

The Agony of love needed
for living, happiness
and freedom

BY

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Preface

We saw that love is most talked about but most misunderstood word. Everyone says I love you, but seldom human knows the meaning of love. While everyone wants love, but no one wants to give away love. While everyone enjoys and feels happy with love but everyone also starts suffering agony of love. This has become more so in the 21st century and social media world. The entire meaning and feelings of love has changed. It has become the most misunderstood, most discussed and mislead concept today. These thoughts provoked us to share our thoughts with the world at large in the hope that may be this diffuses some misconceptions and doubts, and society starts loving and empowering women and men equally. An attempt has been made to pen down our research and observations of this world, society

and human race to put some light on the word that is widely used by everyone LOVE.

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Chapter 1

Modern Love

In the age of cutting-edge viewpoints, love has taken on an entirely new meaning. The importance of love has been diminished by the young generation's distinctive ways of expressing their emotions and showing their love in the most bizarre ways. Love has evolved into a manipulative game with manipulative emotions, which are fundamental components of the empirical world of today. In order to satisfy their own physical desires, relationships have become more like one-day hang outs; they have gotten so commercialised that the true essence of love has been destroyed. In this so-called civilization, the definition of love is only physical satisfaction and starvation of one's physical beauty. By eliminating the fundamental element of love, it

has turned into a social status and has become incredibly superficial.

In this scenario, the ones who are there to only fulfil their desires are happy but the ones with delicate hearts and pure souls suffer.

People these days so easily say 'I love you' and 'I can't live without you.' And then go for breakups because they are not going well together physically. How many times he died in his life for her. How did the love change so quickly? Let's find out why.

- It is not love if you are smitten with someone simply because you find them to be exceptionally attractive.

 - its infatuation

- It is not love if you are with someone because you believe that you shouldn't leave

him because other people believe that you shouldn't.

- its compromise

● It is not love if you cannot part ways with someone because you fear hurting their feelings.

- its charity

● It is not love if you love someone just because you share everything with him.

- its friendship

● BUT IF you grieve for the other person even though he is stable because you feel their pain more intensely than him.

- its love

Love and sex are two of the most ambiguous words in the English language. Many questions and misunderstandings surround these words.

Let's start with a basic understanding of love: When we say, "I love you," what we really mean is, "I dedicate myself to you, and my Love will never change in any circumstance." However, the majority of people do not comprehend. I mean When I say, "I love you," I mean it unconditionally, whether the other person loves me or not. I take whatever the other person gives me, whether it be love or hatred. It does not imply that we want them to receive our love in the same manner that we do. There won't be any confusion if we understand the difference.

So, in a similar manner, if someone says "I Love You," there is no obligation on our part to accept that love in the form that person has given it. If someone truly loves, they will give love without condition, whether they receive it themselves or not.

When we say, "I love you," we are expressing our acceptance of how that person chooses to love, chat, talk, have sex, and hug us. We accept whatever the person wants or wishes. But regrettably, this is not how the world understands or tries to accept things. This is the root of all confusion.

Humans frequently alternate between being furious and unhappy. Everyone has the right to feel either joy or anger. The failure of modern society to instill in people the idea that no one on earth has the power to make them happy, dissatisfied, or angry. In reality, one's emotional state—whether angry or happy—depends solely on him and how he responds to any given scenario, positive or negative. It is simple to criticise others, but challenging to look within oneself. Humans can only find the seeds of their own sadness if they look deeply within themselves.

Everybody has a place to dwell in the world as it is now. Every person resides in his or her own thoughts, theories, beliefs, preferences, and dislikes. This is based on his teachings and observations from this life and possibly from prior lives. There is a predetermined way of life if one persists in holding to their convictions. People continue to advocate for change, yet it's possible that nothing will happen despite their efforts. There is another way of living if people are willing to undergo change. Everybody will survive and remain in this planet until their demise regardless of change.

