word "try" because I completely understand the fact that with passing time our lifestyle have turned into a running machine, this have affected our human brain a lot too. Now the most difficult part in life is to calm & clear your brain from any kind of thoughts. Sadly our brains have got into habit of thinking... thinking... and thinking unwantedly, and hence we are wasting our precious energy. Please make yourself accept the fact that you have done an unintentional but really ignorant mistake.

Now if you are able to clear your brain from all those thoughts which are not required right now, then let's just spend some time to remember what your parents have taught you about the family, ethics, religion, good habit, respect, and education. Try to remember as much as possible, even the smallest thing which your parents have ever told to you.

I myself have a bad memory but fortunately all those words have stayed inside my heart, which helps me to recall them in the time of silence. I would strongly recommend you to write them (if possible), but don't start immediately. Give time to yourself; think about your childhood, your parents, your times of gaining education. Think again and again, after few days of practise you can now take pen and paper to write.

Being a human we might make a mistake in the first chance, or we might miss something out. So why not do the same steps once again and take few more blank papers to write down your memories again. Now we will have two separate sets with same memories in them, just have a proper look into them to find out any missed-out memories or events. You can take any set of those papers (A or B) and can start noting down those missed memories so that you can make one final master paper to refer.

This is that master draft which shall be referred with the very first paper I wanted you to write down. Now you are comparing those two papers in which you are living your present life and the other in which your childhood was carved. On another day listen to some soothing music so that you forget about your papers, give time to yourself and compare them again, on another day pamper yourself with good food to forget about your papers and then compare those papers again, on the last day.... spend some quality time with your family, and then compare those papers again.

Believe me that this is the time when not just your brain, but your heart will realize the fact we have lost too much of whatever was given to us. We need to ponder of the thought of:

"What is left of it now....."

## Where are we making the mistake.....

My sincere apologies for starting the page with realization of a mistake which we all are making, and that too every minute. What mistake?

I'm talking about the difference in "Meaning" and "Implementing" that meaning. We all are aware of meanings, but sadly the most important part of implementing those meanings in our real life is missing. We have made ourselves so busy that we get restless in silence. The best time when we should be talking to ourselves is seen as boredom. Adding to this situation the technology have given us smartphones which make us more distracted from our self. When was the last time you spent a day with yourself only?

If the above question made you think then I should not be asking about the time you spent with your family. Hope now you know where we are making mistake in life, so the immediate thing our soul needs is to create appropriate distance from the technology (distraction).

Ethics which have been put into us since our sweet childhood are a part of us, a best part of us. We have to work hard to preserve them from the sharp blades of this busy life. Holding on to our ethical values is too difficult for those who have weaker will power, but if you are strong enough to control your distractions then you will find it as easy as learning to write. Simple practise of writing 1 word every day and soon you will find yourself writing pages in the book of your soul.

From today; start spending time with yourself, spend longer time if you are already doing so.

Behaviour is another part of us which grows stronger as we grow older in our life. Old does not mean 60+, a 2yr old is older than 364days old, btw getting old starts as soon as we are born... remember 1 day old?. If you are strong enough in your will then you will not allow your ethics to be diluted by distractions and opinions. Your consciousness will tell you if what you are doing is right or wrong, if it is wrong then stop immediately. But if it is right then don't let anything stop you from doing the right, and this part of your will be seen as your behaviour.

Our actions cannot be right unless we protect our ethical values strongly from all distractions of this busy life. No matter how much you are educated, modern, sad, ill or broken... only you have to make sure that

But all of them in return will glorify or tarnish that family name which is walking along with you. You may get another chance to correct your mistake, but the fact is that this Life may not give a second chance to succeed in correcting a mistake.

Your parents gave you everything which they seem to be best in life? Then how can you be so weak or busy that you will lose this precious gift? Pledge to life a beautiful life just the way your parents wanted you to have, you shall become that adorable gift which your parents wanted to give to this society. They have handed over their precious love/teachings/experience and blessings to you; it will be useless of you if you are not able to carry it proudly in your life.

Remember... You are carrying name of your family along with you.

- Your ethical/moral values will determine your thoughts,
- Your thoughts will shape your behaviour,
- Your behaviour will carve your actions,
- Your actions will earn you respect/disrespect.



