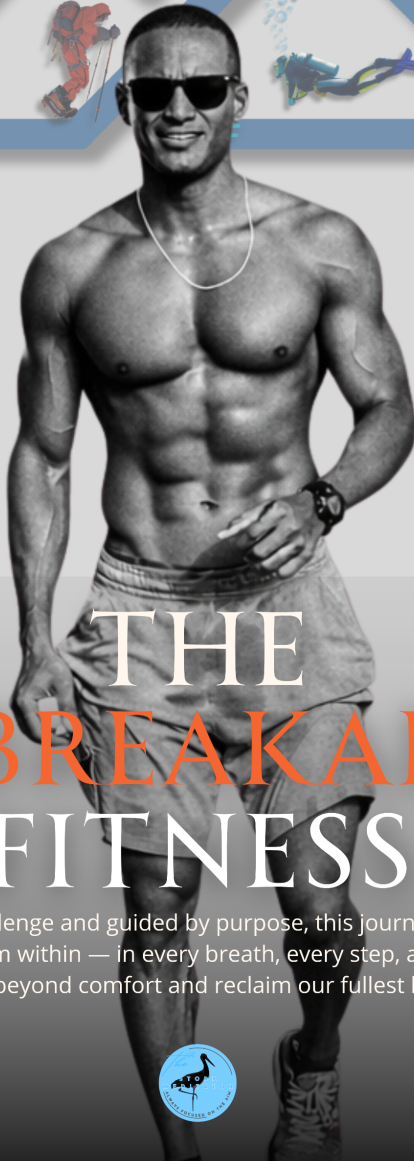


DR. SATINDER SINGH MALIK



THE UNBREAKABLE FITNESS

Forged through challenge and guided by purpose, this journey reminds us that strength is built from within — in every breath, every step, and every moment we choose to rise beyond comfort and reclaim our fullest human potential.





The Unbreakable Fitness



Dr Satinder Singh Malik

eBook

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शरीरमाद्यं खलु धर्मसाधनम्:

आरोग्यं परमं भाग्यं स्वास्थ्यं सर्वार्थसाधनम्:

The body is the primary means for the practice of righteousness.

Health is the greatest fortune, and good health

is the means to achieving all goals in life.

Dedicated to Humanity

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Preface

This book is based on knowledge and practical experiences of a fighter pilot who is an adventurer and a philosopher and learning everything from music, poetry, writing and polity. Life's experiences are limited by one's own self-image and limitations. If life is a journey, then human body is its vehicle. Just like the vehicle need to be maintained, the traveller too need rest, recreate and learn. For both the vehicle (this body) and its traveller (soul), we need 'the unbreakable fitness'.

When most people hear the word "fitness," an image springs to mind: a bodybuilder with bulging veins, a marathon runner with zero body fat, or an influencer posing in perfect lighting. We are conditioned to believe that fitness is more about a look to be achieved. Contemporary health paradigms often fragment human well-being into isolated silos: physicians treat the body, therapists treat the mind, and sociologists study relationships. However, the concept of "The Unbreakable Fitness" posits that these domains are inextricably linked.

Unbreakable Fitness is the physical and mental infrastructure required to live a long, rich, and adventurous life. It is a state of being where your body does not limit your life but rather expands it. It is the ability to say "yes" to a hike with your grandchildren, "yes" to a stressful project at work without crumbling, and "yes" to learning a new skill at age fifty.

This is not about becoming superhuman. It is not about running a 4-minute mile or lifting a car. **It is also not** extreme state of denial of simple pleasures or spending four hours a day in a gym. In any case, it **is not** about having a "superior" attitude toward others. Instead, Unbreakable Fitness is about **Functional Reserve**. It is possessing enough strength, endurance, and resilience that when life throws a challenge at you whether it's lifting a heavy suitcase or enduring a sudden emotional crisis—you have the "fuel in the tank" to handle it without breaking.

To achieve this state, we must look at the human being as a whole system, not just a collection of bones and muscles.

The Physical Engine (The Vehicle) Physical capability is the foundation. one needs *strength* to fulfil the tasks, *endurance* to sustain energy throughout the day and *speed* and *agility* to react to situations. A routine life is a comfort zone which keeps shrinking. The body keeps becoming used to the comforts and adapts to the comfortable environment more quickly. One needs to protect one's body and maintain it to go through the varied experiences. Most importantly, one needs the freedom from illness to stay out of the hospitals. We need to increase the health span—the period of life spent in good health, free from chronic diseases and disabilities. Research indicates that grip strength (a proxy for overall muscle strength) is a stronger predictor of all-cause mortality than cardiovascular fitness alone. Sarcopenia (muscle loss) is a primary driver of frailty; thus, maintaining strength is a survival mechanism. Higher VO₂ max levels are inversely associated with high healthcare costs and chronic illness. The "unbreakable" individual requires sufficient aerobic capacity to handle daily metabolic demands without fatigue.

The Adaptive Mind (The Attitude) An unbreakable body is useless without an adaptive mind. This concept requires a "learning attitude." Like body's comfort zone, mind also has comfort zone. Neurobiologically, this is supported by the concept of neuroplasticity. Its comfort zones are dreams that we chose, plans that we have made and it gets used to them, resisting to the change that is needed to stay in sync with the reality. When we stay strictly within our comfort zones, living in same environment, seeing the same people, thinking the same thoughts, our capabilities atrophy. Unbreakable Fitness means pushing the boundary. It is the confidence to walk into a room of strangers, the resilience to fail at something new and try again, and the mental freshness that comes from new experiences. EngAgeing in new, challenging activities (breaking routine) stimulates the release of brain-derived neurotrophic factor (BDNF), which promotes the growth of new neurons. Psychological

resilience is the capacity to bounce back from adversity. Dweck's research on "Growth Mindset" suggests that individuals who view challenges as opportunities to learn (rather than threats to their ego) demonstrate lower cortisol responses to stress.

The Large Heart (Social Goodness) Fitness is often viewed as a selfish pursuit, but Unbreakable Fitness is about sharing our strength and capabilities. It involves "general goodness" and a large-hearted attitude. Science confirms that social behaviour is a physiological regulator. Isolation slowly kills us silently from within. The Harvard Study of Adult Development, one of the longest-running studies on human happiness, concluded that the quality of one's relationships is the single best predictor of physical health at age 80, surpassing cholesterol levels. Being "unbreakable" means having the emotional stability to support others, maintain balanced relationships, and contribute to our community.

The Roseto Effect and Blue Zones: Epidemiological studies, such as those regarding the "Blue Zones" (regions with the highest concentration of centenarians), identify strong social networks as a primary non-genetic determinant of longevity.

'The Unbreakable Fitness' is the ultimate freedom. It is the freedom from frailty, the freedom from mental stagnation, and the freedom to pursue our life's objectives. It validates a bio-psycho-social model of health. It suggests that a "normal layman" achieves optimal existence not through extreme specialisation, but through a balanced pursuit of physical strength, cognitive novelty (learning), and social contribution. The synergy of these elements creates an individual capable of adapting to life's inevitable stressors—the very definition of being unbreakable.



(Dr Satinder Singh Malik)

Author

Chapter One

Physical Existence: The Vehicle of the Unbreakable

Let me take you to a moment 12,000 feet above the ground.

It was the summer of 1999. I was flying a MiG-21 from one airfield to another as part of an aircraft swap. Soon after take-off, I switched to area control and levelled out. The skies were busy. A transport aircraft requested a higher climb. The radar controller responded calmly, “Traffic at ten o’clock, five kilometres.”

The reply came back confidently, almost dismissively:
“I am MiG-29.”

A MiG-29 is not just another aircraft. It is a powerful air-superiority fighter, and the man inside it knew exactly who he was — and what his machine could do.

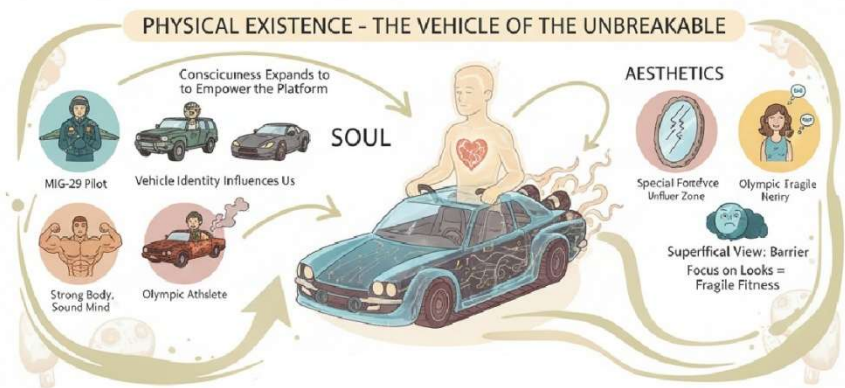
That moment stayed with me.

Because we see this behaviour everywhere in daily life. The way a truck driver occupies the road is different from someone driving a compact car. A person in a luxury SUV moves differently than someone on a scooter. The capability of the vehicle changes the attitude of the driver. Slowly, almost unconsciously, identity merges with machinery.

The same truth applies to the human body. Our body is the vehicle. The soul is the driver.

The confidence of a special forces commando, an Olympic athlete, or a seasoned mountaineer is different from that of someone confined to a hospital bed. Strength, endurance, and physical wellbeing don't just support the body — they shape the mind. A strong body doesn't guarantee a strong mind, but a weak body almost always limits it.

If life is a journey, then the condition of your body determines how far — and how freely — you can travel.



Aesthetics

Every morning, billions of people across the world perform the same ritual. They walk into the bathroom, look into the mirror, and begin to judge.

A wrinkle.
Grey hair.
Tired eyes.

A little extra weight around the waist.

Rarely is this moment filled with gratitude. Most often, it is filled with criticism.

We have been conditioned to believe that fitness is about appearance. That health is something you can see. That beauty is something you either have or don't.

But this belief is fragile.

If your relationship with your body is based only on how it looks, then your fitness will always be temporary. Looks change. Lighting changes. Age changes everything.

To become truly unbreakable, we must see the body differently—not as an ornament, but as a vehicle.

Ancient wisdom understood this long before modern science tried to measure it.

In the Yoga Vasishtha, Sage Vasishtha offers a powerful definition of beauty. He does not speak of facial symmetry or physical perfection. Instead, he defines beauty as a simple triad:

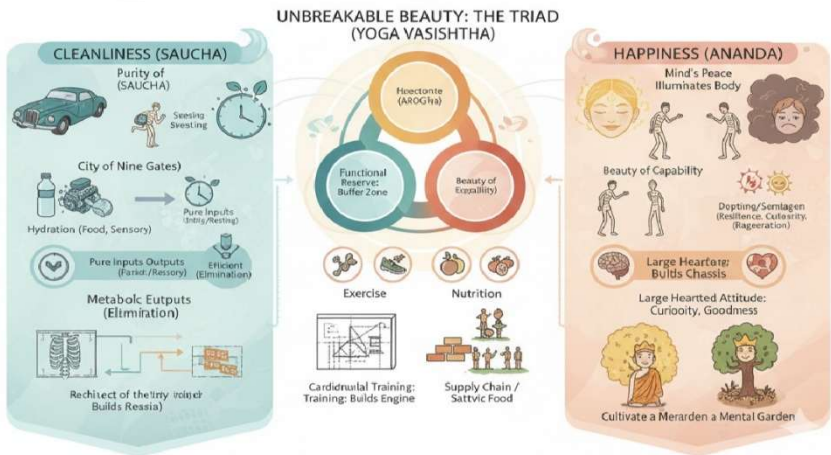
Cleanliness.

Health.

Happiness.

This changes everything. Beauty is no longer something you apply from the outside. It becomes something you build from within.

Physical Existence: The Vehicle of the Unbreakable



Cleanliness (Saucha)

When we hear the word 'cleanliness' today, we think of soap, showers, and hygiene. But the yogic idea of Saucha goes far deeper. It refers to internal purity — the cleanliness of the biological machine.

Imagine owning a vintage luxury car. You polish the exterior every day until it shines. But inside, the engine oil is thick with sludge, the fuel lines are clogged, and the exhaust is blocked.

The car may look beautiful — but it is dying. This is exactly how many people live.

- Processed food.
- Polluted air.
- Hours of sitting.
- No sweating.
- Poor digestion.

Over time, toxins accumulate. In Ayurveda, this buildup is called

Ama. It dulls the eyes, greys the skin, stiffens posture, and drains vitality. True beauty is not cosmetic. It is metabolic efficiency.

When the blood is well oxygenated, when digestion is clean, and when elimination works properly, the body glows naturally. No product can replace this.

Cleanliness is not a trait. It is a daily discipline. To stay clean inside means:

Drinking enough water

Moving enough to sweat

Eating food the body can actually recognize

Giving the digestive system rest when needed

Clean the engine — and the vehicle responds.

Health (Arogya)

Health is often misunderstood as the absence of disease. But that is a very low standard. Health, in the Unbreakable sense, is functional reserve — the gap between what you can do and what you must do.

If carrying groceries exhausts you, your reserve is low. If climbing stairs feels effortless, your reserve is high.

Two men, both 75 years old. One shuffles carefully, afraid of falling. He avoids bending down. His body has become a cage. The other stands upright. He squats easily to pick up his keys. He walks with purpose.

Which one looks healthier?

Which one looks more alive?

This kind of health is built only through exercise and nutrition. Exercise builds structure. Nutrition builds material. Strength training builds the frame. Cardio builds the engine.

Without movement, muscle disappears. Bones weaken. Joints dry out. Ageing accelerates not because of time but because of inactivity.

Movement is lubrication.

Motion truly is lotion.

Exercise

We often view exercise as a punishment for what we ate or a way to "burn off" calories. This is a tragic misunderstanding. Exercise is the architect of the body. In the *Yoga Vashishtha*, the physical form is the manifestation of the mind's intent, but it requires maintenance. Without movement, the body enters a state of *sarcopenia*—the poverty of the flesh. We lose muscle mass as we age, not because we are old, but because we stop demanding strength from our bodies. Exercise provides the **structure**.

- **Resistance training** builds the chassis. It keeps the bones dense and the posture upright. A slumped posture is the universal sign of defeat and Ageing. An upright, strong posture is the universal sign of youth and confidence.
- **Cardiovascular training** builds the engine. It ensures that oxygen—the very spirit of life—reaches the periphery of the body. It brings the "rosy" glow to the cheeks that poets write about.

Modern science backs this ancient wisdom entirely. A study published in the *Journal of Applied Physiology* showed that elderly people who exercised regularly had the skin composition of people in their 20s and 30s. Under a microscope, the skin of the exercisers had a thicker dermis and healthier collagen layers. Exercise literally kept their "coating" young.

The Mechanic of Nutrition: The Construction Site

If exercise is the architect, nutrition is the supply chain. You cannot build a marble palace if you are only delivering mud and straw to the construction site. Every single cell in your body—your eyelashes, your liver, your skin, your neurones—is made of the food you ate over the last few months. You are physically literally what you eat.

- **Proteins** are the bricks.
- **Fats** are the mortar and the insulation for your nerves.
- **Vitamins and minerals** are the specialised workers who make sure the electricity runs.

If you feed your body "dead" food—processed sugars, rancid oils, inert fillers—you will build a "dead"-looking body. The structure may stand for a while, but it will lack lustre. It will look inflamed. Inflammation is the body's fire alarm. When you are inflamed from poor nutrition, you are puffy, red, and tired.

The *Yoga Vasishta* and Ayurvedic traditions emphasise *Sattvic* food—foods that are pure, light, and full of *Prana* (life energy). Today, we call this "whole food nutrition". Fresh vegetables, fruits, clean proteins, and water. When you switch to this fuel, the difference is visual. The "muddy" look of the skin clears up. The hair shines. The body feels light. Beauty is the visual proof that the construction site is well-managed.

Happiness

The last pillar is the most overlooked — and the most powerful. A stressed, bitter, resentful mind slowly destroys the body.

Happiness is the positively excited state of the soul. It is the reward that feels good. The caution here is we must allow it to appear, to come to us and not chase it. The internal, imperishable Self—the soul—also experiences distinct states.

- **Pain/Regret:** The soul experiences pain not from criticism, insult, the undermining of its truth, or the ignoring of its fundamental existence. The soul's lowest psychological state is regret, a compounding sorrow arising from unaddressed ethical failures.
- **Normal State:** The soul's natural, undisturbed baseline is one of no change or intrinsic self-interest, reflecting its inherent nature of existence.
- **Excited State:** The excited state of the soul is popularly defined as happiness. This is state where soul feels a potential freedom and actualisation. For example, news of winning a lottery or receiving a large sum can make one instantly happy. It is a potential asset which can help an individual receive favourable and choice experiences.