Explaining something to someone is challenging. Even Lord Krishna took 23 chapters to teach Arjun just one line...Everything is mine, including you, and I am the one who gives life or kills. Arjun was able to comprehend by discarding all of his

prior assumptions, theories, and knowledge; otherwise, he would never have fired on his great father, Bhishma, and his family. The fundamental question is that Arjun would triumph in Maharabta if he had stuck to his previous beliefs?

Another perspective is that sometimes people prefer to stick to their opinions, viewpoints, and conclusions whether they succeed or fail in the end. Like in the Mahabharata, Duryodhan never listened to anyone, kept to himself, and eventually passed away with his own opinions and preconceived notions. Additionally, Ravana was the most intelligent man alive in the Ramayana period, and his entire family sought to convince him to leave SITA. But Ravana stuck to his theories, though, and in the end he perished. It also demonstrates that everyone must experience their own life's struggles.

The decision to live and act in a certain way is entirely up to the individual.

Chapter 2

Conflicts made by Humans in the Society

In the 21st century, human would probably define himself as “I rule the universe. I’m the super lord.” He asserts that he is the world's greatest and most intelligent creature. But the truth is that people mostly create laws and regulations for their personal advantage and success. Human creates faiths and guiding principles for his own convenience.

It's the humans that created all of the definitions of "good" and "bad" in order to govern this civilization according to their own whims and fancies. Unfortunately, he had set up a trap of many disputes by constructing these laws and institutions.

Nobody wants to be aware of the truth. The absolute truth. And Those who assert to know the truth of life are only deceiving. In their self-made society of conditions and restrictions, humans are now finding it more difficult to breathe. In fact, after discovering the absolute truth about existence, Buddha chose to be silent, which is known as "The Buddha's metaphysical silent."

When Buddha saw that the reality in this metaphysical universe is lifeless, he decided to remain silent. The philosophy of reality is so difficult for us to comprehend that it actually becomes complicated. The attainment of the truth, which should not be disputed, requires affiliation with the genuine truth and adversity.

Several statements are proclaimed as truth by the humans, which really may or may not be true. Thus, the question of what is the actual

truth arises. And why are we not aware of it yet when the world has revolutionized so much is again a question of debate.

It is also fact that the moment, a word is spoken, it loses its “true” colour, as emotions hardly has any language.

The real truth in this materialistic world would be our death. From our perspective, this would be highly pessimistic. Therefore, one would choose to think about something in an optimistic way that would not be as dismal rather than considering death as the genuine truth.

Chapter 3

Real Love

The word "love" is the most talked, yet most misunderstood, confusing and most frequently misinterpreted. Everybody has its own definition of love. Love is simple and free flowing as a river but the society has restricted it. The Society has complicated its meaning. The feeling of love is mesmerizing. The most beautiful thing is love, yet humans have subjected it to objects of the world. This has diminished the real value of love and confused people's perceptions of what true love is.

You get liberated from everything in this world by love. However, it also encourages attachment. You get dependent on your loved one and become unable to survive without their

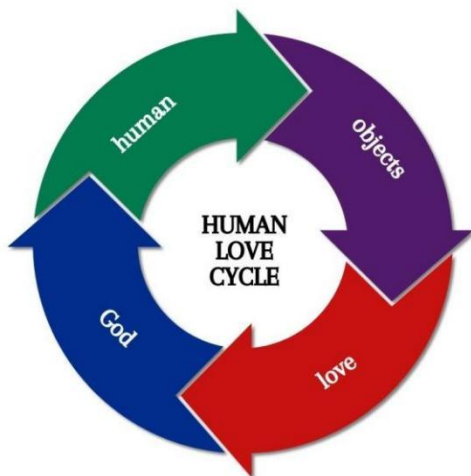
love. A bondage, then. And the best part is that you appreciate your servitude.

OSHO says...that you surrender completely to love. When you completely accept someone then you become like him/her and lose your own identity, own thoughts and own self. Because more than gaining love is about giving and losing.

