

# **WELCOME TO AN INVOCATION OF KOENIG ETHOS**

# BEFORE WE START...

- **A BRIEF HISTORY**
- **MRP OR PRM?**
- **DISCLAIMER - TAKE ONLY WHAT RESONATES WITH YOU**

# ELIMINATE NEGATIVE THOUGHTS

- SAY NO TO NEGATIVE THOUGHTS - ANGER, HATRED, JEALOUSY, REVENGE, CRAVING, ARROGANCE
- COMPASSION, GRATITUDE AND HUMILITY ARE CORE POSITIVE THOUGHTS
- SURROUND YOURSELF WITH PEOPLE WHO PROMOTE POSITIVE THOUGHTS
- SOURCE OF ALL ACTIONS AND THOUGHTS SHOULD BE GOOD INTENTIONS

# ANGER MANAGEMENT

- **ANGER IS YOUR WORST ENEMY**
- **LEARN TO CONTROL/DIVERT YOUR MIND**
- **NEVER ACT, SPEAK OR EVEN THINK WHEN YOU ARE ANGRY**
- **DELAY IS THE BEST CURE FOR ANGER**

# TRUTH IS A BIG FORCE

- ALWAYS BE TRUTHFUL IN YOUR CONDUCT
- DO NOT GIVE-IN TO THE TEMPTATION TO LIE TO GET AHEAD IN LIFE
- WE CAN CHANGE TRUTH ONLY BY ACCEPTING IT
- FOR A SHORT PERIOD, IT MIGHT SEEM THAT UNTRUTH IS WORKING, BUT IN THE END ONLY TRUTH AND TRUTHFUL PEOPLE WIN

# LEARN TO FORGIVE & FORGET **KOENIG** step forward

- **AS HUMANS, NOTHING HURTS US MORE THAN BEING TREATED UNFAIRLY. LIFE IS NOT FAIR. IN FACT, WE ARE ALSO NOT FAIR AT ALL TIMES**
- **WHAT WE PERCEIVE AS UNFAIR IS NOT ALWAYS UNFAIR IN A BROADER PERSPECTIVE**
- **BY LEARNING TO FORGIVE AND FORGET, WE WILL FIND THAT WE CAN SIMPLIFY OUR LIFE AND DO MUCH MORE IN IT.**

# LEARN TO FORGIVE & FORGET **KOENIG** step forward

- “KUCHH IS TARAH SE MAINE APNI ZINDAGEE KO AASAAN KAR LIYA, KISI SE MAAFI MAANG LI AUR KISI KO MAAF KAR DIYA”
- "I MADE MY LIFE A LITTLE EASIER BY SEEKING FORGIVENESS FROM SOME AND FORGIVING THE REST"

# BE BRAVE

- **JO DAR GAYA, SAMJHO MAR GAYA (ONE WHO IS SCARED IS AS GOOD AS DEAD)**
- **THIS IS A DIALOGUE FROM THE CULT INDIAN MOVIE OF 1970s - SHOLAY. THROUGHOUT YOUR LIFE YOU WILL HAVE UPS AND DOWNS AND THERE WILL BE TIMES WHEN YOU FEEL ALL IS LOST. YOU MUST BE COURAGEOUS AND KEEP PRESENCE OF MIND IN SUCH SITUATIONS.**
- **BE PREPARED FOR THE WORST**
- **REMEMBER 'THIS TOO SHALL PASS'**

- KARMANYE VADHIKARASTE MA PHALESU KADA CHANA (ONLY HARD WORK IS IN OUR CONTROL, NOT THE FRUITS OF IT)
- USUALLY, WE WORK HARD IN THE HOPE OF RESULTS. OUR ENERGY IS USED UP IN HOPING THAT WE WILL SUCCEED. IF WE FOCUS ON WORK AND STOP FRETTING ABOUT THE RESULT, WE WILL BE ABLE TO WORK MORE AND THEREFORE ACHIEVE MORE.
- DO NOT EXPECT QUICK RESULTS
- FOCUS ALL YOUR ENERGY ON "PURSUIT OF EXCELLENCE", SUCCESS AND MONEY WILL FOLLOW YOU
- “NO POWER ON EARTH CAN STOP ME FROM GETTING WHAT I DESERVE AND I DON’T WANT WHAT I DON’T DESERVE.”