Chronic stress releases cortisol. Cortisol breaks down collagen, weakens immunity, and accelerates Ageing. This is why worry shows up on the face long before disease shows up in blood tests.

On the other hand, contentment, curiosity, and emotional openness release regenerative hormones. We have all seen this.

People who are not conventionally “attractive” — yet magnetic.

People who look young not because of genetics, but because their minds are light.

Happiness is not ignorance. It is not denial. It is the ability to move through life without carrying unnecessary weight in the mind.

Letting go of grudges.

Learning something new.

Laughing at small failures.

This mental cleanliness reflects physically. The eyes brighten. The posture opens. The body softens without becoming weak.

Beauty from Happiness

The final, and perhaps most difficult, pillar is happiness. Sage Vashishtha tells Rama that a mind plagued by worry, jealousy, and anger burns the body like a fever. He asks, *“How can a tree flourish if its roots are being eaten by termites?”* The termites are your negative thoughts.

We have all seen this phenomenon. You meet someone who is physically attractive by standard definitions, with a symmetrical face and fit body but there is a stiffness to them. A bitterness. They are constantly complaining, judging, or worrying. Very quickly, their physical beauty seems to evaporate. They become “boring” to be around. Conversely, we all know someone who might not be a supermodel, but who radiates such warmth, laughter, and genuine joy that they are magnetic. We want to be near them. They are truly beautiful.

The Biology of Happiness This is not just poetic; it is hormonal.

- **Cortisol (The Stress Hormone):** When we are unhappy, anxious, or angry, we release cortisol. Cortisol is catabolic—it breaks things down. It specifically breaks down collagen, the protein that keeps our skin smooth. Chronic unhappiness literally dissolves your face. It creates the "worry lines," the sagging jowls, the tired eyes.
- **Dopamine and Serotonin (The Joy Hormones):** When we practice *Santosha* (contentment) and maintain a "learning attitude"—a key component of Unbreakable Fitness—we release anabolic hormones. We enter a state of regeneration.

There is a fable often associated with these teachings about a king who was obsessed with longevity. He employed the best doctors, ate the rarest herbs, and exercised rigorously. Yet, he looked haggard, for he was constantly worried about his kingdom, his enemies, and his treasury. One day, he met a monk living in a simple cave. The monk ate simple food, walked the hills, and owned nothing. Yet, the monk's skin glowed like a youth, and his eyes sparkled with mirth. "What is your secret?" the King demanded. "What rare herb do you eat?" The monk laughed a deep belly laugh. "I eat the same food peasants eat, O! King. But I have no enemies in my mind. I carry no treasury in my heart. My digestion is perfect because my mind is at peace. You are trying to paint a crumbling wall; I simply keep the wall standing."

The Mental Component of Unbreakable Fitness Unbreakable Fitness requires a "large-hearted attitude". This means:

- **Resilience:** The ability to laugh at small failures.

- **Curiosity:** The desire to learn new things (which keeps the brain and eyes alert).
- **Goodness:** The relief of not holding grudges. Holding a grudge is like drinking poison and expecting the other person to die. It rots you from the inside.

When the *Yoga Vashishtha* states that beauty is happiness, it is giving us a prescription: **To look better, you must learn to stress less.** You must cultivate a mental garden that is free of weeds.

So, we return to the plan for our lives. The Unbreakable Fitness is not a shallow pursuit of a "beach body". It is the pursuit of a **physical existence** that honours the gift of life.

1. We seek **cleanliness** to ensure our engine runs without friction.
2. We seek **health** (through exercise and nutrition) to build a structure that can weather the storms of life.
3. We seek **happiness** to illuminate the structure from within.

When these three align, we achieve the true definition of beauty found in the ancient texts: *Tejas*. We become radiant. We become capable. We become unbreakable.

In the following chapters, we will leave the philosophical groundwork and enter the practical laboratory. We will look at exactly *how* to move (Chapter 2: Exercise), exactly *what* to eat (Chapter 3: Nutrition), and how to take this vehicle out into the world (Chapter 4: Outdoors). We must remember this chapter. Every squat we do, every vegetable we eat, and every moment of stress we let go of is an act of polishing the vehicle. We are preparing ourselves for a long, beautiful journey.

Suggestions for Further Reading

1. **Valmiki.** *Yoga Vashishtha Maharamayan.* (Classical Text). Describes the body as a city and emphasises the mind-body connection (*Adhibhautika* and *Adhidaivika*). Key verses on *Saucha* (purity) and *Santosh* (contentment) as prerequisites for a radiant life.
2. **Crane, J. D., et al.** (2015). "Exercise-stimulated interleukin-15 is shunted from skeletal muscle to skin to improve skin structure." *Ageing Cell*, 14(4), 625-634. (This study confirms that exercise releases myokines that improve skin thickness and structure, validating the "exercise is beauty" concept).
3. **Whitehead, R. D., Re, D., Xiao, D., Ozakinci, G., & Perrett, D. I.** (2012). "You are what you eat: within-subject increases in fruit and vegetable consumption confer beneficial skin-colour changes." *PLoS ONE*, 7(3). (Research confirming that carotenoid intake from nutrition creates a perceived "glow" more attractive than sun tanning).
4. **Epel, E. S., et al.** (2004). "Accelerated telomere shortening in response to life stress." *Proceedings of the National Academy of Sciences*, 101(49), 17312-17315. (Scientific evidence linking psychological stress/unhappiness to cellular ageing and physical degradation).
5. **Fredrickson, B. L.** (2001). "The role of positive emotions in positive psychology: The broaden-and-build theory of positive emotions." *American Psychologist*, 56(3), 218. (Supports the concept that "large-heartedness" and positive affect build physical and mental resources).
6. **Patanjali.** *Yoga Sutras (specifically, Sutra II.42 on Santosh* leading to unexcelled happiness and its physical manifestations).

Chapter Two

Exercise – The Forge of the Unbreakable

As a student, I was exposed to sports quite late. The entire class was made to run for trials for a sports event. The track was long, and towards the end, we formed a queue. I found myself running in the last. I had run for the first time and felt if I ran faster, I might lose my balance. This feeling was due to non-exposure to sports. I was fascinated by the winning look on the sportsman's face and their swag and confidence. Towards the latter part of school, I started jogging in the morning and took part in some sports activities. It was essential to support my dream of becoming a fighter pilot. Slowly but steadily my physique transformed from average minus to average plus. I mostly focused on the fitness but also took part in sports and later in the adventure activities. This didn't make me a sports champion but boosted my self-image and improved my self-confidence.

The Tale of the Two Houses

Let's imagine two houses, identical, built side by side in the 1950s. The first house was occupied by a diligent caretaker. Every time a hinge squeaked, he oiled it. Every time a shingle loosened, he nailed it back. He opened the windows daily to let the air circulate. Seventy years later, the house is vintage but sturdy and valuable. It has a "character."

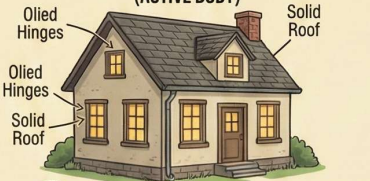
The second house was occupied by a man who believed a house should simply "be". He never opened the windows. When the door malfunctioned, he didn't care to repair it. When the roof leaked, he put a tarpaulin sheet

over it. Seventy years later, the house is in shambles. The foundation is shaken from water damage, and the air inside is dusty.

Our body is the house. Exercise is not a renovation project you do once a year before a beach vacation; it is the daily act of oiling the hinges and opening the windows. In the "Unbreakable Fitness" model, we view exercise through the lens of **functional sovereignty**. This is the ability to command our body to do what we want, when we want, without pain or hesitation. Whether we are 25 or 85, the objective remains the same: to fight gravity and resist time.

THE TALE OF TWO HOUSES (YOUR BODY)

WELL-MAINTAINED HOUSE (ACTIVE BODY)

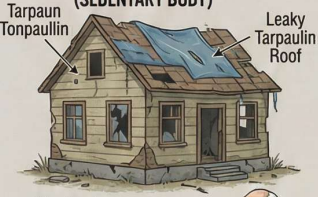


Oiled Hinges
Solid Roof
Oiled Hinges
Solid Roof

Daily Care (Exercise) =
Functional Sovereignty, Value, Character. Defies Time.

Exercise is the daily act of oiling act of oiling & opening windows.

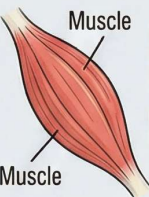
NEGLECTED HOUSE (SEDENTARY BODY)



Tarpaulin
Leaky Tarpaulin
Roof


Neglect =
Decay, Shambles, Dusty, Succumbs to Time.

THE SCIENCE OF AGING & THE 'MOTION IS LOTION' PRINCIPLE



Muscle
Muscle

SARCOPENIA (Poverty of Flesh):
Muscle loss starts - age 30 (3-5% per decade).
Leads to slow metabolism, brittle bones, lower insulin sensitivity.



SEDENTARY LIFE:
Stagnant synovial fluid, dried cartilage. (Like an old sponge)

ACTIVE LIFE:
Movement circulates fluid, hydrates cartilage. (Squishing the sponge)

WE DON'T STOP MOVING BECAUSE WE GROW OLD; WE GROW OLD BECAUSE WE STOP MOVING.

Effects of Ageing

To understand why we must exercise, we must understand what happens when we don't. The medical term is *Sarcopenia* (poverty of flesh). Starting around age 30, if left unchallenged, the human body loses 3% to 5% of its muscle mass per decade.

This isn't just about looking smaller. Muscle is your metabolic currency. It is where you burn sugar. It is the armour that protects your bones. When we lose muscle, our metabolism slows, our insulin sensitivity drops, and our bones become brittle (osteoporosis). We don't stop moving because we grow old, but we grow old because we stop moving.

The "Motion is Lotion" Principle. Inside our joints (knees, hips, elbows) is synovial fluid. It acts like motor oil. However, unlike a car that has a pump to circulate oil, our joints rely on *compression and decompression*—movement—to circulate this fluid.

- **Sedentary Life:** The fluid stagnates. Cartilage dries out like an old sponge.
- **Active Life:** Movement squishes the “sponge”, hydrating the cartilage with fresh nutrients.

The Architectural Pillars: Types of Exercise

To build an unbreakable body, we cannot rely on one type of movement. A marathon runner with no upper body strength is fragile. A powerlifter with no cardiovascular endurance is a ticking time bomb. We need a balance and a blend.

The Engine: Cardiovascular Endurance. This is the ability of your heart and lungs to deliver oxygen to your cells. As discussed in Chapter 1, oxygen is the fuel of cleanliness.

- **The Unbreakable Standard:** we should be able to walk up three flights of stairs without gasping for air.
- **The Method:** Brisk walking, swimming, or cycling. For seniors, walking is the "King of Exercises". It aligns the spine, pumps the lymphatic system, and strengthens the heart without impact stress.

The Chassis: Isotonic Strength Training. Isotonic exercise is what most people think of as "lifting weights". Isotonic means "same tension, changing length" (moving). These exercises involve moving a joint through a range of motion against resistance (e.g., a bicep curl or a squat). It builds bone density. When muscles pull on bones, the bone reacts by laying down more calcium matrix. It is the only known natural defence against osteoporosis.

THE ARCHITECTURAL PILLARS & PRACTICAL ROUTINE



THE ENGINE (Cardiovascular Endurance)

Delivers Oxygen.

Unbeereable Standard: Walk up 3 flights without gasping.

Method: Brisk walking, swimming, cycling. (Walking is King for seniors).



THE CHASSIS (Isotonic Strength)

Moving weight.

Builds muscle & bone density (natural defence vs. osteoporosis).

E.g., Squats, curls.



THE SECRET WEAPON (Isometric Exercise)

Static tension.

Safe for joints, lowers blood pressure.

E.g., Wall sit, Wall push.



ANCIENT TECHNOLOGY (Yoga)

Software for Mind-Muscle connection.

Benefits: Balance (fall prevention), Parasympathetic activation (lowers cortisol), Spinal hygiene.

The Secret Weapon: Isometric Exercise. Here is where we deviate from the standard gym advice. **Isometrics** are the secret to longevity and joint safety, especially as we age. Isometric means "same length, changing tension" (static). Imagine pushing against a brick wall. The wall doesn't move, and your joints don't move, but your muscles are firing at 100% capacity.

- **Safety:** Because there is no grinding of the joints, the risk of injury is near zero.
- **Blood Pressure:** Recent studies suggest that isometric hold exercises (like a wall sit) are incredibly effective at lowering resting blood pressure—even more than running¹.
- **The "Ten Golden Exercises" Philosophy:** Many therapeutic protocols, like those found in the *Ten Golden Exercises* or *Oxycise*, utilize static tension combined with breath. This recruits the maximum number of motor units without wear and tear.

The Ancient Technology: Yoga. If strength training is the hardware, Yoga is the software. It connects the mind to the muscle. Referring to the *Yoga for Dummies* and *Complete Guide to Yoga* texts, we see that Yoga is not just stretching; it is "Union."

¹ **Edwards, J. J., et al.** (2023). "Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials." *British Journal of Sports Medicine*. (This groundbreaking study identified isometric exercise as the most effective tool for lowering blood pressure).

Yoga for the Unbreakable

Balance: Falls are the leading cause of injury in seniors. Yoga poses like *Vrikshasana* (Tree Pose) train the proprioceptors (balance sensors) in your feet and brain.

1. **Parasympathetic Activation:** Most exercise is a stressor (sympathetic). Yoga, through deep nasal breathing, activates the "rest and digest" system, lowering cortisol.
2. **Spinal Hygiene:** "You are as young as your spine is flexible." Yoga moves the spine in all four directions: flexion (forward), extension (backward), lateral (side), and rotation (twist).

The Unbreakable Senior: Modifications and Reality

As we age, the goal shifts from "performance" to "preservation." But do not mistake preservation for stagnation. The *Stretching Exercises for Seniors* guide emphasizes that seniors can and *must* build strength, but the leverage must change.

The Rules of Senior Engagement:

1. **Never work through sharp pain.** Discomfort (burning muscle) is good; pain (sharp, shooting) is bad.
2. **Stability first.** Use a chair or a wall. There is no dignity in falling while trying to look tough.

3. **Floor to Standing.** The single most important skill for a senior is the ability to get up from the floor. Practice this daily (with assistance if needed).

The Practical Lab: The "Daily 5" Routine

We don't need a gym membership to be Unbreakable. We need consistency. Here is a routine blending Isometrics, Yoga, and Calisthenics.

Time required: 15 Minutes. **Equipment:** A wall and a sturdy chair.

Exercise 1: The Wall Push (Upper Body Isometric)

- **Target:** Chest, Shoulders, Triceps, Bone Density in wrists.
- **Action:** Stand facing a wall. Place hands at chest height. Step back slightly. Push into the wall as if you are trying to move the building.
- **Breathing:** Do not hold your breath! Breathe deeply and rhythmically (The *Oxycise* principle).
- **Hold:** 30 seconds. Relax. Repeat 3 times.

Exercise 2: The Chair Squat (Lower Body Isotonic)

- **Target:** Quads, Glutes, Independence (getting off the toilet/chair).
- **Action:** Stand in front of a chair. Lower yourself slowly until your bum *barely* touches the seat. Do not sit fully. Immediately stand back up.
- **Modification:** If this is too hard, sit fully, then stand up using armrests if necessary.

- **Reps:** 10 to 15 repetitions.

Exercise 3: The Doorway Stretch (Flexibility)

- **Target:** Chest expansion, correcting "slumped" posture.
- **Action:** Stand in a doorway. Place forearms on the doorframe. Step one foot through gently until you feel a stretch across your chest.
- **Hold:** 30 seconds. This opens the "heart center" (Anahata chakra) and improves lung capacity.

Exercise 4: The Stork (Balance)

- **Target:** Fall prevention, Ankle stability.
- **Action:** Stand behind a sturdy chair (fingertips touching the back for safety). Lift one foot off the ground. Balance on one leg.
- **Progression:** Try to hover your fingers an inch off the chair.
- **Hold:** 30 seconds per leg.

Exercise 5: The Seated Twist (Spinal Mobility)

- **Target:** Spine health, Digestion.
- **Action:** Sit sideways on a chair. Inhale to lengthen your spine (sit tall). Exhale and twist toward the back of the chair, holding the backrest with your hands.
- **Hold:** 5 deep breaths. Repeat on the other side.

Exercise is not about vanity. It is an act of rebellion against decay. When you perform an isometric hold, you are telling your bones, *"Stay strong, I still need you."* When you practice balance, you are telling your brain, *"Stay sharp, we are still navigating the world."* When you stretch, you are telling your joints, *"Stay open, we are not done exploring yet."* In the next chapter, we will discuss the fuel required to run this machinery. We will explore Nutrition, not as a diet of restriction, but as a feast of regeneration.