## Chapter - 2

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### **Enjoying this amazing mixture called: Life**





## This is the basic rule of life....

Remember your childhood? How your parents used to bring gifts for you? How they used to decorate your room? Buy you things/toys you ask for? And how sometimes they bluntly refuse to your demands and later give you something much more precious in life? Exactly same are the rules of life also.

Now let's assume that the life is your parent. Life gives you a beautiful morning every day, you get another day with a chance to start afresh, an opportunity to correct mistakes of yesterday, a chance to mend broken hearts/relations of the past, a bonus of giving and getting blessings.

How will life feel if you ignore or dislike any of these gifts which life is giving you every day, every now and then? This is the real reason why some around are always lucky, and some are always unlucky, some always get everything and some always lose. You really have to be that loving child which every parent would want to have. You have to love life, as it is the only thing you should love at any time.

Few things which we all can start doing immediately are:

- Loving everything you get in life,
- Giving away everything which is asked from you,
- Giving priority to the love of life instead of loving things, and
- Spreading the love which you have got in life.

It is practical fact that you will never be attracted to shit, garbage or any other dirty things of the world.

Instead of asking the proof, we have to start believing that Life is beautiful, even when it hurts. If you honestly believe in it, you will honestly get it too. Instead of asking questions and waiting for answers, we will be in much more profitable situation if we just take pleasure in believing that I am a blessed child of mother nature, and a mother will never do anything wrong for her child.

If you have allowed letting all these words enter your heart instead of your mind, then you must have understood that main aim of this page is:

This will help us in maintaining positive vibes around us, and positivity around you will help all those who are not able to do the same. You never know when and how your positivity will lift somebody out of the darkness of their pain/sadness. In other words this is a win-win situation for you, everybody will win.

## Be thankful to everybody, and for everything.....

If you have been working on things which we talked about in previous pages then till now you must have already felt the beauty of life inside your heart. Unfortunately if not... Then you just need to:

- Allow these words to go into your heart,
- Just don't question these words,
- Just don't let your doubts overpower your heart, and
- Start reading the eBook from starting page i.e. Introduction.

The day we will be able to create that positivity around us, it will be when you will never want to return back to your previous lifestyle. I can assure you that you will be seriously amazed with the thought that you were this same person who was once happy in that previous lifestyle of yours. There is nothing wrong in that feeling.

### **This is life; every minute it has the ability to become beautifully new.**

I need not tell or say anything about saying/expressing your thanks to almighty lord, to mother nature, to this life, or to anybody on this earth. You will be going through something like hormonal changes:

You will simply and naturally feel thankful for everything and to everybody.

You will start smiling without any specific reason.

You will fall in love with everything on this earth.

You will feel loved by everything around you.

People around you will compliment you (like you are glowing).

I do not want you to be thankful to me, you shall be thankful to yourself. Because I just wrote..... It is YOU who gave your precious time to read, it is YOU who allowed these words to enter your heart and mind.

I thank you for being with me till this page, I thank you for and giving that precious place to my words in our heart and mind, I thank you for giving an additional place to me also. I'm cashing my right to assume that from now on you will recognise this name "GS Viridi", whenever you see it on the internet :)

## I'm sure achieving this is not so tough....

This is the shortest page in the complete eBook, because the only thing you need to do in this part of the eBook is: **Believe**.....

- Believe in your family,
- Believe in your moral values,
- Believe that you also are a loved child.
- Make our sub-conscious brain believe that we are blessed part of Mother Nature.  
To get all this belief you should:
  - Fill our head with positive thoughts, and
  - Fill our heart with love for everything.

In short: **You need to believe in, everything you believe.**

If you have been an honest reader, then I'm sure you can understand what I am talking about. I assure you that this is not at all difficult.

GBU

## Day-To-Day stress

I bet this "Day to day stress" is not at all a new thing for you; there is tons of material available on internet to help fight against stress. This page of the eBook is introspection in our knowledge about definitions.

What do I understand about "Day to day stress"? It's those "overloaded feelings" which makes us worried/tense, such situations arises due to various activities we do in our daily life. Agree?

Now stress is of two types: Physical & Emotional (Psychological) stress.

Physical stress is temporary as we know that the proper amount of rest will relieve us from physical stress. I would avoid taking pills for this.

Emotional stress is the worst of worries for majority of people, and here I will not give medications, tips to get rid of emotional stress.