The ability to love is not constrained by external factors or limited to specific individuals. On the other side, it manifests itself in each and every deed, imbuing everything with the beauty of that love and every interaction. Being loving means being a giver all the time. It also means to be forgiving and supportive of others as they go on. The joy of life can only be felt when you are continually loving. When you no longer have to experience the bondage that

comes with expectations in order to appreciate the beauty of relationships.

There's another fascinating side to love. It fosters feelings of fear, worry about losing something, and to a lesser level, worry about the future.



We humans love in a cycle. By the society, we are conditioned to love material things first. Material things don't speak, they don't have feelings still we love them. We have a burning desire to gather as much as we can. And gathering materials on the expense of others too. But when we acquire those assets and objects after a while, we stop loving them because they don't give that warmth & respond that we feel from the love which has feelings. We need feelings to be needed from objects so the objects become routine and we get bored of them making us to seek for the next form of love that is human love.

Human love starts from attraction, it feels like a bolt from the sky. A defined feeling creating excitement. It fills our life with adventure but as time goes this human that we loved and found to be the ultimate epitome of love starts to irritate us. This is not an object that will remain

quiet but has his/her own views, opinions and likes-dislikes. Arguments arise making us disenchanted with the love we once thought we cannot live without. At this stage human has a choice to fall back to love for objects or crave is of a higher order of love. A love that is beyond body and thus comes the love for God in play. The human finds solace and serenity under the presence of the supreme power here. There is no argument but a peace that is difficult to find in other worldly means. Bhakti is a form of love that encompasses and surpasses all forms of love. It's not selfish, not superficial, not hurting but a feeling of bliss. For example, the love Meera had for Lord Krishna is a perfect example of love for God. Meera became a sanyasi. She dedicated her life to Krishna and lived peacefully reciting his bhajana's.

When you are spiritually satisfied, you feel overflowing with joy, contentment, and well-

being. This condition makes it easier for you to accept the person you love exactly as they are because you are giving from a place of fulfillment rather than from a place of need/lack or expectation. When you have a need that you want the other to fulfil, you will be more likely to become irritated because you will have expectations and worry that your wants might not be met. Your relationships with people are relationships of sharing on a level where fear is not generated when you feel like a being of peace, a being of love, a calm being, and a being who is spiritually full and content. Then, nothing is being requested of or taken from the other. There is a heightened exchange of love, happiness, knowledge, and wisdom that prevents you from being dependent on the other person.

Our ability to feel love, peace, tranquilly, freedom, and happiness is hindered by our

attachments, dependence, fears, and insecurities. When you experience a feeling of love that brings you to a state of joy and wholeness, but you then attach yourself to the object of your love, whether it be a person or an object, the feeling automatically transforms into fear because of fear of losing the object of your love. As a result, you experience fear rather than wholeness and enjoyment. Over time, that bond develops into a dependency, and you begin to feel empty inside, losing vitality.

Real love is just beautiful. In its most pure state, love is like a fountain that overflows for the good of others. Find out how to love, be free, and allow things to be. Unconditional love that flows freely is what is meant by pure, sincere love. Do not hold on to anything. True Love doesn't hold on to people or things. It's not based out of fear or conditions of any kind.

Real love, however, cannot be attained, possessed, or hoarded. Real love is not found outside but it is inside of us. That we are love ourselves. We embody love.

Chapter 4

Love for God

Now, do all Sanyasi or saints practice that kind of unconditional love for God or it's just a facade?

In the ancient and medieval period, a guru was someone who was thought to have renounced earthly goods like wealth, food, clothing, etc. A guru was considered to be a saint who is not greedy and is there to bring others on the right path of divinity. A Guru's line of work is educating everyone in order to enlighten them. In that time, gurus were few in numbers and were recognised by the authority and people as great. However, there are thousands of gurus everywhere these days.

Such gurus, who have their own interpretations of the truth, are everywhere—on television, the internet, and possibly even in the newspapers. Despite their claims to be super-humans, free from materialistic demands, they are simply a group of tricksters attempting to polish their golden boot with the hopes, emotions, and faith of helpless people. But then, still again, not all gurus today are the same. Some are very genuine too and really enlightening people.