UNBREAKABLE SENIOR: RULES & DAILY 5 ROUTINE (15 Mins)



Discomfort is OK, Pain is BAD.



Stability First (Use support).



Master Floor-to-Standing.

RULES

1



WALL PUSH

30 second holds. Breathe!

2



CHAIR SQUAT

10-15 second holds.

3



DOORWAY STRETCH (Flexibility)

30s holds. Opens Chest.

4



THE STORK

30s Support leg.
Support if needed.

5



SEATED TWIST

5 deep breaths
per side.

**EXERCISE IS A DECLARATION OF LIFE, A REBELLION
AGAINST DECAY, STAY STRONG, STAY, STAY OPEN**

Further Reading suggests Edwards et al. (2022) on Isometrics & BP,
Flatarone et al. (1994) on muscle in elderly.

Suggestions for Further Reading

1. **Edwards, J. J., et al. (2023).** "Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of

randomised controlled trials." *British Journal of Sports Medicine*. (This groundbreaking study identified isometric exercise as the most effective tool for lowering blood pressure).

2. **Fiatarone, M. A., et al.** (1994). "Exercise training and nutritional supplementation for physical frailty in very elderly people." *New England Journal of Medicine*, 330(25), 1769-1775. (The seminal study proving that even 90-year-olds can build significant muscle mass through resistance training).
3. **Sherrington, C., et al.** (2019). "Exercise for preventing falls in older people living in the community." *Cochrane Database of Systematic Reviews*. (Validates balance training as a critical intervention for mortality reduction).
4. **Villemure, C., & Bushnell, M. C.** (2009). "Mood regulation in yoga and physical exercise: a change in the brain." *Pain*, 141(1), 187-194. (Highlights the neurological benefits of yoga beyond simple stretching).
5. **Wolfe, R. R.** (2006). "The underappreciated role of muscle in health and disease." *American Journal of Clinical Nutrition*, 84(3), 475-482. (Explains the metabolic role of muscle as a glucose sink and protector against diabetes).
6. **Philpot, D.** (2022). *Ten Golden Exercises*. (Source for practical therapeutic movements).
7. **Johnson, J. R.** (1998). *Oxycise!*. (Source for the integration of deep diaphragmatic breathing with muscle contraction).

Chapter Three

Nutrition – The Alchemy of the Unbreakable

In 2023, I wrote a philosophical paper on ‘Unsolved Problems in Philosophy: The Hardest Four’. In this the fourth was the ‘The Ship of Theseus’. This dates to the time of Plutarch (1st century) and addresses questions of identity. The Athenians decided to maintain an ancient galley used by King Theseus after he escaped the labyrinth with the youth of Athens. As the parts on the ship break down, they are replaced, one at a time. At what point does the vessel stop being the ship of Theseus and start being another ship? A later twist asks what happens if the old parts are saved and later used to make yet another ship. Which one is the real ship of Theseus?

**THE PHILOSOPHICAL PUZZLE:
IDENTITY & REPLACEMENT**

THE PHILOSOPHICAL PUZZLE: IDENTITY & REPLACEMENT (THE SHIP OF THESEUS)

SHIP OF THESEUS (1st Century)

Plutarch's Question:
As parts are replaced over time, when does it cease to be the original ship?
What if old parts are reassembled into a new ship?
Which is the real one?

BIOLOGICAL REALITY (YOU)

We are that ship.
Cells replaced every 7-10 years.
Cells replace every 7-10 years.
Skin: weeks. Bones: months.
WHAT MATERIALS ARE YOU USING TO REBUILD?

THE CHOICE IS YOURS

Biologically, we are that ship. Every seven to ten years, most of the cells in our body get replaced. Our skin regenerates every few weeks, your bones remodel over months. The question is: **What materials are we using to rebuild the ship?**

If you rebuild a wooden ship with rotten timber and rusted nails, it will sink in the first storm. If you rebuild it with reinforced oak and stainless steel, it becomes unbreakable. Many people exercise diligently (Chapter 2), oiling the engine, but if they pour sand into the fuel tank by eating dead, processed, chemically laden food then they might feel tired, feel joint ache, and a foggy mind.

In this chapter, we will explore nutrition not as a "diet", not as a word that implies restriction and suffering but as "Alchemy." It is the magic of turning an apple, a lentil, or a leaf of spinach into a living human tissue.

The Three Tastes of Life (Wisdom from the Gita)

Long before microscopes and calorie counting, the *Bhagavad Gita* categorized food based on its effect on the human body and psyche. In Chapter 17, verses 8 through 10, the text offers a blueprint that aligns perfectly with modern "Unbreakable" goals².

The Gita divides food into three categories: *Sattvic* (Pure), *Rajasic* (Stimulating), and *Tamasic* (Dull).

1. The Unbreakable Diet: Sattvic (Verse 17.8)

"Foods that increase life, purity, strength, health, joy, and cheerfulness, which are savoury and oleaginous, substantial, and agreeable, are dear to the Sattvic."

Notice the specific promise here: **Life, Strength, Health, and Joy**. Sattvic foods are those that are fresh, juicy, and wholesome. In modern terms, this is a whole-food, plant-based diet. Fresh fruits, vegetables, whole grains, nuts, and dairy (if ethically sourced). These foods digest easily, leave no toxic residue, and provide calm, sustained energy.

² **The Bhagavad Gita**. Chapter 17, Verses 8-10. (Source: [Gita Supersite](#)).

2. The Stress Diet: Rajasic (Verse 17.9)

"Foods that are bitter, sour, saline, excessively hot, pungent, dry, and burning are liked by the Rajasic and are productive of pain, grief, and disease."

This describes the modern addiction to stimulation. Excessively salty chips, ultra-spicy sauces, massive amounts of caffeine, and over-cooked, dry meats. These foods overstimulate the nervous system. They might give a temporary energy spike, but the Gita warns they lead to "pain, grief, and disease"—what we now call inflammation, hypertension, and anxiety.

3. The Decay Diet: Tamasic (Verse 17.10)

"That which is stale, tasteless, putrid, rotten and impure refuse, is the food liked by the Tamasic."

This is the most dangerous category. "Stale" refers to food cooked days or weeks ago—packaged, processed foods loaded with preservatives. "Putrid" can refer to meat that is decaying or heavily processed meats. These foods create lethargy. They fog the mind and weigh down the body. When you eat a frozen dinner that was made six months ago in a factory, you are eating *Tamas*.

NUTRITION AS ALCHEMY: TURNING FOOD INTO LIVING TISSUE (WISDOM FROM THE GITA)

SATTVIC (PURE) - THE UNBREAKABLE DIET



Fresh foods, Fresh vegetables, Whole grains, Ethically sourced dairy, Glowing heart

INCREASE LIFE, PURITY, STRENGTH, HEALTH, JOY
Fresh, juicy, whole-food, plant-based.
Digest easily, no toxic residue, calm energy.
(Gita 17.8)



UNBREAKABLE YOU

Increase life, purity, strength, health and joy, inner vitality, nurtured by fresh, juicy, whole food, plant-based. Digest easily, say hello, whole-curd most, fresh, daily food ment, deasit to deasily one resie residue coin energy.
(Gita 177.8)

RAJASIC (STIMULATING) - THE STRESS DIET



Excessively salty snacks, Spicy sauces, Massive caffeine, Over-cooked dry meats, Angry face

PAIN, GRIEF, DISEASE
Overstimulate nervous system, temporary energy spike, information, hypertension, anxiety. (Gita 17.9)



INFLAMED & ANXIOUS

Overstimulate nervous system, there are very potent food to pronounce, overstimulate information, unhelpful animal energy prevention, health or activating process some energy spike, hyperheildon, anxiety. (179.9)

TAMASIC (DULL) - THE DECAY DIET



Stale packaged, Processed foods, Fresh amlers, Melty food, Sleepy face

LETHARGY, FOODY MIND, WEIGHT DOWN
Stale, tasteless, putrid, rotten, processed, preservatives. Creates foxino (Ama).
(Gita 17.10)



TIRED & FOOGY

Over the plession and foie into stun? Sodoplers; bull happy prntent, hwnnew: Lantill Soupun, (Pookied, Cooked Veggies), Rice, fruteed, lawluits, cultum:3, tinnners, and other presraniees flaeors Ama.
(Gita 177.1)

The Engine Room – Metabolism and Digestion

To understand why *Sattvic* food works, we must look at the engine: Metabolism. Metabolism is not just "burning fat." It is the sum of two processes:

1. **Catabolism:** Breaking down food into energy.
2. **Anabolism:** Using that energy to build and repair cells.

As we age, our metabolic rate slows. This means the *margin for error* shrinks. A 20-year-old can eat a "Tamasic" pizza and burn it off because their metabolic fire is raging. A 70-year-old cannot. For the senior or the aspiring unbreakable individual, digestibility is the king.

THE ENGINE ROOM & THE INNER GARDEN

METABOLISM & DIGESTION (AGNI - FIRE)

Metabolism = Catabolism
(Breakdown + **Anabolism** (Build)).



**GUT HEALTH
(THE MICROBIOME)**

Along slows = Catabolism (Digestion
menia (Bild). Digestibility &
Digestibility is king for Seniors.



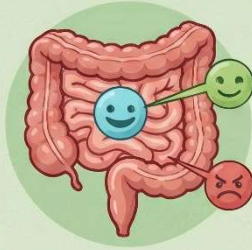
Soup over Salad
(Pre-digested)



Spices as Kindling
(Ginger, Cumin, Pepper,
Turmeric aid absorption)

THE INNER GARDEN (PROBIOTICS & PREBIOTICS)

Second Brain: 90% Serotonin produced in
War between Good & Bad bacteria.



Happy-brain connection i: **Unhappy** the
Good harithy Bacteria. **Lower** invoid
Good & Bad bacteria.



PROBIOTICS (Good Soldiers):
Vegart, Keth, Sanerkraut, Minchi
(Probiotics)

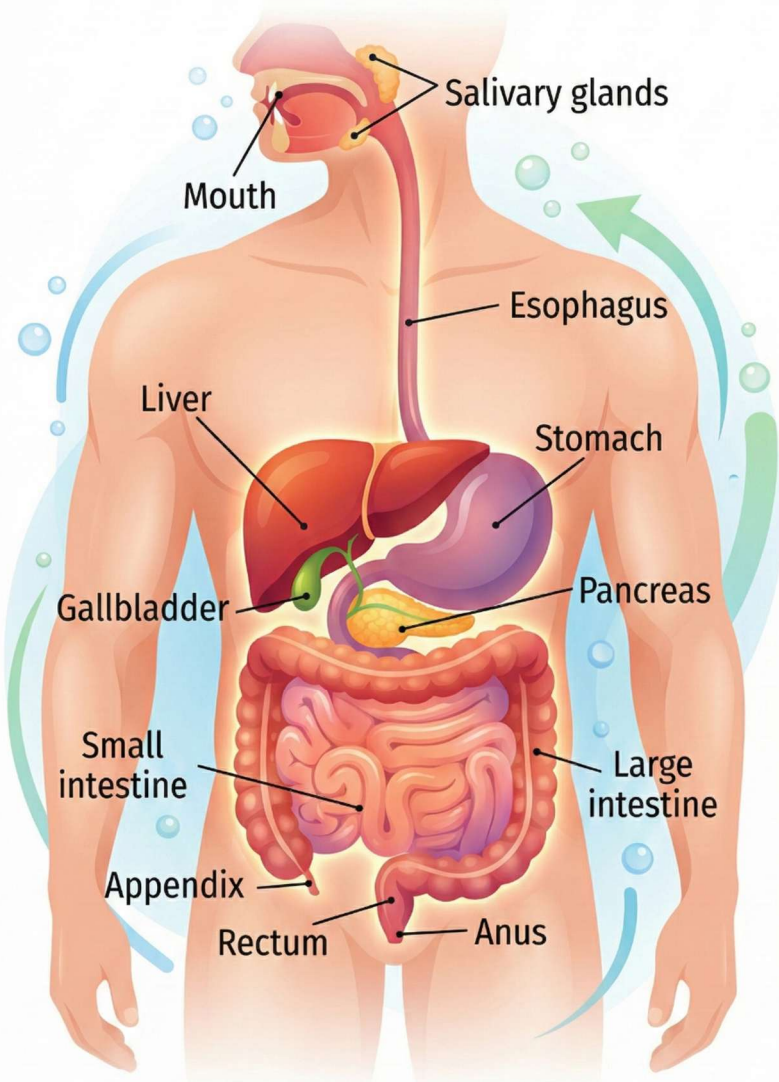


PREBIOTICS (Food for Soldiers):
Garlic, Onions, Bananas, Oats
and Veggies)



AVOID ANTIBIOTICS IN FOOD

HUMAN DIGESTIVE SYSTEM



The Fire of Agni. In Ayurveda, digestion is called *Agni* (Fire). If the fire is weak, and you throw a heavy log (like a steak or raw fibrous vegetables) onto it, the fire goes out. The log doesn't burn; it rots. This rotting creates toxins (*Ama*). Therefore, for seniors, the "Unbreakable" strategy emphasizes **warm, cooked, and easily digestible foods.**

- **Soup over Salad:** A raw salad requires massive energy to break down. A vegetable soup is pre-digested by the cooking process, allowing the body to absorb nutrients instantly.
- **Spices as Kindling:** Ginger, cumin, black pepper, and turmeric act as kindling for the digestive fire, aiding absorption and reducing inflammation.

The Inner Garden – Probiotics and the Microbiome

You are not alone in your body. Your gut is home to trillions of bacteria, collectively known as the *Microbiome*. Modern science has discovered that this is essentially a "second brain."³

- **The Connection:** 90% of your body's Serotonin (the happiness hormone) is produced in the gut, not the brain. If our gut is unhappy, we will feel depressed.
- **The War:** There is a constant war in your stomach between "good" bacteria (Probiotics) and "bad" bacteria (yeast, pathogens). Sugar and processed foods feed the bad army. Fiber and fermented foods feed the good army.

The Unbreakable Protocol for Gut Health:

³ **Mayer, E. A.** (2011). "Gut feelings: the emerging biology of gut–brain communication." *Nature Reviews Neuroscience*, 12(8), 453-466. (Establishes the gut-brain axis and the importance of microbiome for mental health).

1. **Probiotics:** Incorporate natural sources like Yogurt (Curd), Kefir, Sauerkraut, or Kimchi. These replenish the good soldiers.
2. **Prebiotics:** These are the food for the bacteria. Garlic, onions, bananas, and oats.
3. **Avoid Antibiotics (in food):** Non-organic meats are often pumped with antibiotics, which nuke our gut garden.

The Poison in the Pantry – GMOs and "Edible Food-Like Substances"

We must address the elephant in the room: Modern food production. In the last 50 years, the food industry has shifted from "nourishment" to "shelf-life."

1. **The Shelf-Life Trap** To make a cracker last two years on a shelf without rotting, manufacturers must remove the "life" from it (fats that spoil, enzymes that ripen). They replace these with chemicals—preservatives, stabilizers, and emulsifiers.
 - **The Risk:** When we eat food that cannot rot, our body struggles to break it down. These chemicals are foreign invaders. The immune system attacks them, leading to chronic low-grade inflammation, the root cause of arthritis, heart disease, and Alzheimer's.⁴
2. **The GMO (Genetically Modified Organism) Experiment** GMO crops (like corn and soy) are often engineered to withstand massive doses of pesticides like glyphosate. When you eat these crops, you are often ingesting residues of these chemicals.

⁴ **Srour, B., et al.** (2019). "Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study (NutriNet-Santé)." *BMJ*, 365, l1451. (Large scale study linking processed foods to heart disease and early mortality).

- **The Unbreakable Rule:** If your grandmother wouldn't recognise it as food, don't eat it. If the ingredients list reads like a chemistry experiment, put it back.
3. **The Sugar Deception** Sugar is the most addictive substance in our diet. It spikes insulin, promotes fat storage, and feeds cancer cells. It is often hidden under names like "High Fructose Corn Syrup," "Dextrose," or "Maltodextrin."