As I said we are introspecting, so let's concentrate on what we are doing every day. To make things short & simple I would like you just make two categories of daily activities:

1. Activities I do every day, and they are very much required too, and
2. Activities I do every day, but they are "not that much required" (NTMR) in life.
  - a. This "NTMR" activity can't be avoided / removed,
  - b. This "NTMR" activity can be avoided / removed,
  - c. This "NTMR" activity can be avoided / removed but I luv it.

If I'm not wrong then I'm sure that most of daily activities you have listed down are coming in the 1<sup>st</sup> category. But believe me that you can identify few activities which you can shift to the 2<sup>nd</sup> category. Just try to move the priorities, remove few and list them again.

Hopefully it is meaningless to tell you to not get stressed or worried about things in 2<sup>nd</sup> category which we can remove or avoid doing. So straightening our introspection, we'll be talking about the most required activities which can't be removed from our daily schedule...

Hey, hey, hey... If these activities are so much important / required in life, then why are we getting stressed? Why can we just accept them & keep on doing them without complaints?

Is it just me or do you also feel that if we will surely have a stress-free life if we accept our daily schedule and make friends with those important things in daily life.

Please remember that Our daily life is ours, and our own things shall not be treated as stress in the life we have decided to continue living for ourselves, our family, our friends, and our loved ones.

### Chapter - 3

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Faith in God does not make you any lesser person



## Being a God fearing person does not make you weak.....

Personally I hate this fact that people of this generation feel proud being a humanist, but on the same time they are ashamed of associating themselves with their religion. Many people I have met are a clearly embarrassed to talk about their religion, many hesitate to talk, and few others simply avoid any type of conversation related to god.

But one similarity in all of those people was that none of them will respect any other religion except their own, don't ever talk about your religion in front of them as that will insult them. Just can't stand such hypocrite approach of this so called Gen Z people.

People of this generation believe that god means the one which is talked about in their religion, regarding others.... They have baseless beliefs. This is not only insulting behaviour, but it's a cheap cultural and moral value which will devastate our social fabric **if** passed to next generation.

My personal belief is that if we r talking about God, then we should see him as a plant. There are various types of plants with different shapes, sizes, appearance, quality, and properties. But we all call them plants, but we can't be good with God in this matter. Everybody have their own stubborn belief and approach related to God, people can be open minded humanitarians, but none of them can love and respect god of different religion/culture in the same humanitarian way.

You call it as Generation Gap or call it as loosing values, both ways the younger generations have failed their mentors and guides. History acknowledges the fact that younger generations have continuously progressed (many folds) in the matter of technology and advanced lifestyle, but sadly all of them have failed and lacked behind (many folds) when it comes to carrying their social values, and in keeping up (maintaining) their moral values.

You can shove off this embarrassing yet unsatisfied remarks made by older people (previous generation), but the fact remains tall and unchanged. Newer/younger generations are not able to carry social values & the religion which was taught to them by their parents. Everything has diluted a lot, and when I'm saying "a lot" it really means "AWFULLY LOT".

Believe me that the following quote is 2,000% true:

**There is a reason behind everything (which happens) in life.**

Here I would like to share an article published on <http://www.businessinsider.com> ([click here](#)), dated 12th Feb 2015. You can search on internet and can find millions of such articles about Gen Z, but 99% of readers will never waste their time thinking about the reason behind those articles.

Generation Z: Born in the digital age - Business Insider

# BUSINESS INSIDER

## Everything you need to know about Generation Z



LAURENCE BENHAMOU, AFP  
FEB. 12, 2015, 4:21 PM

Facebook? Of course. Books? Definitely not. Video games? For sure. Sport? No way. Speed? Yes. Patience? Not so much.

This, in a nutshell, is the life of the "Generation Z" -- independent, stubborn, pragmatic and always in a rush.

These youngsters, born after 1995 and unaware of a world without Internet, live a life that seems a million miles removed from the hopes, dreams and morals of previous generations.

They are so hooked into the digital world that some academics have nicknamed them "the mutants".

Here are a few of the habits of Generation Z:

### Daily life

They want everything, everywhere and immediately. They surf on two screens simultaneously. They don't mind paying through the nose for the latest smart phone but turn up their nose at paying for a film or a song when you can get that for free online.