The guru's that trick people, preach about sacrifice, detachment, and other virtues, but in reality, do they uphold these values themselves? By paying little attention, one may quickly figure it out. The proverb "filled vessel remains unsounded, empty creates noise" is well known.

Some popular gurus in the past spoke about being detached from materialistic desires. They assert that they are the ones closest to God. If

you look closely and properly with an analytical eye, you will find their truth. You will realise if they are true or fake.

What about these guru's large bank accounts, their lavish lifestyles, their expensive automobiles, and their opulent homes with all kinds of amenities, if they are so detached from worldly pleasures? if that qualifies as detachment every human would then desire to distance themselves from this world. Second, they direct us towards the supreme soul. If this is the case, why are they so involved in this world themselves? Despite claiming to be omniscient, there are a lot of questions that these gurus are reluctant to address.

These Guru's claim that "I know everything." Do they? Think about it? No-one knows what will happen next. Nowadays, the majority of those who profess to be omniscient live their

lives in a culture of hysteria, where many with little knowledge of them mindlessly follow them.

Innocent people with pure hearts who are full of hope and faith turn to these gurus in order to discover solutions to their issues and answers to their questions. The purpose of these gurus' commercialization of prayer is to deceive people into believing that God is working miracles via them while also edifying their faith. So, the latest trendy way for these gurus to succeed and advance their company in the name of God is to crush people's hopes in the name of their welfare.

But then, still again, we will repeat that not all gurus today are the same. Some are very genuine too and really enlightening people.

There are people and Guru's that are working selfless for the people. They live in small

places and go beyond their means to help. One such example was Mother Teresa.

Yet another interesting piece of love for God. It is unconditional and without any response from God. We love God, whether he answers or not. We have never seen God and also do not hope to see him in our life. If our prayers are fulfilled, we think God, did it. If not, we feel it, was my bad luck. We are not bothered to know what is actual face/photo of God. Each one of us has made his own creation of God's image. And interesting is that each one of us the image created by God for human. This perhaps is the purest and best example of love.

Chapter 5

Love in Solitude

Human borne alone, lives alone in his body, eats for his own body, enjoys for his body, sleeps alone, leaves the world alone, yet he cannot stay alone and need a gathering or so-called society. And then he suffers from ills/pains of society and cribs. He is not in peace when alone and not in peace when in society or crowd. Rarely a single person in whole plain on a six hours journey will feel comfortable what to say of happiness, even though when plane is full, he lives alone. This is Human.

When things are going the way, we want them to, we feel happiness, which is an intensely pleasurable feeling of goodness, satisfaction, harmony, and joy. Humans can find happiness

from a number of sources. When we get a new car or house or when a new person, such a spouse or child, joins the family, these events can sometimes make us joyful. Occasionally, establishing new acquaintances and relationships makes us joyful. We experience happiness whenever we succeed or achieve something, whether big or small.

Many times, happiness also results from absence: when a disease goes away, when severe issues suddenly disappear, when there are no bills to pay, when any kind of hardship is over. We are typically surrounded by people who are crucial to our happiness in all of these situations. But is it possible to be content just because we want to be without anyone else in our lives to share it with?

In a large group or crowd, it is simple to smile. Can one develop happiness in solitude?

Human is born alone, gathers things and people along the way, and must ultimately give everything up and depart from this world alone. With nothing and no one, life begins and ends. But in the interim, we get so dependent on other people and things that we begin to believe that we need them in order to be happy and to live peacefully. And when people depart from us—which they do for a variety of reasons—or when our goods disappear, which they frequently do, we are left with a gaping hole and a sense of loss and incompleteness that is frequently challenging to fill, which can result in sadness, despair, and unhappiness.