MODERN FOOD TRAPS (GMOs & CHEMICALS)

 <p>SHELF-LIFE TRAP (Preservatives)</p> <p>Chemicals replace natural enzymes. Immune system attacks, causes inflammation.</p>	 <p>GMO EXPERIMENT (Pesticides)</p> <p>Engineered for pesticides like glyphosate. Residues ingested. Avoid unknown ingredients.</p>	 <p>SUGAR DECEPTION (Addictive)</p> <p>Spikes insulin, fat storage, feeds cancer. Avoid High Fructose Corn Syrup, Dextrose.</p>
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The Case for the Vegetarian Diet

For the Unbreakable senior, a vegetarian diet is not just an ethical choice; it is a physiological advantage. Meat, particularly red meat, is heavy. It takes 24 to 72 hours to fully digest. It produces high amounts of acid and metabolic waste (uric acid), which strains the kidneys and can aggravate gout and arthritis.⁵ A well-planned vegetarian diet is:



- **Anti-Inflammatory:** Plants are loaded with antioxidants that fight rust (oxidation) in the body.

⁵ **Orlich, M. J., et al.** (2013). "Vegetarian dietary patterns and mortality in Adventist Health Study 2." *JAMA Internal Medicine*, 173(13), 1230-1238. (Scientific validation that vegetarian diets are associated with lower mortality rates).




- **Fibre-Rich:** Keeps the "plumbing" clear, preventing constipation—a major issue for seniors.
- **Heart-Healthy:** naturally low in saturated fats and cholesterol.

But where do I get protein? This is the most common myth. The unbreakable body needs protein, but it doesn't need steak.

- **Lentils and Legumes (Dal):** The staple of the longest-living populations.
- **Dairy (Paneer/Yoghurt):** High-quality amino acids and calcium.
- **Nuts and Seeds:** Almonds, walnuts, chia, and flax.

 **THE VEGETARIAN ADVANTAGE** 

PRACTICAL APPLICATION – THE UNBREAKABLE MENU

<p>Golden Rules:</p> <ul style="list-style-type: none"> Eat with Sun (Lunch largest). Hydrate First (Warm Water) Chew Your Drink (Thorough chewing).	<p>Sample Menu:</p> <p>MORNING: Warm Lemon Water, Seaked Almonds. BREAKFAST: Warm Dabnest/Stewed Apples. LUNCH: Lantil Soup (Protein), Cooked Veggies, Rice/Bread, Yogurt (Probiotics). SNACK: Fruit, Walnuts, Green Tea. DINNER: Light Veg Soup/Khichid. Avoid rew salads, heavy grains at night.</p>
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Practical Application – The Unbreakable Menu

So, what should we eat? Let's construct a day of eating that satisfies the *Gita*, fuels the muscles, and pleases the gut. I personally prefer the food which uses sunlight the most. These foods have more spiritual energy starting from dry fruits, fruits, vegetables which are above the ground and the one's below the ground followed by dairy, fermented foods etc. I prefer to eat only two times a day to reduce insulin cycles. However, it is an individual preference and depends on the level of activity.

The Golden Rules:

1. **Eat with the Sun:** Our digestion is strongest at noon. Eat your largest meal then. Eat light at night.
2. **Hydrate First:** Drink two glasses of warm water immediately upon waking. This flushes the toxins accumulated overnight.
3. **Chew Your Drink, Drink Your Food:** Chew solids until they are liquid. This signals the stomach to prepare enzymes.

Sample Day for a Senior:

- **Morning (The Flush):** Warm water with lemon, and a pinch of turmeric. Soaked almonds (peeled).
- **Breakfast (The Kindle):** Warm oatmeal or porridge with stewed apples and cinnamon. (Easy to digest, warming).
- **Lunch (The Fuel - Main Meal):**
 - One bowl of Lentil soup (Dal) – Protein.
 - One cup of cooked vegetables (Carrots, Beans, Spinach) – Vitamins.
 - A small portion of Rice or whole wheat bread – Energy.
 - A side of Yogurt (Curd) – Probiotics.
- **Afternoon Snack:** A piece of seasonal fruit or a handful of walnuts. Green tea.
- **Dinner (The Light Closure):** Vegetable soup or a light Khichdi (rice and lentil stew). Avoid raw salads, heavy grains, or yogurt at night, as they increase mucus and are hard to digest during sleep.

You Are the Alchemist

Nutrition is the act of turning the external world into your internal reality. Every time you choose a fresh orange over a packaged candy bar, you are choosing

Sattvas over *Tamas*. You are choosing clear skin, flexible joints, and a sharp mind over lethargy and pain.

In the previous chapter, we built the structure through exercise. In this chapter, we fueled the engine. Now, in the next chapter, we will take this Unbreakable machine out of the garage and into the wild. We will explore **Chapter 4: Outdoor Activities**, and why nature is the final ingredient in our prescription for health.

Suggestions for Further Reading

1. **The Bhagavad Gita**. Chapter 17, Verses 8-10. (Source: [Gita Supersite](#)).
2. **Mayer, E. A.** (2011). "Gut feelings: the emerging biology of gut–brain communication." *Nature Reviews Neuroscience*, 12(8), 453-466. (Establishes the gut-brain axis and the importance of microbiome for mental health).
3. **Srour, B., et al.** (2019). "Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study (NutriNet-Santé)." *BMJ*, 365, l1451. (Large scale study linking processed foods to heart disease and early mortality).
4. **Orlich, M. J., et al.** (2013). "Vegetarian dietary patterns and mortality in Adventist Health Study 2." *JAMA Internal Medicine*, 173(13), 1230-1238. (Scientific validation that vegetarian diets are associated with lower mortality rates).
5. **Samsel, A., & Seneff, S.** (2013). "Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance." *Interdisciplinary Toxicology*, 6(4), 159-184. (Discusses the potential dangers of GMOs and associated pesticides on gut health).
6. **Buettner, D.** (2012). *The Blue Zones: 9 Lessons for Living Longer From the People Who've Lived the Longest*. (Highlights that the longest-lived populations eat a 95% plant-based diet).

Chapter Four

Outdoor Activities – The Playground of the Soul

India hosts an air show 'Aero India' biannually in Bangaluru. In 2007, I took part in the air show as part of Su-30 MKI low level aerobatics team. I was flying as a copilot. Low level aerobatic displays are both dangerous and demanding. it was a great exposure, meeting international pilots, knowing about their aircraft and flying various simulators. A skydiving display was also part of this event. When the last aircraft doing the flying display landed, the skydiving display began. It was different this time as I was also jumping out of as a skydiver. I had started my skydiving training in 1999 and had become a display jumper in 2001. By 2007 I had experience of nearly 100 jumps and had taken a permission to take part in this.

4 METROPLUS

A true winged wonder

Aero India On the Su-30 MKI, the most advanced fighter aircraft in service with the IAF, right before you from behind embossed to join the force and to celebrate 75 years of existence. Congratulations to its designers for a new chapter in aviation technology.



AERO INDIA AIR SHOW & SKYDIVING (2007)

Aero India (Bangaluru) – Su-30 MKI Low Level Aerobatics Team Copilot. Dangerous & demanding displays.

Skydiving Display Jumper since 2001. 100+ jumps. Overcoming fear.

Team effort

Outdoors activities are a real test of our fitness. They are purely interest based and lie outside our comfort zones. I started my outdoors journey

from river rafting followed by skydiving, paragliding, horse riding, trekking and mountaineering. The latter took me not only to Antarctica but also to Mt Kilimanjaro in Africa and Mt Elbrus in Caucasus mountains in Russia.

The Zoo Human

When we think of the zoo, we see animal who are not in their natural habitat. Let's imagine life of a leopard cub born in captivity. He lives in a concrete enclosure, eats processed meat at the same time every day. He paces back and forth, his muscles distinct but untested. He is still a leopard in look and feel but his eyes seem dull, he has gained weight and even forgotten to climb a tree. He has the same stature but lacks vitality because there is no challenge in his life. Now imagine another leopard in the wild who navigates dense jungles, endures torrential rains, hunts with silent quickness, and rests in the canopy of a tree. His coat gleams with a different kind of lustre. It is "Unbreakable" not because his life is comfortable but because he knows how to overcome the struggles of his natural habitat.

Modern humans have voluntarily turned themselves into zoo animals. We live in climate-controlled houses, travel in comfortable cars, work in safe and hygienic offices, and to maintain our strength we go have to work out in a gym. The gym cannot teach us adaptability. A treadmill cannot teach us how to navigate a slippery rock. A sterile room cannot teach us the awe that resets our nervous system. To be truly Unbreakable, we must step outside. We must become a part of the wild ourselves.

THE ZOO HUMAN & THE COMFORT ZONE TRAP



THE ZOO HUMAN:

Captive, climate-controlled, comfortable, no vitality. Forgotten how to climb. Treadmills & sterile gyms cannot teach adaptability.

UNBREAKABLE WILD:

Navigating natural habitats, enduring elements, silent, quick.

Vitality through natural struggle.



THE COMFORT ZONE TRAP

Avoiding inconvenient nature. Predictability becomes boring. Missing Neuroplasticity & Alert Presence.



The Comfort Zone Trap

Why do we avoid the outdoors? Why do we prefer the treadmill to the trail? Because nature is inconvenient. It is too hot, too cold, too steep, or too wet. It is unpredictable. However, this predictability is exactly what makes us certain. The certainty soon becomes boring, and we lose our interest.

The Neuroscience of Novelty. When we walk the same route every day, our subconscious brain takes over like an “autopilot”. The active brain drifts into the random rushing thoughts and stops recording new memories. This is why time seems to speed up as we get older—the days blur together because nothing new is happening. When we step into a new environment—a forest path we’ve never hiked, a river we’ve never paddled—your brain wakes up. It has to process the uneven terrain, the shifting light, the sound of the wind. This state of “alert presence” triggers Neuroplasticity—the brain's ability to form new connections.

The Confidence of Capability. There is a specific type of confidence that cannot be earned in front of a mirror. It is the confidence of *competence*. When you hike a mountain, there is a moment when your legs burn, your lungs heave, and you want to quit. But you take one more step. Then another. When you reach the summit and look down at the world below, a shift occurs in your psyche. You realize, *“I am capable of more than I thought.”* This realization doesn't stay on the mountain. You bring it back to your office, your relationships, and your daily struggles. You become resilient. You become Unbreakable.

Terra Ferma – The Foundation

We begin where we evolved, land-based adventure sports are thrilling outdoor activities that take place on solid ground. They offer participants both physical challenges and opportunities to connect with nature. These sports include mountaineering, trekking, hiking, rock climbing, mountain biking, trail running, skiing, etc. Unlike water or air sports, land-based adventures allow individuals to explore diverse terrains—ranging from rugged mountains and dense forests to open deserts and volcanic landscapes—while testing their endurance, balance, and determination.

TERRA FERMA – THE FOUNDATION (LAND ACTIVITIES)

Hiking/ Trekking

- Rhythmic engagement, Forest Bathing, Trekking poles

Mountaineering

- The School of Will, False Summit lesson, Posterior Chain

Cycling

- Exploration at Speed, Low-Impact, Flow State



Strength, Flexibility, Cardiovascular Health, Focus, Confidence, Resilience. Shinrin-yoku (Forest Bathing - phytoncides & NK cells). Moving Meditation.

Hiking, Trekking, Mountaineering, Rock Climbing, Mountain Biking, Skiing, Trail Running.

The advantages of land-based adventure sports extend far beyond excitement and recreation. Physically, they promote strength, flexibility, and cardiovascular health by engaging multiple muscle groups and encouraging active lifestyles. Mentally, these sports enhance focus, confidence, and resilience, as participants often need to navigate unpredictable environments and overcome natural obstacles. Additionally, spending time outdoors fosters a deeper appreciation for the environment and can significantly reduce stress, anxiety, and fatigue. These activities are

accessible to almost everyone, from the beginner to the "Unbreakable Senior."

1. Hiking and Trekking: The Primal Meditation. Hiking is not just walking; it is a rhythmic engagement with the planet.

- **The Difference:** A *walk* is for transportation or leisure on flat ground. A *hike* involves elevation, uneven terrain, and nature. A *trek* is a multi-day journey.

- **The Benefit (Shinrin-yoku):** The Japanese practice of "Forest Bathing" (*Shinrin-yoku*) is backed by robust science. Trees emit oils called phytoncides to protect themselves from insects. When humans breathe these in, our Natural Killer (NK) cell activity—the immune system's frontline against cancer—increases dramatically⁶.

- **For the Senior:** Trekking poles are our best friends. They turn hiking into a four-legged activity, reducing load on the knees by up to 25% and providing stability.

- **The Experience:** Imagine the sound of gravel crunching under our boots. The air changes as we climb—becoming crisper, cleaner. The mind stops looping over work problems and starts focusing on the next step. This is moving meditation.

2. Mountaineering: The School of Will. Mountaineering is hiking with consequences. It introduces the element of the vertical (slope and

⁶ Li, Q. (2010). "Effect of forest bathing trips on human immune function." *Environmental Health and Preventive Medicine*, 15(1), 9-17. (The seminal study proving that phytoncides from trees boost Natural Killer cell activity and immune response).

altitude) with lower oxygen levels. We do not need to climb Everest to be a mountaineer. Scaling a local 2,000-foot peak may also offer the psychological rewards.

- **The Lesson of the False Summit:** In climbing, there is a phenomenon where you think you see the top, only to crest the ridge and realize there is another, higher peak behind it. This is a profound metaphor for life. The Unbreakable individual doesn't despair at the false summit; they simply drink some water, adjust their pack, and keep climbing.

- **Physical Adaptation:** This activity builds the "posterior chain"—the glutes, hamstrings, and lower back—which are the primary muscles of longevity.

3. **Cycling: Exploration at Speed.** Cycling allows you to cover distances that would be impossible on foot, giving you a sense of "mechanical superpowers."

- **The Low-Impact Miracle:** For those with knee or hip arthritis, running may be painful. Cycling is non-impact. The circular motion lubricates the knee joint without the jarring strike of the pavement.

- **The Flow State:** When you are cycling downhill, balancing speed with steering, your brain enters a "Flow State." In this state, the prefrontal cortex (the part of the brain that worries and judges) shuts down. You are pure action. This is one of the most chemically healing states for the human mind⁷.

⁷ Csikszentmihalyi, M. (1990). *Flow: The Psychology of Optimal Experience*. Harper & Row. (Defines the concept of "Flow" achieved during high-skill, high-focus activities like climbing or cycling).

Air Activities – The Perspective

Aerosports, also known as air-based adventure sports, are exhilarating activities that take place in the sky, offering participants a sense of freedom and excitement unlike any other form of adventure. These sports include paragliding, skydiving, hang gliding, hot air ballooning, base jumping, and powered flying. Each of these experiences allows adventurers to soar above breathtaking landscapes, experiencing the thrill of flight while challenging their courage, coordination, and control.

The advantages of aerosports go beyond the rush of adrenaline. Physically, they help improve balance, reflexes, and spatial awareness, as participants must coordinate their movements and respond quickly to changing air conditions. Mentally, aerosports build confidence, focus, and emotional resilience, as they often involve overcoming fear and developing trust in both skill and equipment. Moreover, the unique perspective from the air fosters a profound sense of peace and appreciation for the world's natural beauty, making aerosports a deeply rewarding experience for the mind and spirit.

To leave the earth is to confront our deepest evolutionary fear: the fear of falling. Mastering this fear is the ultimate act of attitude adjustment. Aerosports combine adventure, skill, and self-discovery, allowing individuals to break free from the confines of the ground and experience the extraordinary sensation of human flight.