Aged 13 to 20, they get all the latest trends from social media and find the morals of their elders out-of-date.

Their fashions are those found worldwide over the web: they watch American blockbusters like "Hunger Games" or "Divergent", listen to Korean K-pop and, when they dance, they "twerk".

When they speak, their vocabulary is peppered with acronyms, incomprehensible to those not in the know. "Swag" is the new "cool".

And their new idols are Internet stars, like PewDiePie, who has the world's most subscribed YouTube channel.

### Their friends



Flickr / Matthew Kenwick



Generation Z: Born in the digital age - Business Insider

People from Generation Z find it easier to talk online than in person. Their friends on social media are as important to them as their friends in real life but sometimes they do actually meet up in person with these "virtual" pals.

More than eight out of 10 are hooked on social networks and more than half of them think that this is where their real social life takes place.

They are on dating websites from the age of 16 -- sometimes before.

### **What they know**

Even as young as they are, they have already seen so many technologies become obsolete. For this reason, they have become the ultimate "self-educators", learning how to use new stuff via self-help videos on YouTube.

As for the web, violence, porn, they've already seen it all.

### **What they watch**

According to US consultancy Sparks and Honey, the average Generation Z-er spends more than three hours a day in front of a screen.

They live in constant "FOMO", fear of missing out. They can't stand the idea of not being in the loop when something new and exciting comes out.

Facebook is their main poison, despite its flagging popularity among some Americans. Photos on Instagram, quick messages on Snapchat. Twitter and Tumblr are omnipresent.

But it's not all passive: Generation Z are also putting themselves out there on YouTube or "Vlogging" (video blogging), hoping to become the next "Fred" (Lucas Cruikshank), who made his name at the grand old age of 13.

Everyone surfs the web while watching the TV and they think that everything is possible with technology. But, they have a short attention span and tend to skim-read rather than read properly, which can lead to difficulty at school.

### **Generation Z at work**

This is a generation that wants to create their own company -- between 50 percent and 72 percent want to run their own start-up.

The idea of "business" brings up negative responses: "complicated", "brutal", "a jungle".

They believe success comes from their "network" rather than from qualifications and they prefer a flat organisation to a hierarchy at work.

They want to succeed and achieve, with 76 percent aiming to make their hobby their job.

### **The future of Generation Z**

These are children of the crisis and it shows in their outlook. Most of them say they are "stressed out" by what they see as a bleak future, especially in terms of economy and environment.

Given the same pay, 25 percent of the Generation Z in France would choose the most "fun" company, 22 percent the most innovative and 21 percent the most ethical.

But like any idealistic generation, they want to change the world and love the idea of volunteer work, which a quarter of Americans in their late teens are already doing.

### **NOW WATCH: Watch Out Lululemon — Women Are Going Crazy Over These No-Underwear Yoga Pants**

Gen Z is unquestionably intelligent, fast, passionate about technology, but why they are incapable of being the torchbearer of moral values? I request everybody to please give some time to think about that hidden reason behind the dissatisfaction of your elders, you all are very strong and talented, please prove your worth, please be an example for the next generation.

I would again like to repeat my words that I'm not planning to give some kind of lecture here, the reason behind writing this eBook was to give my readers a "Food for thought". Now I expect you to tell me that we are too busy and we can't spare time for more stress. I agree our lives are very busy, but this should not be a reason to ignore our moral values, our cultural values, or ignore teachings passed to us by our parents. Our parents have worked all their life to nurture us; they have given all their experience, love, affection, care, and support to us. How anybody so intelligent and educated can ever be so thankless that they refuse to pay it all back?

It does not matter if you agree or not, but the fact is every newer generation has their moral responsibility to carry forward all the cultural and moral values of their elders. If anybody decides to become irresponsible and give embarrassment to their elders by refusing to execute their duty of being the torchbearer then nobody can ever do anything in this matter.

But the question remains unanswered: Does your parent brought you up for this?

Nobody is going to tell anything to you if you answer that question honestly, or simply brush off and ignore this question for your remaining life. You have all rights to take any decision, but please ask yourself, are you being fair with your parents?

## Do not lie to yourself.....

We all are liars, and we start this business of "telling a lie" from ourselves.

Believe me oh my unseen friend, everybody in this generation are telling a white lie to themselves. Unfortunately this never ends, but we end up in a life which is full of lies and illusions.