# REDUCE EXPECTATIONS FROM OTHERS

**KOENIG**  
step forward

- MOST SAD FEELINGS ARE BECAUSE OF EXPECTATIONS
- BE BENEVOLENT WITHOUT EXPECTING ANYTHING IN RETURN
- IT WILL LEAD TO A MORE PEACEFUL AND POPULAR YOU
- WHEN YOU DO SOMETHING FOR SOMEONE, DO NOT EXPECT A RETURN. MOST PROBABLY YOU WILL GET A RETURN AND YOU WILL BE VERY HAPPY. IF YOU DO NOT GET A RETURN, YOU WILL NOT BE SAD SINCE YOU WERE NOT EXPECTING IT

# CARING FOR OTHERS

- **RESPECTING ELDERS**
- **TAKING CARE OF PARENTS**
- **CARING FOR FAMILY/CHILDREN**
- **IT IS EVERY PARENT'S INESCAPABLE RESPONSIBILITY TO ENSURE THE BEST POSSIBLE NURTURE, CARE AND EDUCATION OF THEIR CHILDREN**
- **CARING FOR THE ENVIRONMENT AND THE COMMUNITY**

# WELCOME CRITICISM

- **CRITICISM IS A WONDERFUL OPPORTUNITY TO IMPROVE**
- **IF CRITICISM HURTS, MOST LIKELY IT IS TRUE**
- **IMAGINE THAT YOU SHED YOUR "PROTECTIVE INSTINCTS" AND ALLOW PEOPLE TO CRITICIZE YOU. THIS WILL GIVE YOU A TREASURE OF INFORMATION ABOUT AREAS OF IMPROVEMENT AND EVENTUALLY LEAD TO A BETTER YOU. BY AVOIDING CRITICISM, WE DEPRIVE OURSELVES OF INVALUABLE INFORMATION FOR IMPROVEMENT**

# WELCOME CRITICISM

- **WE SHOULD NOT GET EMOTIONAL WHEN CRITICIZED. WE SHOULD LOOK AT CRITICISM IN AN UNEMOTIONAL WAY, BREAK IT AWAY FROM THE CRITIC, EVALUATE IF IT IS TRUE AND CHANGE OURSELVES FOR THE BETTER**
- **ADULATION IS LIKE OPIUM, GIVES A INITIAL HIGH, BUT LEADS TO LONG TERM BRAIN DAMAGE**

# HEALTHY LIVING

- **DAILY WALK FOR 3-4 KMs IN OPEN SPACE**
- **EAT NUTRITIOUS FOOD**
- **RELAX WITH MUSIC**
- **GIVE YOURSELF A VISUAL TREAT OF NATURE**
- **LAUGHTER – GOOD FOR LUNGS AND HEART**
- **SLEEP FOR ATLEAST 8 HOURS**
- **AVOID MEDICINES**

# WORK HARD

- **WORK IS WORKSHIP**
- **WORK WITH FOCUS FOR 8 HOURS EVERYDAY**
- **VALUE TIME – DO NOT LET IT SLIP AWAY WITHOUT PROGRESS**

# DEFINITION OF SUCCESS

- **MONEY**
- **RESPECT**
- **PEACE OF MIND**
- **DO NOT EQUATE SUCCESS WITH MONEY. ONLY WHEN WE ACHIEVE ALL THREE - MONEY, RESPECT AND PEACE OF MIND, CAN WE CALL OURSELVES SUCCESSFUL.**

# THE OMISSIONS FROM THE ORIGINAL

- **DO NOT BLAME ANYONE ELSE FOR YOUR SITUATION IN LIFE**
- **AVOID ALCOHOL AND NON-VEG**

**KOENIG ETHOS - TO HELP  
YOU EARN PEACE OF MIND,  
RESPECT & MONEY (PRM)!**