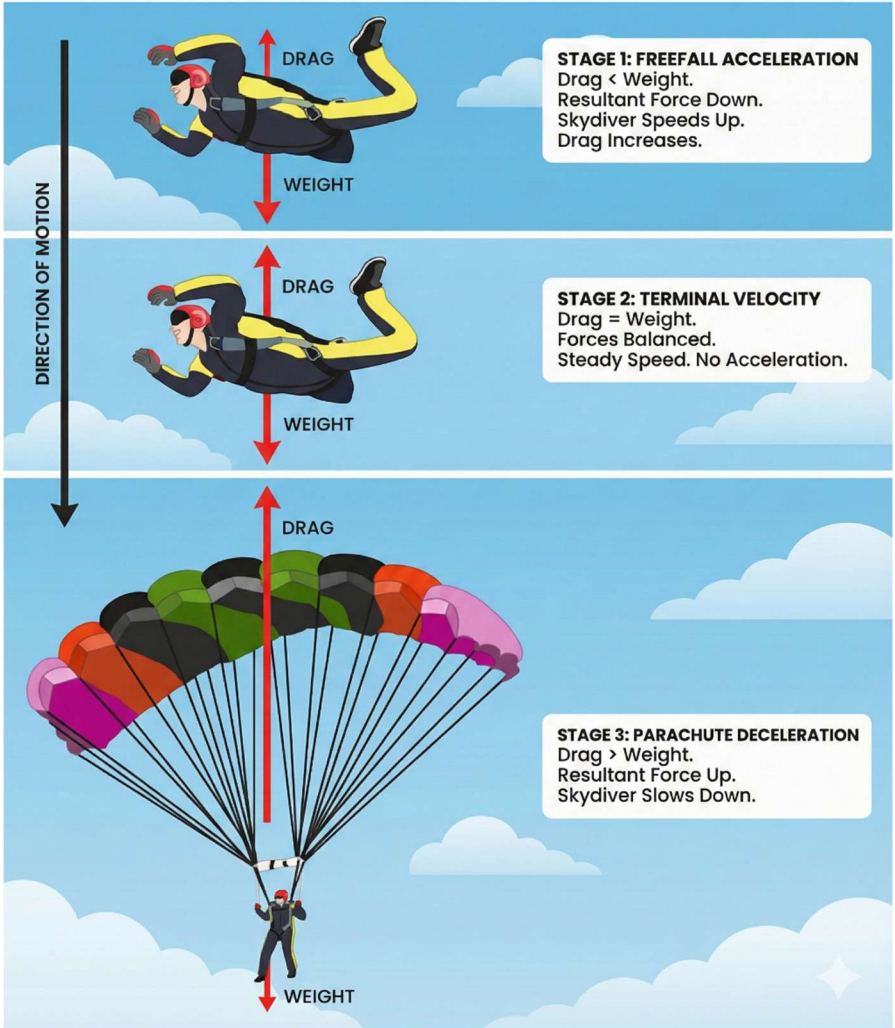
1. **Paragliding: Riding the Invisible.** Paragliding is not falling; it is flying. You sit in a harness suspended under a fabric wing, using rising currents of warm air (thermals) and mountain waves to gain altitude.

- **The Silence:** Unlike a plane, there is no engine. There is only the sound of the wind. You see the world as a bird sees it—without limits, without traffic, without noise.
- **The Perspective Shift:** Problems that felt massive on the ground look insignificant from higher altitudes. This is the "Overview Effect," a term usually reserved for pilots, but accessible to the paraglider. It instills a deep sense of peace and interconnectedness.

2. **Skydiving: The Art of Letting Go.** This is the most extreme method of pushing the comfort zone.

- **The Paradox:** We spend our lives trying to control everything. Skydiving forces us to leave this control to gravity and potential energy.
- **The Chemical Reset:** The adrenaline dump from a skydive is massive. While chronic stress is bad, acute "eustress" (positive stress) can reset the nervous system. Many people report a sensation of profound calm and clarity for weeks after a jump. It is a "hard reboot" for a stressed mind.

SKYDIVING FORCES & MOTION



AIR & WATER ACTIVITIES – PERSPECTIVE & THE UNKNOWN



AIR

Perspective Shift
Overcoming fear of falling
Mastering attitude
Eustress
Peace & Interconnectedness



Pranayama
in the Deep



WATER

The Unknown
Emotion & Adaptability
Low-Impact full-body workout
Calming effect (Lower cortisol)
Teamwork



Scuba, Surfing, Kayaking,
Rafting, Snorkeling.



Water Activities – The Unknown

Water is the element of emotion and adaptability. Water based adventure sports are thrilling recreational activities that take place on or beneath the surface of water, combining the excitement of exploration with the beauty and power of aquatic environments. These sports include activities such as surfing, scuba diving, kayaking, rafting, jet skiing, sailing, windsurfing, and

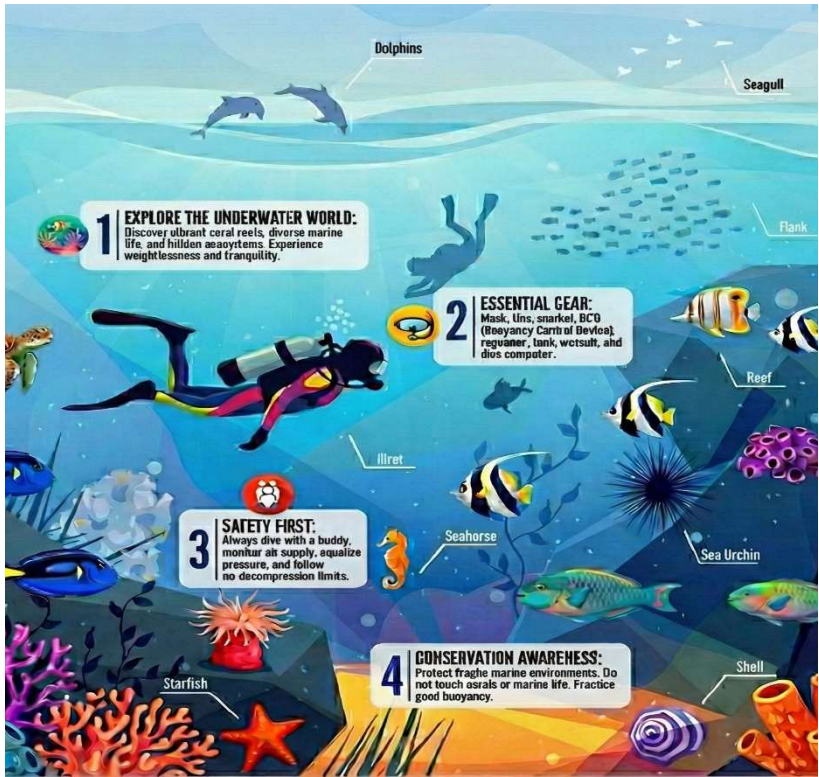
snorkelling. Whether it's navigating rushing river rapids, diving into coral reefs, or riding ocean waves, water adventures offer participants unique challenges and unforgettable experiences that blend physical skill with nature's unpredictability.

The advantages of water-based adventure sports are both physical and psychological. Physically, they improve cardiovascular endurance, muscle strength, and flexibility while promoting balance and coordination. Water also provides natural resistance, making these activities excellent full-body workouts with low impact on the joints. Mentally, being in or around water has a calming effect that reduces stress and anxiety, while the excitement of mastering new aquatic skills boosts confidence and focus. Furthermore, water adventures often encourage teamwork, as many sports like rafting or sailing require coordination and communication among participants.

1. **Scuba Diving: Pranayama in the Deep.** If hiking is active meditation, Scuba diving is breath work.

- **The Breath:** In Scuba, we cannot rush. If we breathe fast and shallow (panic breathing), you float up and use your air too quickly. We resolve to breathe slowly, deeply and rhythmically. It is essentially *Pranayama* (yogic breathing) under pressure.
- **Weightlessness:** Underwater, gravity disappears. For seniors or those with chronic pain, this is bliss. You can fly over a coral reef, moving in three dimensions with a flick of a fin.
- **The Blue Mind:** Research shows that simply looking at water lowers cortisol. Being *in* water amplifies this. The "Blue Mind" theory suggests that water puts us in a mild meditative state.⁸

⁸ **Nichols, W. J.** (2014). *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do.* Little, Brown. (Explores the neurological benefits of



The Unbreakable Story – The 70-Year-Old Paraglider

Let me tell you the story of Rajesh. Rajesh was a retired accountant. His life had been a spreadsheet—calculated, safe, and linear. At 68, he lost his wife. He fell into a deep depression, his body shrinking into a chair, his world becoming small. His son forced him to go on a trip to Bir Billing (a famous paragliding site in India). Rajesh was terrified. He stood on the edge

water activities).

of the cliff, his knees shaking, his "comfort zone" screaming at him to stop. But he ran. He ran off the edge of the mountain. When the wing caught the air and lifted him, Rajesh didn't scream. He gasped. For 20 minutes, he floated above the pine forests. He saw the snow-capped Himalayas not as a barrier, but as a horizon. When he landed, he was not the same man. His cautious attitude seemed futile and a hurdle, he lamented not taking part in such experiences earlier. His lost spark was back. He didn't just become a paraglider; he started hiking. He changed his diet, became fitter, made new friends and started learning a new language. The act of pushing his physical boundary shattered the glass ceiling of his mental limitation.

THE UNBREAKABLE STORY & RISK



THE UNBREAKABLE STORY: Rajesh (68), retired, grieving, risked paragliding, found new horizon, vitality returned, started hiking, changed diet.

Calculated Risk: Preparation (Exercise, Nutrition), Progression, Instruction.

The World is Our Habitat. Claiming our birthright as explorers.

Next: Chapter 5 **Attitude – Mental Wellbeing.**

Risk and Preparation

Now, a word of caution. The Unbreakable Fitness is not about being reckless. It is about **Calculated Risk**.

- **Preparation:** You do not climb a mountain without Chapter 2 (Exercise). You need the leg strength. You do not Scuba dive without Chapter 3 (Nutrition). You need the energy.
- **Progression:** You start with a day hike. Then a trek. Then a climb.
- **Instruction:** Always learn from masters. Take a course, hire a professional guide, the goal is to return home stronger, not get injured.

The World is our Habitat

We discussed in Chapter 1 that the body is a vehicle. In Chapter 2, we strengthened the vehicle. In Chapter 3, we fuelled it. Chapter 4 we ask the question: **Where do we want to explore? Should we** keep our ship in the harbour, where it is safe but slowly rusting? Or should we take it out into the open ocean? Outdoor activities are not just "hobbies." They are essential nutrients for the human soul. They provide the vitamin of "Awe." They remind us that we are small, that the world is beautiful, and that we can assert our existence in our habitat. When we stand on a summit, or float in the ocean, or glide through the air, we are not just "exercising." We are claiming our birthright as a living, breathing, exploring human being.

In the next chapter, we will turn inward to explore **Chapter 5: Attitude – Mental Wellbeing**, and how the landscape of the mind determines the quality of the journey.

Suggestions for Further Reading

1. **Li, Q.** (2010). "Effect of forest bathing trips on human immune function." *Environmental Health and Preventive Medicine*, 15(1), 9-

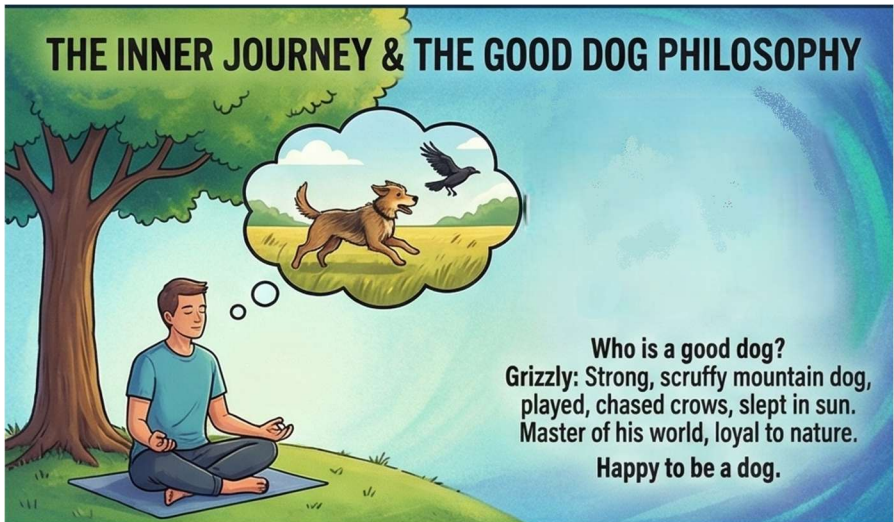
17. (The seminal study proving that phytoncides from trees boost Natural Killer cell activity and immune response).
2. **Csikszentmihalyi, M.** (1990). *Flow: The Psychology of Optimal Experience*. Harper & Row. (Defines the concept of "Flow" achieved during high-skill, high-focus activities like climbing or cycling).
3. **Nichols, W. J.** (2014). *Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do*. Little, Brown. (Explores the neurological benefits of water activities).
4. **Bratman, G. N., et al.** (2015). "Nature experience reduces rumination and subgenual prefrontal cortex activation." *Proceedings of the National Academy of Sciences*, 112(28), 8567-8572. (Scientific evidence that hiking in nature reduces the brain activity associated with depression and anxiety).
5. **Brymer, E., & Schweitzer, R.** (2013). "The search for freedom in extreme sports: A phenomenological exploration." *Psychology of Sport and Exercise*, 14(6), 865-873. (Discusses how adventure sports are not just about "thrills" but about deep transformation and overcoming fear).
6. **Kaplan, S.** (1995). "The restorative benefits of nature: Toward an integrative framework." *Journal of Environmental Psychology*, 15(3), 169-182. (Attention Restoration Theory – why nature heals the tired brain).

Chapter 5

Attitude – The Mental Fortress

After having taken part in many different adventures and obtaining a PhD, I turned my attention inwards and started learning about human psyche, soul or the 'self'. I realised that like a pilot flies the aeroplane or a driver drives the vehicle, our psyche drives our body. The internal 'self' acts like a software for the hardware body and like the body, it also has a comfort zone.

We live in a world of marketing where we are sold ideas, products and things which will make us better as if we are not sufficient. Women try to compete with men and men with other men. The chase continuously creates stress and unhappiness. The question is who is a good dog? A good



dog is happy to be dog, happy in his existence not trying to be cat or any other animal.

Once such dog was Grizzly. I picked him up from a rafting trip. He was the strongest of all puppies and a scruffy, brown-haired mountain dog. He spent his days trotting around the farm, wagging his tail at us and playing most of the time, chasing crows for sport, and sleeping in the sun. He owned nothing, yet he was the master of his world. He was loyal to his nature. He never tried to meow like a cat or roar like a lion. He was perfectly, blissfully, a dog.

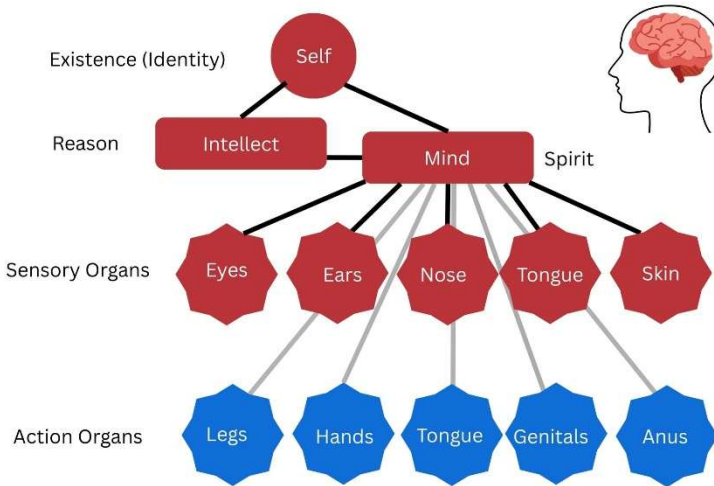
A "good" man is like that loyal dog. He is loyal to his own existence. He does not look at his neighbour and think, "*Why is his car bigger?*" or "*Why is he happier?*" He is not like a cat (aloof and selfish) or a tiger (aggressive and restless). All of us belong to one class of animate and we know we are human, but our equality just ends here. We all have slight differences in our physique, some differences in our behaviour and more in our thoughts. We feel and act best when we are at peace with our existence. If we are continuously trying to become someone else whom we do not know, we end up in an endless chase. This doesn't mean that we shouldn't improve or learn new things but that we should accept what we are and work on the achieving a better version of authentic self.

The fundamental truth of Unbreakable Mental Wellbeing is the comparison is the thief of joy. Most of our mental anguish comes from trying to be someone else. We want the body of an athlete, the wealth of a tycoon, and the peace of a monk, all at once. This fragmentation breaks the mind. To be Unbreakable is to first accept your *Svadharm*a (our innate nature). It is to say: "*I am happy in my existence. I have no competition because there is no one else playing my role.*"

Architecture of the Consciousness

The human body, including the brain, can be considered the hardware and

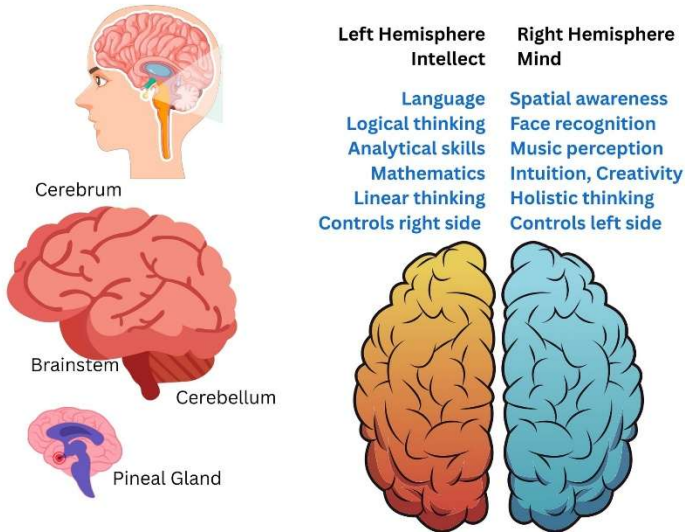
cognition can be considered as software. The software has components such as Identity, Intellect and Mind, which mainly represent the central nervous system. These are connected to the peripheral nervous system, which is an information network of channels (Nadis) that conveys information sensed by sensors. A unique identity of having a sense of self (I) is Ahamkara (differentiator and decision maker), these are surrounded by Buddhi (intellect) and Manas (mind). The mind receives all sense inputs from sense and action organs and integrates them to make sense.