Let me prove this, remember deodorant advertisements which tells us that their deo is long lasting and irresistible, girls will fall on you. We all are aware of the fact that the claim is rubbish, but still we all are seeing those advertisements. Seeing them is like accepting them silently, and once you accept something in life then you tend to allow it to enter into your life also. Which means you will buy that deo because it is advertised so much, assuming it is popular, and maybe it will do that magic also. Right?

On the other side they are selling skin whitening cream/lotions/face wash to girls claiming that their products will make girls like snow white. Wearing lesser cloths, torn cloths, flashy cloths is portrayed as fashion. But I don't think any parents would have taught this same thing to their kids. Did your parents agreed to doing such fashion?

Another common thing you can see is people wearing cloths so low that they proudly reveal their undergarments. I am still searching for that person whose parents are also wearing the same kind of cloths. Did these fashionable youngsters ever tried to upgrade their parents and grandparents too by helping them learn this new fashion? How about updating the photos of their god with that latest fashion?

This is the reason that I openly shout that everybody are liars.

World is full of Liars... Advertisers want to sell their product, and they will do anything for money. But why are we spending our money on such white lies? I can bet that such things will not benefit you for long time, you can never be happy, stress free, content, peaceful, or calm in life. Such people will always be running and trying to fit themselves into the main stream of fashion.

Such people boldly ignore the fact that even if they successfully keep running in the race of fashion for all of their life.... nobody will ever give any award to them. In the end of such race they themselves will be patting their backs for achieving this useless feat. In the end all those will sit in solitude and fighting their failure.

You really need to spend Quality Time with yourself to get answers to all your doubts, and I'm sure that we all humans are made so greatly that we can achieve all this. We only need to put in our honest efforts in life, and be honest with ourselves.

Nobody has ever achieved anything out of a life full of show-off.

This is really a high time to stop and think:

- Shall I concentrate on "what I need" rather than "What I want"?
- Is this really what I need to do?
- What I am doing is ethically right?
- What if I'm asked to do wrong, to benefit somebody weaker?
- Am I interested in being a part of the supernatural?

## **You are the owner of your thoughts, but you are a slave of your actions....**

If you ever happen to read any psychology book then this title will be very familiar to you. What I mean to achieve with this title is to bring your attention back to the fact that the busyness of our life have deprived us from that quality time which we should have spent with ourselves. You have all rights to think in whatever manner you would like to, right or wrong doesn't matter because your thoughts will remain hidden inside you. But your actions will affect your life forever, which means that it is your duty to be very careful with all of your actions. Hope by now you are completely aware of my intensions "Highlighting the value of our moral values".

Our thoughts are like a piece of earth where the seed of our thinking and belief is nurtured. If you plant a seed of beautiful rose plant in sand then I hope you understand the kind of joke you will be playing on yourself. In this chapter I'm trying to remind the secret that our thoughts control our behaviour, and no matter how hard you try, you can't expect to have a good social behaviour unless you keep your thoughts under check.

I completely agree that thoughts of a person will be affected by the situation of the person he/she is in. A single guy might be free like a bird, he can fly on to any tree, sit, sing, shit on cars and people (I'm still talking about bird). On the same hand life of a single girl will be totally different, she'll be flying with caution, and she won't sit on every tree/branch unless she feels good about this inside her heart.

Now let's talk about the emotionally torn section of society... The married ones. Their thoughts will be of a total different league, they could be as boring as saving money, grocery, cloths, kids, toys, their home, camp fires. They could also be professionally passionate (growth, success, money, carrier competition), or there could be few blessed ones with a content family living their peaceful life.

Most neglected part of the society i.e. elderly will have their thoughts as calm as the ocean. Accepting everything with silence, still ready to pour out all their love and guidance on those who give them just one touch full of respect/love.

So please understand that the thoughts should not be categorized, they should be respected, shared, accepted, corrected and then implemented in to our life. There is no thumb rule for the kind of thoughts you should have as per your age/religion/gender or country. But there is this rule that all your thoughts should be evaluated with and by your moral values and ethics.

I know we all know this, unfortunately we still somehow need to remind ourselves of all this cute mess in life. Remember the title of this page, just write it down, keep a print of it in front of you... let your sub-conscious brain get a clear idea about this. In just 15 days you will see fruits of your honest efforts.

## Learn to say GBU every time you get a chance to do so.....

I really hope that I need not tell anything about the title of this page, we all are superbly educated already. I'm also sure that most of the readers of this book must have already read about a millions of quotes about this same topic.

So what do you feel we should be talking about on this page? How about being practical about this GBU thing in life? Yupp, I'm planning to talk about implementing this in our busy life.

Bringing god in our conversations will not make you any smaller, but it will positively change you into a must better and much compassionate person. Living a life full of enjoyment is totally different than living that life with god in it.

We already have lots of daily life incidents which will help us in practising this, we simply have to remember to bless everybody we come across. In starting you might be only saying all words without any feelings in them. But believe me that those feeling-less words will do magic for listeners. As the days pass by... you will not even realise when someday you have blessed somebody instead of just saying.

I will not talk about that day here, because I do not want to spoil that amazing feeling of blessing somebody for the first time. It is one of those feelings which have been separated from us by this growing technology. Fast lifestyle have taken away most of these god gifts which everybody can give to everybody, and that too all for free.

And yes.... another thing I remembered is this misconception that: Only elders can bless youngsters. Personally I will give a BIG no for that. Blessing is a god gift which can be given by anybody to anybody. Very strongly I believe that even an infant can bless a 100yr old person, and those blessings will be as effective as you can ever think of.

This part of the eBook is the easiest part to adopt and implement into real life. It is easiest as in the meaning that you don't even have to think about your age, religion, gender, marital status, social status, financial status, your mood, your language. I mean to say that you need not worry about ANYTHING for blessings anybody.

But once you bless somebody for their smallest of efforts, and you meant it while blessing. You will make yourself worthy enough to get blessings from one and only supernatural lord. Now few says that there is no god, all things around us are pure physics and laws. They ask me to prove the existence of god. I tell them to just read in reverse order "Meaning & Implementation" then "Don't lie to yourself". Now start reading the complete eBook from Introduction till this last page and my last suggestion to them is:

Till the time you become worthy enough to do a research all by yourself and prove that there is no god..... For your own good, just stay away from my precious beliefs. (Wink)



**Adios with my heartfelt thanks**

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My sincere thanks to you my reader, I thank everybody who has spent their precious time in reading this eBook. All I want from readers is that they should spend more time in Introspecting, look inside yourself, look inside your heart, look inside your brain, and finally try to figure out what exactly is going on in there.

You will not be able to eat noodles unless you insert a fork inside the bunch of noodles and pull them apart.... Few of them must get hurt and break, few must be requiring your additional effort in untangling them, but on the whole it is you who have to put in your efforts..... all for yourself.

Now as you have read the eBook I am hoping that you are in position where you can completely understand your worth, the value of hints which we keep on getting from the almighty, the depth of those silent words spoken to us by the consciousness, the vastness of the universe around us, and last... but not the least, the amazing gift of blessings we humans have got.

As the last step in this journey of our spiritual growth, I would like you to follow and do few things:

- Believe in your moral values, and respect them too.
- Believe in all those things taught to you by your parents.
- Believe in your god, and respect belief of others too.
- Never miss any chance to contemplate.
- Fall in love with everything given to us.
- We do things based on our priorities, so carefully prioritize things.
- Be brave enough to give away materialistic things as and when required.
- Remember you are a blessed child who should take care of his mother nature.
- Blessing is your duty, do your duties with pride.
- You will get everything you deserve; you shall not ask unless you make yourself worthy for it.
- Believe that "Everything happens for a reason", and you should respect that reason.
- Beware of the fact that "I want" is very much different than "I need".
- Last but not the least; create a thankful behaviour by being thankful for everything.

As an experiment, I would like you to start reading this eBook from the last chapter till the first. Please do tell me about how you feel after reading the eBook backwards, I'm asking you to do this silly thing because I am still confused about the sequencing of these chapters. I'm not sure which chapter I should have placed as first, and which ones should have been arranged later. What do you say?

Don't forget to rate this eBook, your ratings will help others to decide "If they shall be spending time on this eBook or not". Thanks again for reading, stay happy so that the atmosphere around you remains healthy.



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Hope you have come across this beautiful quote already in your life:

There are no shortcuts to success ☺

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GBU all.