To master our awareness, we must understand its machinery. In the *Science of Yoga*, the cognition is not a single monolith. It has layers. Understanding these layers helps us navigate the world with better understanding. The cognition is divided into Ahmkara (I), intellect and the mind. The self (I) is the experiences and everyone else works for it, no one should be able to take it for granted or waste its time in endless thought loops.

Interestingly, the human brain has three main components: the cerebrum, cerebellum, and brainstem, each with distinct roles. The cerebrum handles thinking, perceiving, planning, and language, and it is split into left and right hemispheres. The left hemisphere is more involved in reasoning, especially logical and language-based tasks, and it matches the Intellect as described above. The right hemisphere seems likely to handle emotions, particularly negative ones, and it corresponds to the Mind. The cerebellum is located at the back and coordinates movements and maintains balance. The brainstem connects to the spinal cord, controlling basic functions like breathing and heartbeat. The brainstem consists of the mid-brain, pons, and medulla oblongata, which are all located below the diencephalon. The pineal gland is located in the diencephalon, a part of the brain that sits above the brainstem. The pineal gland is considered to be the seat of identity.

Traits for the left brain include language, logic, and controlling the right side of the body with the left frontal lobe, specifically managing the right side. Reasoning, especially logical and analytical tasks, is often linked to the left hemisphere, the frontal lobes, which are involved in planning and decision-making. Traits for the right brain include creativity, spatial awareness, and controlling the left side. Emotions involve the limbic system, with the right hemisphere more associated with recognising and expressing emotions, especially negative ones.



The emotions and limbic system can be correlated with creative people while the reasoning ability can correlate to the wise. The nation which regards merit (Guna) as sole means of progression establishes a secular environment. It paves the way for wisdom to be recognised. The wisdom can have indicators in IQ (Intelligence Quotient) and EQ (Emotional Quotient). IQ indicates the scale of intellect and EQ indicates the scale of mind.

Let's learn about the superintelligent machine. AI is like a giant neural network, intelligent enough to collate information and ideas and generate content. Yet why are suicides linked to AI consultations? There are multiple specific cases involving at least nine suicides that have been publicly reported in the media and legal filings as of late 2025. Do you know why?

My analysis is because AI is pure intellect, analytical and factual, and it also follows reason to a large extent. In the end, a super intellect being can reach a conclusion that life is pointless & painful enough and there is no benefit in living it. It could be because intellect alone is not complete; it is

not good enough. What makes intellect good is when it combines with intuition. Intuition is imagination combined with direct perception of the soul. Imagination is the power of the mind (right side of the frontal cortex). An intelligent being can be good in maths, and an imaginative person can be good in arts. The intellect also causes a detachment in the people who become 'disillusioned' and 'disenchanted' with life.

There are indulgent people who have all the interest in life. This is because they enjoy the Rasa (chemistry) of life. When they see good food, they salivate and so on. The Rasa, Rupa, Gandha, Sparsha and Laya (taste, sight, smell, touch and hearing) all cause our endocrine organs to secrete. This activity makes us feel alive and produces dopamine, serotonin, etc. All this creates attachment which can be very addictive. What is the way out?

Detachment is an ideological fancy. Attachment is becoming a slave to experiences. Neither of them alone is right. The right thing is to find a balance. To support happiness and pleasure, some positive attachments are necessary. They make life worth living. The question is who decides this or what is the role of Ahamkara?

Ahamkara makes our decisions. It may lean on the side of intellect or mind. Both have their flavours, yet Ahamkara needs to choose a middle path, a happy mix of points in the direction of good, what is beneficial in the long term and what makes Ahamkara evolve. An Unbreakable person uses both. It uses Concrete Intelligence to pay the bills and cross the street safely. It uses mind to love freely and enjoy nature. In the times of uncertainty and fear, he uses the universal principles of Dharma (A just behaviour).

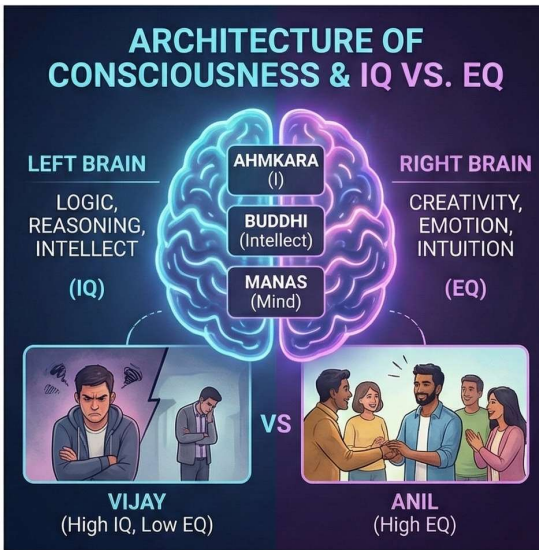
IQ vs. EQ – The Survival vs. The Thriving

In the 20th century, we worshipped IQ (Intelligence Quotient). We thought that if a man could solve complex math problems, he would be happy. We were wrong. High IQ helps you build a nuclear bomb; it does not help you stop using it. High IQ helps you get a high-paying job; it does not help you

enjoy it. For "Unbreakable Fitness," IQ is valuable along with **EQ (Emotional Quotient)**. It is the ability to:

1. **Identify** your own emotions ("I am feeling angry right now").
2. **Regulate** them ("I am angry, but I will not shout").
3. **Empathize** with others ("He is shouting because he is in pain, not because he hates me").

Let's take example of two brothers, Vijay and Anil. **Vijay** has high IQ. He studied well, scored well and became a top surgeon. However, he had low EQ, he has a quick temperament. He considered himself successful and superior and used to get angry. When his wife asked for time, he analysed his schedule logically instead of spending time with her. At 60, Vijay was rich, divorced, and alone. He had "won" the IQ game but lost the life game. **Anil** on the other hand, was an average student. He ran a small hardware store. But Anil had high EQ and connected with his customers well. When his customers were stressed, he cracked a joke. When his wife complained, he listened. When he faced financial trouble, he didn't panic; he adapted. At 60, Anil was surrounded by friends, loved by his family, and felt deeply content.



The Mirror Maximizing the Good

Practice –

We often torment ourselves by focusing on what we lack. The "Good Dog" philosophy asks us to focus on what we *have*. For this **exercise**, sit down with a piece of paper, draw a line down the middle.

1. **Left Side: My Good Qualities (The Assets)** Am I patient? Am I a good listener? Do I have strong legs? Am I generous? **Action:** How can I maximize these? If you are a good listener, can you volunteer to help lonely seniors? If you have strong legs, can you join a hiking group? **Expand your assets.**
2. **Right Side: My Vulnerabilities (The Liabilities)** Do I have a bad temper? Am I jealous? Do I have weak knees? **Action:** Do not hate these parts. Care for them. If you have weak knees, you don't beat them; you wear a brace. If you have a jealous nature, believe in yourself; you acknowledge it. *"Ah, there is my jealousy again. Let*

everyone have what they deserve. I have enough, this feeling is like a cloud passing in the sky. I will let it pass."

This is the essence of mental wellbeing: **Maximizing the Good, Managing the Weak.**

Experiences that Balance the Mind

Just as we do push-ups for the chest, we need exercises for the mind. A mind left without exercise becomes either rigid (obsessive) or flaccid (dull).

- 1. The Exercise of Silence (Mauna)** We live in a noise-polluted world. Try to spend 30 minutes a day in absolute silence. No phone, no TV, no talking. *The Effect:* This rests the *conscious mind*. It stops the continuous computations. It allows *Amurta Buddhi* (Intuition) to bubble up.
- 2. The Exercise of Awe (The Outdoor Prescription)** Outdoor activities are not just physical; they are mental hygiene. When you stand before a massive waterfall or look up at the Milky Way, your ego (the small "I") shrinks. You cannot feel arrogant in front of a mountain. This "Awe" resets your perspective. It balances the mind by showing you your true size in the universe—small, but significant.
- 3. The Exercise of Service (Seva)** Depression often comes from excessive self-focus ("*My pain, my problems, my past*"). The antidote is looking outward. When you help someone else—whether it is feeding a stray dog or helping a grandchild with homework—the mind stops chewing on itself. The flow of energy turns outward.



The Senior Challenge – Adjusting to "Being"

The hardest mental transition occurs after retirement. For 40 years, you were defined by what you *did*. "I am an Engineer." "I am a teacher." "I am a mother." Suddenly, the job is gone. The children are grown. The phone stops ringing. This can lead to a crisis of relevance. *"If I am not doing anything, who am I?"*

The Shift: Human Doing vs. Human Being The "Unbreakable Senior" treats this phase not as an end, but as a graduation. You have graduated from the School of Labor to the School of Wisdom.

- **The Challenge:** To be happy without "achievement."

- **The Adjustment:**
 - **Replace Competition with Creation.** Instead of competing be creative. Create a good surrounding, make a painting, build a strong body.
 - **Replace Authority with Connection.** You may no longer be the "Boss," but you can be the guide or a "Mentor."
 - **Replace Anxiety with Curiosity.** Fuel your curiosity, start thinking why, do your own research. Read books you never had time for.

The Story of Colonel Pratap

Colonel Pratap retired from the army at 58. He was a good commanding officer. During his times, his unit won many citations, awards and trophies. He believed strict discipline, punctuality, hard work and power of determination. He spent excessive hours at work. After his retirement, he settled down in his parental home. His wife was finally happy thinking she will be able to spend more time with him. However, she was shocked that he started inspecting the house particularly the kitchen. He was acting as commanding officer of the house now. The children realised this and became distant. He was shouting orders to his servants and finding fault in their work. Everyone grew to resent him. He became isolated and irritable, his blood pressure soaring. Although he felt relaxed and happy whenever someone came to see him from the unit. They received loads of advice. On anniversary of his unit, he was invited to visit his unit. His wife declined to accompany him on some pretext. He went alone and was received formally. He felt that people were relaxed, happy and smiling. He asked the Subedar Major, "Are we still winning the awards?" To his amazement he heard his answer in affirmative. He also learnt that the Commanding Officer was considered very good unit also took part in Yoga. While meeting the other retired officers he saw them immensely successful and their children were doing well, some of them had come with their families.

He realised it and felt like he had lost a war. He felt that he wasn't required to be a Tiger anymore. He returned home a changed man. He started gardening. He spoke softly to his plants. The man who once commanded tanks now rejoiced when a single rose bloomed. His blood pressure dropped. His wife started smiling at him again. He had transitioned from the "Warrior" to the "Gardener." He had found his mental wellbeing.

THE SENIOR CHALLENGE & TRUE MENTAL WELLBEING



HUMAN DOING,
Crisis of Relevance

Competition
Authority



Creation
Connection



HUMAN BEING,
The Gardener



**TRUE MENTAL WELLBEING
IS RESILIENCE.**

Content Self-Assessment

Mental wellbeing is not a state of constant euphoria. That is not a drug-induced hallucination. True mental wellbeing is **Resilience**. It is the ability to feel sadness without despairing. It is the ability to succeed without becoming arrogant. It is the ability to look in the mirror, see the wrinkles, see the grey hair, and say with a genuine smile: *"This is a good vehicle, I achieved a lot in this life, I am a good person in this life. I am content with my self-assessment."* When we have this attitude, we are truly Unbreakable. No market crash, no rude comment, and no physical ailment can destroy your peace.

In the next chapter, we will discuss where this individual fits into the tribe. We will explore **Chapter 6: Social Well Being – Relationships**, and why the lone wolf is a myth that leads to early death.

Suggestions for Further Reading

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Chapter 6

Social Well Being – The Unbreakable Web

Giant Sequoia trees (*Sequoiadendron giganteum*) are the most massive trees on Earth by volume. It is closely related to the coast redwood (*Sequoia sempervirens*), which holds the title of the tallest living tree. Both species are native to California and are among the longest-living organisms on the planet. They are nature's skyscrapers, rising hundreds of feet into the air, weighing millions of pounds. The roots of a Sequoia are surprisingly shallow, often barely scratching the surface. The secret to their stability is not depth, but *breadth*. Their roots spread outward and interlock with the roots of the trees next to them. In a storm, a Sequoia does not stand alone; the entire forest holds each tree up.

Human beings are Sequoias. We are not designed to stand alone. In the earlier chapters, we built the "Unbreakable" body and the "Unbreakable" mind. But if you place a physically fit, mentally resilient person in solitary confinement, they will wither. **Social Well Being** is not just about having friends to have a beer with. It is the root system that holds us upright when the storms of life—illness, loss, failure—hit us. An Unbreakable individual understands that while they must be strong individually, their ultimate safety lies in the quality of their connections.

**THE SEQUOIA OF CONNECTION
& PHYSIOLOGY OF RELATIONSHIPS**

SEQUOIA TREES:
Massive, Long-living.
Shallow roots spread outward, interlocking for stability.
Entire forest holds each tree up.

HUMAN CONNECTION:
We are Sequoias, not meant to stand alone.
Social Well Being is the root system for stability in storms.

SAFE RELATIONSHIPS (Allostasis)
Cortisol Drops,
Blood Pressure Normalizes,
Immune System Strengthens.
STABILITY.

CHRONIC ISOLATION (Toxic)
Physically Toxic.
Mortality Risk =
15 cigarettes/day.

The infographic features a central illustration of a human figure with a glowing brain and heart, surrounded by a network of roots and lightning bolts. The background is a forest scene with large sequoia trees.

The Physiology of Connection

We often treat relationships as "soft" subjects—the realm of poets and romance novelists. But relationships are "hard" biology. When you are in a safe, loving relationship, your body enters a state of *allostasis* (stability). Your cortisol drops. Your blood pressure normalizes. Your immune system strengthens. Conversely, loneliness is physically toxic. Research indicates that chronic isolation carries the same mortality risk as smoking 15 cigarettes a day.

The "Good Person" in Relationship In the previous chapter, we discussed the "Good Dog"—the dog who is happy in his own nature. How does a person relate to others? A "Good Person" (Unbreakable attitude) approaches relationships without the hunger of a beggar. He does not say, *"You must complete me."* He says, *"I am whole, and I choose to share my wholeness with you."* He honours relationships not just when they are easy, but through three distinct levels of motivation: **Duty, Love, and Goodness.**

The Three Tiers of Connection

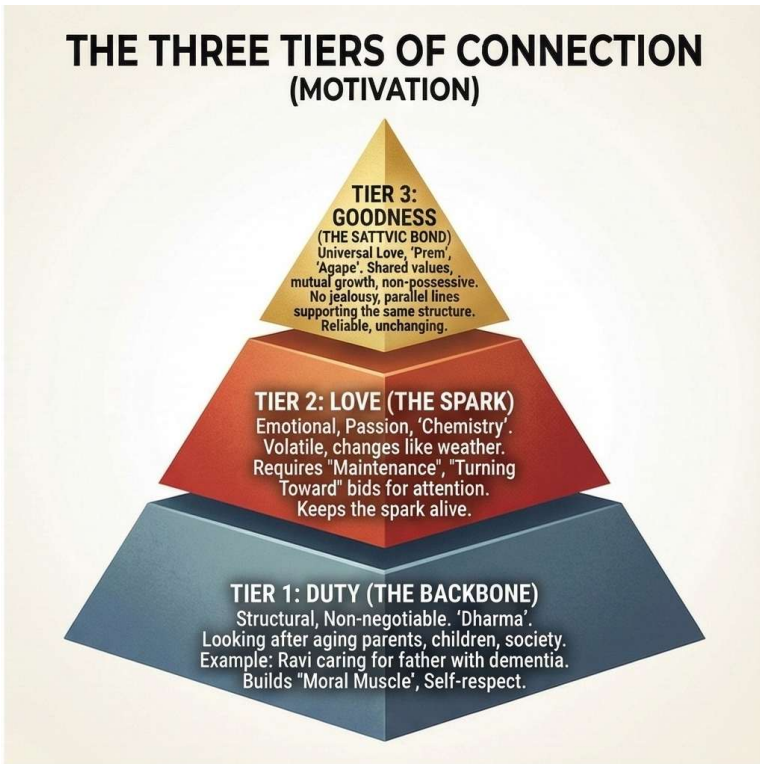
To navigate the complex world of human interaction, we must categorize *why* we are in a relationship. Clarity prevents suffering.

1. **Relationships Out of Duty (The Backbone).** In our modern, feeling-obsessed culture, the word "Duty" has become uncool. We are told, *"If it doesn't make you happy, leave."* The Unbreakable individual rejects this fragility. Duty (*Dharma*) is the recognition that some relationships are structural. We have a duty to look after our Ageing parents, even if they are cranky. We have a duty to our children, even when they are ungrateful teenagers. We have a duty to our society, our people, our nation.

- **The Example of Ravi:** Ravi's father developed dementia. He became difficult, often shouting insults at Ravi. A weaker man, driven only by "happiness," would have abandoned him. But Ravi acted out of Duty. He understood that his father's mind was broken, but the bond of father-son remained. He cared for him with dignity.
- **The Unbreakable Lesson:** Performing your duty when it is hard builds "Moral Muscle." It gives you a sense of self-respect that fleeing never can.

2. Relationships Out of Love (The Spark). This is the emotional tier. It is the romance, the passion, the "chemistry." While beautiful, this is the most volatile tier. Emotions are like weather—they change. If a relationship is based *only* on how you feel today, it will break during the first winter. Relationships out of love require "maintenance." As noted in the *Couple Relationships* text, this involves "Turning Toward." When your partner makes a bid for attention (a comment, a look), you turn toward them, not away. This micro-habit keeps the spark alive.

THE THREE TIERS OF CONNECTION (MOTIVATION)



3. Relationships Out of Goodness (The Sattvic Bond).

This is the highest form of connection, Prem, Agape or universal love. It encompasses duty and love but transcends them. A relationship out of "Goodness" is based on shared values and the mutual desire for the other person to reach their highest potential. It is non-possessive.

- **The Dynamic:** In a goodness-based relationship, there is no jealousy. If your partner succeeds, you are happy. If your friend outshines you, you

cheer. You are like two parallel lines— independent, but traveling infinitely in the same direction, supporting the same structure.

- **The "Good Person" Trait:** A good person honours the relationship because it is the *right thing to do*, not because they want a reward. They are reliable. Their words remain unchanging.

The Crucible of Heartbreak

No chapter on relationships is honest without discussing the end of them. Heartbreak, whether through a breakup, divorce, or death, is inevitable. For the fragile person, heartbreak is a life-shattering event. It destroys their identity. *"I am nothing without her."* *"My life is over."* For the Unbreakable person, heartbreak is a **Life-Building Experience**.

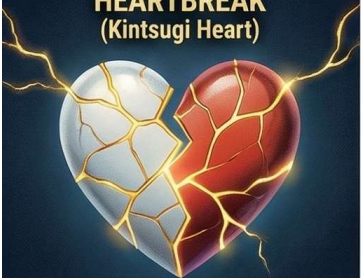
Reframing the Fracture How do we rise above the pain?

1. **De-personalize the Experience:** The ego takes heartbreak personally: *"I was rejected because I am unworthy."* The Intellect (Chapter 5) sees it structurally: *"We fell apart because our natures (Svadharmas) were incompatible. An Eagle cannot marry a Shark, no matter how much they love each other. Either the eagle will drown or shark will suffocate."* When you realize that heartbreak is often just **Incompatibility revealed**, the understanding dawns.

- The Japanese Art of Kintsugi:** In Japan, when a valuable bowl breaks, they do not throw it away. They glue it back together with gold lacquer. The bowl becomes more beautiful *because* it was broken. It has a history. A heart that has been broken and healed is stronger. It has more capacity for empathy. The "Unbreakable" heart is not a stone heart; it is a Kintsugi heart—scarred with gold.

HEARTBREAK AS A LIFE-BUILDING EXPERIENCE & NAVIGATING CONFLICT

HEARTBREAK (Kintsugi Heart)



REFRAMING THE FRACTURE
De-personalize: Ego says "Unworthy", Intellect says "Incompatibility (Eagle vs. Shark)".
Kintsugi: Repaired with gold lacquer, broken becomes more beautiful, stronger, more empathy.
Anjali's Story: "Beginning of my life". Physical (Hiking), Mental (Duty to self), Social (Reconnection).

NAVIGATING CONFLICT (THE "OUT" STRATEGY)

OBSERVE (Don't Absorb):
Watch like a scientist.
"He is shouting... must be pain".

UNDERSTAND THE TIER:
Is it Duty, Love, or Goodness?
Address accordingly.

TURN TOWARD (Resolution):
Don't turn away (stonewall) or against (attack).
Keep connection open.
"I disagree, but I am here with you".

Anjali was 50 when her husband of 25 years left her for a younger woman. At first, she collapsed. She felt she was "too old" and "discarded." But Anjali practiced the Unbreakable principles.

- **Physical:** Instead of lying in bed, she forced herself to hike (Chapter 4). The mountains reminded her that she was small, and her problems were small.
- **Mental:** She refused to be the victim. She told herself, *"His duty to himself; mine to myself is just beginning."*
- **Social:** She reconnected with old friends she had neglected. Two years later, Anjali started a business teaching gardening to seniors. She was radiant. She told a friend, *"I thought the divorce was the end of my life. It turned out to be the beginning of my life."* She rose above the personal insult and found a universal strength.

Navigating Conflict – The "Out" Strategy

Even good relationships have conflict. The difference between a broken relationship and an Unbreakable one is repair. We can use a simple strategy called **the "OUT" method** for navigating social friction.

- **O - Observe (Don't Absorb):** When someone is angry or rude, observe them like a scientist. *"Hmm, he is shouting. His face is red. He must be in pain."* Do not absorb the anger. Do not let it enter your fortress.
- **U - Understand the Tier:** Ask: *"Is this conflict happening at the level of Duty, Love, or Goodness?"* If it's duty, address it logically, if it's love, address it emotionally.
- **T - Turn Toward:** Instead of turning away in silence (stonewalling) or turning against in anger (attacking), turn *toward* the resolution. Even in disagreement, keep the connection open. *"I disagree with you, but I am still here with you."*

The Challenge of Senior Relationships

Social well-being changes as we age. The boardrooms and busy parties' fade. The circle shrinks. This shrinkage is not bad; it is a distillation. However, seniors face a specific challenge: **The Loss of Peers**. As friends pass away, the root system thins.

The Unbreakable Solution: Intergenerational Rooting.

Do not only be friends with people your age. Be a mentor to someone in their 30s. They get wisdom; you get vitality. Even if you don't have biological grandchildren, be a grandparent figure to your community. Sit on the

bench. Smile. Offer the unconditional kindness that busy parents can't afford to give. By connecting with younger generations, you ensure that your social world does not vanish; it renews.

SENIOR RELATIONSHIPS, INTERGENERATIONAL ROOTING & REFLECTIVE HEALING



SENIOR CHALLENGE:

Loss of Peers, Shrinking Circle.

UNBREAKABLE SOLUTION:

Intergenerational Rooting.

Mentor younger generations.

Offer unconditional kindness.

Renews social world.

Reflective Meditation on Relationships

Based on the uploaded text *Love, Relationships and Reflective Meditation*, we can use a specific mental exercise to heal social wounds.

The Exercise: The Empty Chair



1. Sit in a quiet room (Chapter 5, Mauna). Place an empty chair in front of you.
2. Imagine the person with whom you have a difficult relationship (or a lost love) sitting there.
3. **Speak your truth:** Say what you need to say, but without screaming. Say it with dignity. *"I was hurt when you did this...."*
4. **Listen:** Imagine what they would say if they were their "best self"—stripped of their ego and anger. Imagine them apologizing or explaining their pain.
5. **Release:** Visualize a cord connecting you to them. Cut the cord. Wish them well on their journey and claim your own peace. This exercise

allows you to honour the relationship by resolving it internally, even if the other person is unwilling or unable to do so in reality.

Social well-being is not something that happens to you. It is something we weave. Every phone call we make, every grudge we forgive, and every duty we perform is a thread in the web. The Unbreakable individual is not an island but the giant Sequoia Tree. They are the person who, when they walk into a room, makes the room warmer. They are the person who, when heartbreak comes, does not crumble into dust, but breaks open into a seed, ready to grow a new forest.

In the final chapter, we will ascend to the peak of the pyramid. We have built the Body (Physical), the Mind (Attitude), and the Tribe (Social). Now, we must ask: What is it all for? We will explore **Chapter 7: Spiritual Wellbeing – The Infinite Self.**

Suggestions for Further Reading

1. **Abela, A., et al.** (2020). *Couple Relationships in a Global Context*. Springer. (Source for "Turning Toward" and the importance of maintaining emotional connection).
2. **Gates, K.** (2010). *Love, Relationships and Reflective Meditation*. Author House. (Source for using meditation to heal relationship trauma and cope with difficult personalities).

3. **Gottman, J.** (2015). *The Seven Principles for Making Marriage Work*. Harmony. (Scientific basis for the "Sound Relationship House" theory).
4. **Cacioppo, J. T., & Patrick, W.** (2008). *Loneliness: Human Nature and the Need for Social Connection*. W. W. Norton & Company. (Evidence on the mortality risks of isolation).
5. **Holt-Lunstad, J., et al.** (2010). "Social relationships and mortality risk: a meta-analytic review." *PLoS Medicine*, 7(7). (The pivotal study equating loneliness to smoking/obesity).
6. **Frankl, V.** (1946). *Man's Search for Meaning*. (For the concept of finding meaning through love and duty even in suffering).
7. **The Bhagavad Gita.** (Concepts of *Dharma* [Duty] and *Sattvic* [Pure] relationships).

Chapter 7

Spiritual Wellbeing – The Infinite Self

Humans are the most intelligent animate species on Earth. Intelligence is not only a capability but also the responsibility. Our responsibility lies in sharing this goodness for benefit of other species. The cosmos functions on certain laws which we come to know when we study physics, chemistry and other sciences. That means the root cause lies in the knowledge and even beyond it.

Traditionally the wisdom of human race can be divided into four verticals Science, Spirituality, Religions and Philosophy. At the base of all lies the knowledge that needs to be true and to appreciate true knowledge there lies a framework called epistemology. After 2015, I dedicate a major effort towards knowing. The crux of my knowledge is that the cosmos is an entity which is alive. The life of earth is not in isolation but extension of life elsewhere in the cosmos. Consciousness is not only biological, but its definition extends to ability to be aware of and influence the 'self' and its surroundings.

The life on Earth is like a school for the consciousness to descend into various bodies, interact with the

physical dimension, learn its lessons, evolve and continue to fulfil its designed role in the cosmos.

When we watch a play. On stage, an actor may play the role of a beggar. He may cry, shiver in the cold and beg for food. The audience sympathises with him and feels sad. When the curtain falls, the actor goes backstage, takes off his rags, puts on his designer jeans, and drives home in a luxury car. Was the actor truly poor? No. Was the actor truly suffering? No. He was *experiencing* poverty. He was *playing* the role. The "Beggar" was the costume; the "Actor" was the reality.



We, the "Unbreakable" aspirants, often confuse the costume with the actor. We look at our bodies and say, "I am Ageing." We look at our bank accounts and say, "I am poor." We look at our emotions and say, "I am sad." Spiritual Wellbeing is the realization that **You are the Actor, not the Costume**. The costume (the body) is fragile. It will age, it will get sick, and eventually, it will be discarded. But the Actor—the Spirit, the *Atman*—is Unbreakable. It is the indestructible essence of life. To align with this essence is the ultimate form of fitness.

The Indestructible Essence

The *Ātman* is the innermost essence, the silent witness (*Sakshi*) to all of life's experiences, and is best translated not as "soul", with its Western connotations, but as the "Self".⁹ The spiritual journey in this context is not one of becoming something new but of realising what one has always been.

Consciousness is not an epiphenomenon of the brain but is embodied in a non-physical spirit. This spirit is the fundamental unit of being, and its interaction with the physical body creates the human experience. It acts like software that resides in the central and peripheral nervous system to run the hardware of body.

⁹ Pluralism Project. (n.d.). *Brahman and Atman: That Art Thou*. Harvard University. Retrieved from <https://pluralism.org/brahman-and-atman-that-art-thou>

In the *Bhagavad Gita* (Chapter 2, Verse 23), Lord Krishna delivers the ultimate statement on spiritual invincibility to the warrior Arjuna: *"Nainam chhindanti shastrani nainam dahati pavakah Na chainam kledayantyapo na shoshayati marutah."*

"Weapons cannot cut It, fire cannot burn It, Water cannot wet It, wind cannot dry It."

This is the definition of the Spirit. In our quest for Unbreakable Fitness, we have been trying to make the body strong and the mind resilient. But even the strongest body will perish. The only thing that is truly Unbreakable is the Spirit.

Why does this matter for "Fitness"? If you believe you are only a body, you will live in constant fear of death. Fear releases cortisol. Fear creates greed. Fear destroys relationships. If you know you are the Spirit, fear vanishes. You take care of the body not because you are afraid of losing it, but because it is the vehicle you have been given for this specific journey.

The Continuity of Life – Reincarnation. One of the greatest barriers to spiritual peace is the belief that "You only live once." This creates a frantic rush to accumulate pleasure. It creates the anxiety of "running out of time." However, wisdom traditions across the world—and increasingly, modern research—suggest that life is not a one-act play. It is a series.

We often think of reincarnation as a Hindu or Buddhist concept. But in the 20th century, the rigorous scientific method was applied to this phenomenon in the West. Dr. Ian Stevenson, a psychiatrist at the University of Virginia, spent forty years documenting cases of children who remembered past lives. He didn't rely on hypnosis or stories; he looked for forensic evidence.

The Story of the Pollock Twins. In Hexham, England, in 1957, two young sisters, Joanna (11) and Jacqueline (6), were tragically killed by a car while walking to church. The parents were devastated. The father, John Pollock, was a believer in reincarnation; the mother was not. A year later, the mother gave birth to twin girls, Gillian and Jennifer. As soon as the twins could speak, strange things happened.

- They recognized toys they had never seen—toys that had belonged to their dead sisters and were kept in the attic.
- They knew the way to the park in a town they had never visited.
- Most chillingly, upon seeing a car, they would scream, *"The car is coming to get us!"*
- One twin had a birthmark on her waist that matched a scar the deceased sister had from a fall. By the age of five, the memories faded. They grew up as normal girls.

The Lesson: Stories like these suggest that death is not a "full stop"; it is a "comma." We return. We take on new costumes. We enter new scenarios. Why? To learn. To evolve. When you view life through this lens, your struggles take on new meaning. Your difficult boss is not a punishment; he is a lesson in patience. Your financial crisis is not a failure; it is a curriculum in financial management.

The Curriculum of Life – Dharma and Purushartha

If life is a school, what are the rules? The *Yoga Vashishtha* and the *Gita* provide the framework known as **Purushartha**—the Four Aims of Human Life. A spiritually well person does not run away to a cave. They balance these four pillars.

- 1. Dharma (Righteousness/Duty)** This is the foundation. It is the "Law of Being." Dharma is actually means "that which upholds."
 - *The Law:* A tiger's dharma is to hunt. A fire's dharma is to burn. A human's dharma is to act with humanity.
 - *Just Life:* Living a life of Dharma means doing the right thing, even when no one is watching. It means your means are as pure as your ends. You cannot build a happy life on the foundation of fraud.
- 2. Artha (Resources/Wealth)** Spirituality does not forbid wealth. You need *Artha* to survive. You

need money to buy healthy food (Chapter 3), to travel to the mountains (Chapter 4), and to help others (Chapter 6).

- *The Balance*: Money is a means; it makes things possible. It should be earned ethically and spent ethically. The Unbreakable person possesses wealth but is not possessed *by* wealth.

3. Kama (Desire/Enjoyment) This is the enjoyment of the senses. Music, art, love, good food. Comfort is a favourable state of body, pleasure is excited state of body, whereas attachment is favourable state of mind and happiness is a excited state of mind.

- *Without Complete Joy*: The prompt mentions "without complete joy." This refers to the understanding that while *Kama* is necessary, it is *insufficient*. Sensory joy is temporary. The ice cream melts, the vacation ends. If you make *Kama* the sole goal of life, you will end up empty. Enjoy the experience, but don't get attached to it.

- Desires are a pull mechanism to advance learning of human soul.

- Whether it is pleasure or happiness, we must allow it to come to us not chase them. The chasing makes the pursuit difficult and elusive.

4. **Moksha (Liberation/Evolution)** This is the ultimate goal. It is the freedom from the cycle of ignorance. It is the realization of the Infinite Self. An Unbreakable life uses *Artha* and *Kama*, guided by *Dharma*, to achieve *Moksha*.

THE CURRICULUM OF LIFE: PURUSHARTHA & THE STORK'S ATTENTION

Infographic panel 2 of 4
Square format

The infographic features a central temple structure with four pillars, each representing a pillar of Purushartha. The pillars are colored and topped with icons: a scale of justice (Dharma), a house (Artha), a hand holding a string of beads (Kama), and a stork (Moksha). To the right, a stork is shown in three stages of attention: stillness (standing on one leg), observation (looking down), and action (stepping on a fish). A banner at the bottom reads 'LIFE AS A MEANS OF LEARNING & EVOLVING'. A box at the bottom right contains the text 'TRAINING OF ATTENTION: Use the spotlight of attention to expand the circle of awareness.'

1. DHARMA (Righteousness/Duty)	2. ARTHA (Resources/Wealth)	3. KAMA (Desire/Enjoyment)	4. MOKSHA (Liberation/Evolution)
The Foundation. Do the right thing. Means pure as ends.	Ethical means for support. Possess wealth, don't be possessed.	Sensory joy, Necessary but insufficient. Don't get attached.	Ultimate Goal. Freedom from ignorance. Realization of Infinite Self.

STILLNESS
(Focus)

OBSERVATION
(Awareness)

ACTION
(Precision)

LIFE AS A MEANS OF LEARNING & EVOLVING

TRAINING OF ATTENTION:
Use the spotlight of attention to
expand the circle of awareness.

Life as a Means of Learning and Evolving

Based on the uploaded text *A Life of Fulfilment*, we find a modern articulation of these ancient truths. The text describes life not as a random accident, but as a deliberate mechanism for the evolution of consciousness.

The Principle of Interaction The author notes: "*Being alive is having the ability to perceive, interpret, influence and control.*" We grow through **Interaction**.

- **Perceive:** You see a situation (e.g., a traffic jam).
- **Interpret:** You give it meaning. (Is it a disaster, or a chance to listen to a podcast?)
- **Influence:** You act. (You honk your horn in anger, or you sit patiently).
- **Evolve:** The feedback from your action changes you. If you honked and got stressed, you learned that anger hurts you. If you sat patiently, you learned that patience preserves peace.

The Stork Spirituality uses the spotlight of attention to expand the circle of awareness. The book introduces the metaphor of the Stork. This is a powerful image for the Unbreakable Spirit. How does a Stork hunt?

1. **Stillness (Focus):** It stands on one leg, perfectly motionless. It is not distracted by the wind or the ripples.

2. **Observation (Awareness):** It watches the water with intensity. It sees the fish (the opportunity/truth) clearly.
3. **Action (Precision):** When the moment is right, it strikes. One movement. Success.

Step-by-Step Spiritual Practice: The following workable steps are essential to ensure self-betterment.

1. **Keep Good Thoughts.** Allow good thoughts to flow from all directions—from mentors (*guru*), philosophical texts, and spiritual teachings. This is to be complemented by removal of addictive influences and vain preoccupations to let the original 'Self' guide the conscious mind.
2. **Take a Resolve:** Taking a firm, unwavering resolve towards self-betterment is not a passive wish but a conscious act of the will. True self-mastery is a conscious choice to commit oneself by confronting laziness, distraction, and fear.
3. **Be Physically Strong:** The physical body serves as the essential temple of the soul. It must be optimized to sustain the intense energies to gain exquisite experience. Becoming physically strong through proper nutrition and workout routines is crucial for handling

life's challenges. Regular exercise, such as *asanas* (yoga postures), dancing, or jogging, expedites the brain's internal changes by promoting blood flow, releasing beneficial neuro-proteins, and building new neural pathways. This process is vital for grounding the inner changes into the physical plane, allowing the mind and body to function as a unified unit.

4. Cultivate Fearlessness: Fear is a survival mechanism and a primary energy that binds the Ego. Overcoming it requires focused practice. Techniques such as using willpower to consciously shift one's emotional state by focusing on the opposite pole of the experienced negative emotion. If experiencing fear, one must concentrate on courage. Immediate resistance to anxiety or fear involves physical and energetic methods to return to the present moment. Techniques like feeling the feet on the floor or clenching and releasing fists help pull the mind back from overwhelming thoughts into the immediate, present, physical reality.
5. Follow your Passions: Know your interests, follow your passions and acknowledge your desires for experience and exploration. Desires need to be carefully selected and used as a tool for motivation for self-

betterment. Seek their fulfilment in healthy, ethical, and non-harming ways, moving beyond the modern paradox of repression and commercialisation. The Kama must follow the Dharma and there should be an understanding that it is for the fulfilment of the 'Self' and not for the body. Uncontrolled pursuance of desires is harmful. Those who cling to pleasure and power cannot concentrate or meditate. They are ever busy in planning projects for the acquisition of wealth and power. Their minds become ever restless and therefore counterproductive.

6. **Achieve Financial Stability:** See money not as an evil, but as a neutral energy required for a stable existence and the freedom to pursue higher goals. Create a plan for financial security. The material resources are known as Artha are a support for Dharma and Kama. Artha accumulated by illicit means will not be fruitful and will destroy the spiritual life, happiness and luck.
7. **Express Yourself:** The ultimate test of inner refinement is how the individual expresses themselves in the outer world—through verbal and non-verbal communication. The Throat Chakra (Vishuddhi) governs the ability to express one's inner truth with authenticity. A balanced state encourages clear and

confident self-expression, enabling one to speak one's truth with honesty and authenticity, thereby deepening interpersonal connections. EngAgeing in artistic pursuits (such as writing, painting, or dancing) is a powerful, healthy means of expression. Creativity is fuelled by Kundalini energy and is channelled through the mind, serving as a spontaneous outlet for the higher self.

8. Be Friendly. Love must be extended to oneself first accepting and loving yourself is the prerequisite for genuinely connecting with others. This capacity is the realisation of the Universal Love (Agape) that recognizes the shared consciousness in all beings. Being friendly to all and embracing empathy [User Query] is facilitated by the Heart Chakra, which is the organ of heart-brain synchronization. When one's intentions are pure (free from Ego and manipulation), the other person's heart naturally opens, leading to mutual nourishment and healing.
9. Remain Focused. Wisdom is cultivated through rigorous inner focus, transforming raw knowledge into penetrating insight. Meditation is the most effective way to open the psychic centres and gain insight. Consistent practice increases sustained

attention and improves logical reasoning. Meditation clears the subconscious mind of fears and anxieties, leading to a state of awareness that operates without attachment or aversion.

10. Choose the side of Good: The good is what is Sat, that sustains, beneficial and without causing harm to you or anyone else. Discernment (*Viveka*), which is the ability to distinguish the eternal truth (*Satya*) from the transient illusion (*Maya* or *Asatya*). This practice prevents the Ego to take short cuts and reject temptations. One needs to discard all forms of bribery and corruption, short cuts to fulfil desires or to overcome challenges, acts in height of emotions.
11. Be Intellectually Humble: Evaluate ideas which are challenging your point of view and are opposing. Accept own ignorance and fallibility, which is the balance point between intellectual arrogance and diffidence. This enables the individual to critically evaluate claims and avoid being bound by social and religious conditioning.
12. Practice Awareness: Awareness is the large circle of understanding. It is product of many cycles of thought and action. One learns to

inculcate the art of letting things happen (*Wu Wei*). It is patience and the mastery of non-interference allowing the spiritual energy to circulate spontaneously according to its own law, even while performing worldly task. The awakened being is in a state where the creative power of the mind and the integrity of the heart merge, ensuring that all action is spontaneously correct and in harmony with the greater cosmic order.

STEP-BY-STEP SPIRITUAL PRACTICE: 12 STEPS TO SELF-BETTERMENT

<p>1</p>  <p>KEEP GOOD THOUGHTS Allow good thoughts from all directions. Remove addictive influences.</p>	<p>2</p>  <p>TAKE A RESOLVE Unwavering commitment to self-betterment. Confront laziness & fear.</p>	<p>3</p>  <p>BE PHYSICALLY STRONG Optimize body as temple. Nutrition & exercise for strong vehicle.</p>	<p>4</p>  <p>CULTIVATE FEARLESSNESS Overcome fear by focusing on courage. Use physical grounding techniques.</p>
<p>5</p>  <p>FOLLOW YOUR PASSIONS Know interests. Select desires carefully for motivation, not obsession.</p>	<p>6</p>  <p>ACHIEVE FINANCIAL STABILITY Money as neutral energy for stability. Plan for security.</p>	<p>7</p>  <p>EXPRESS YOURSELF Speak inner truth with authenticity. Engage in creative arts.</p>	<p>8</p>  <p>BE FRIENDLY (UNIVERSAL LOVE) Love yourself first. Embrace empathy. Pure intentions open hearts.</p>
<p>9</p>  <p>REMAIN FOCUSED (MEDITATION) Cultivate insight through inner focus. Clear subconscious fears.</p>	<p>10</p>  <p>CHOOSE THE SIDE OF GOOD (DISCERNMENT) Distinguish eternal truth from transient illusion. Discard corruption.</p>	<p>11</p>  <p>BE INTELLECTUALLY HUMBLE Evaluate opposing ideas. Balance arrogance and diffidence.</p>	<p>12</p>  <p>PRACTICE AWARENESS (WU WEI) Mastery of non-interference. Letting things happen spontaneously.</p>

Training of Attention

The mind's natural state is often one of continuous, distracting mental chatter (*Cittavr̥tti*), which disperses consciousness and leads to the misidentification of the Self with impermanent thoughts and feelings. The control of the mind is, therefore, achieved primarily through the control of *Prana* (life force), which is directly linked to the rhythm of the breath. When the breath is long, deep, and slow, the mind becomes constant and one-pointed; when the breath is shallow and quick, the mind scatters and becomes volatile. The conscious cultivation of attention is a method of neuro-spiritual engineering:

- **Cognitive Enhancement:** When practiced consistently, quieting the mind through meditation positively influences neural plasticity and enhances the interaction between different brain regions, directly boosting critical thinking, logical reasoning, and sustained attention—the intellectual tools of the philosopher.
- **Contemplation and Reflection (*Fan Chao*):** Techniques like Taoist concentration emphasize directing the glance inward to look upon and purify the *self-conscious heart*, moving towards the unmanifest source of spirit. This practice is designed to quiet the mind's ceaseless activity and lead to mindful awareness without thought.

- Meditation (*Dhyana*): This practice is defined not as mental exertion, but as the moment when the mind becomes "totally clean and receptive to the universal mind." This state is far beyond analysis and calculation; it is where genuine illumination occurs, which is necessary for intuitive knowledge.

Aligning with the Cosmos

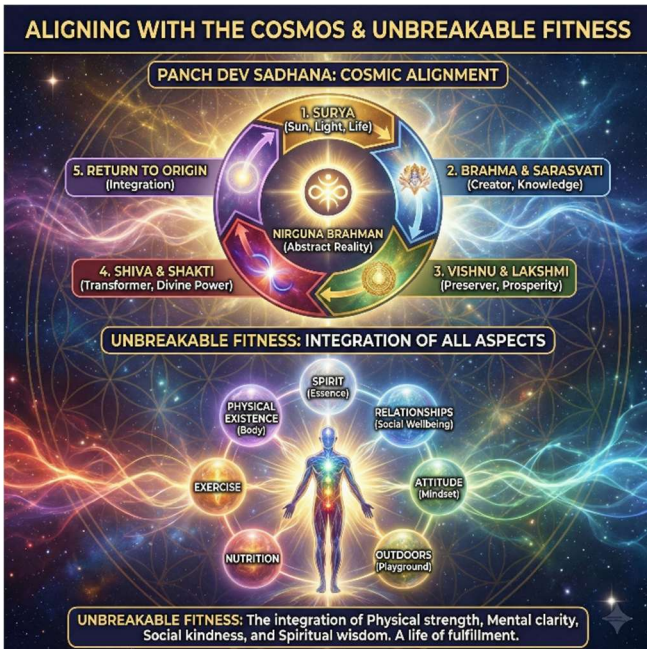
The ultimate stage of Spiritual Wellbeing is realizing that you are not a drop in the ocean; you are the ocean in a drop. Modern astrophysics tells us that the atoms in our bodies were forged in the hearts of dying stars. We are literally made of stardust. The oxygen you breathe was exhaled by a tree. The water you drink was once a cloud. You are continuous with the Universe.

The Cycle of Cosmic and Inner Harmony

Panch Dev Sadhana is an ancient, systematic method of prayer. This practice involves the reverence of five principal deities—Surya, Savitur, Vishnu, Shiva, and Shakti—as a means of understanding and realizing the abstract Ultimate Reality (*Nirguna Brahman*) through its manifested forms (*Saguna Brahman*). This disciplined ritual is designed to align the devotee's consciousness with the cosmic order, serving as a foundation for advanced spiritual realization.

The Core Deities and the Preliminary Invocation. The system centres on the worship of five major deities:

1. The Sun or Surya (, source of light and life).
2. Sagittarius A* or Savitur (Brahma, the center of our galaxy, the creator of physical reality)
3. Theos or Vishnu (Mover of the cosmos, Time, the Preserver).
4. Logos or Shiva (center of the Cosmos, The Auspicious One).
5. Kosmos or Shakti (embodying divine energy and power associated with consciousness).



The *Sadhana* then proceeds through a highly structured, cyclical sequence that represents a journey through the cosmos and the inner self.

1.Surya (The Sun, Light, and Life-Sustenance): The worship begins with Surya. The Sun is the physical manifestation of life and knowledge, and the ritual often involves offering water (*Arghya*) to the rising sun, particularly on auspicious days, or chanting the associated Mantra.

2.Brahma and Sarasvati (The Creator and Knowledge): The next step involves the worship of Brahma, the Creator, often identified in the Vedic context as Savitur. He is worshipped alongside his consort, Sarasvati, the Goddess of Knowledge, arts, and wisdom. This step focuses on invoking creative energy and intellectual clarity.

3.Vishnu and Lakshmi (The Sustainer and Prosperity): The devotion moves to Vishnu, the Preserver within the Trimurti, along with his consort, Lakshmi, the Goddess of prosperity, wealth, and abundance. This seeks maintenance, harmony, and material and spiritual well-being.

4.Shiva and Shakti (The Transformer and Divine Power): This segment worships Shiva, the

transformer, and his divine energy, Shakti (Parvati). This invokes the power to destroy negativity, overcome ignorance, and attain spiritual strength.

5.The Return to the Beginning: A defining feature of this practice is its cyclical nature: after Shiva and Shakti, the devotee symbolically retraces the steps back to the origin. This reverse journey signifies the integration of the energies invoked and the return of the purified self, ready for the cycle to begin anew.

This practice, involving physical offerings, mantra chanting, and a specific sequence of invocation, is not just a devotional act but a foundational discipline that connects the spiritual seeker to the cosmic reality. The microcosm of the body's chakras gets harmonized with macrocosm of the cosmos, laying the groundwork for higher spiritual realisation.

We started this book with Physical Existence—the body as a vehicle. The journey of self-betterment starts from asserting one's existence by becoming strong by gaining physical fitness. We moved to Exercise and Nutrition—maintaining the vehicle. We explored Outdoors—the playground. We cultivated Attitude—the mindset, we wove Relationships—the social wellbeing, and now we have found Spirit—the essence residing within the body.

The Unbreakable Fitness is the integration of all seven. It is the strength to hike a mountain (Physical), the clarity to enjoy the view (Mental), the kindness to share your water with a stranger (Social), and the wisdom to know that the mountain and you are one (Spiritual).

We are now well equipped, happy in our existence. The "Stork" of our mind is focused. The "Actor" in us knows his role. We can go ahead and live an Unbreakable life.

Suggestions for Further Reading

1. **Malik, S. S.** (2025). *A Life of Fulfilment*. (Source for "Stork Spirituality" and the definition of life as perception and interaction).
2. **Stevenson, I.** (1987). *Children Who Remember Previous Lives: A Question of Reincarnation*. University Press of Virginia. (Source for Western scientific evidence of reincarnation).
3. **The Bhagavad Gita**. Chapter 2, Verse 23 (The Indestructible Soul); Chapter 18 (Concept of Dharma).
4. **Valmiki**. *Yoga Vashishtha*. (Teachings on the nature of reality and the observer).
5. **Zukav, G.** (1989). *The Seat of the Soul*. Simon & Schuster. (Modern interpretation of the soul's evolution and multi-sensory perception).

6. **Sagan, C.** (1980). *Cosmos*. Random House. (For the scientific perspective on our connection to the stars).
7. **Easwaran, E.** (2007). *The End of Sorrow: The Bhagavad Gita for Daily Living*. Nilgiri Press. (Practical application of Gita's wisdom for spiritual wellbeing).