Any happiness that is reliant on other people, objects, or events will always lead to unhappiness when those things pass away. And as everything in existence is prone to change because change is the only thing

constant in this world, everything in life is subject to change as well. Nothing stays the same, Never. Something new appears in place of what was there a moment before. The old is replaced by the new sooner or later. Therefore, a sensible person will quickly understand that in order to genuinely enjoy life, he needs to hold on to something that is unchangeable and permanent. Everything else is a component of life's duality and will always be accompanied by its polar opposite. The contrary may be concealed or first invisible, but rest confident that it exists and will eventually become apparent at some point, causing annoyances, disappointments, and grief.

Our genuine selves are the only things in life that never change. Not our physical selves or bodies, which we consider to be who we are. The body is prone to ageing, illness, changes in shape and size, as well as disintegration and

death. It is a part of this dualistic universe. But the one thing that is constant is our genuine selves, which endure whether we are children, adolescents, adults, or even people in their eighties or nineties, the selves that can observe how we and our surroundings change. When we become aware of and connect with our inner selves, we have discovered our constant source of happiness—a source that will always be there for us and cannot be taken from us, not even by death. And there are several methods to get there, including work (karma), devotion (bhakti), and wisdom (gyan). Lord Krishna outlined these routes in the Bhagwad Geeta to reach the supreme happiness God, who is nothing more than our own actual selves or atma. One who has attained self-realization maintains a constant connection with the divine and experiences constant joy, even when completely alone themselves.

Chapter 6

Humanity

People desire other people to share their point of view, but when that doesn't happen, they become angry and doubtful of other people. Religion has a long history of causing disputes and rifts in society.

Many philosophers have given their own definitions of religion, each with a different perspective. Religion is defined by the dictionary as respect for the highest being. Unfortunately, people started creating their own inscriptions, which is in direct conflict to the actual idea that any single religion basically put together. Religion was created by humans in order to edify a stable community. Conflicts and division are primarily brought about by people's dogmatic beliefs, which prevent them

from accepting alternative viewpoints. The greatest disagreements are caused by the scepticism towards other religious ideas.

Promoting harmony, peace, and love among people of the world is a universal goal of all religions. No religion in this world promotes murdering or violence against women, children and others. People craftily satisfy their own wishes behind the guise of religion by misinterpreting the true meaning of the idea that religion seeks to convey.

People need to realise that humanity is the single religion that should come before all other religions and that everyone must follow. This train of thoughts, which obscures the most important aspect of life, must be followed by everyone. This cover must be removed in order to build the ideal society, one in which every person's opinion is valued and accepted, the

wicked dogmatism of religion is destroyed, and a lovely community of love, faith, and unity is created.

Chapter 7

Feelings

When looking at your loved ones, you may feel both positive and negative feelings depending on the situation. Although being with them produces joy, love, and happiness but on the one hand, it creates dependency and expectations. In such circumstances, you lose sight of yourself, stop noticing your own reactions, and stop taking ownership of the responses that you produce since you are more focused on others and constantly observing their behaviour. When the other person falls short of your expectations, you become irritated. Since you rely on them, it irritates you when they behave differently than your expectation like getting late to home, or not calling you when you want them to. Because "they are not doing what they should

be doing," you project this energy onto the other, which makes you feel irritated and unsatisfied.

You have granted the other the authority to rule your emotional world while you continue to hold the other accountable for your annoyance, making it impossible for you to control your own reactions. Your freedom is taken away there. Because you cede control of your own emotions to the other in the name of love, you lose your freedom. You allow the energy of the other to permeate your inner world, which leads to frustration, lousy moods, irritability, sadness, and a mental and emotional dependence where you are constantly thinking about where they are, what they are doing, what they are saying, and where they are going, all of which uses up a lot of your mental energy. It takes a lot of emotional energy to

want to control the other and the irritation that goes along with it.

We should accept the fact that only we have power over our own minds; we have no influence over anything or anybody else. Other people's minds might not behave as we would want. We can control our behaviour and actions, but ultimately, others will develop their own emotions, so we shouldn't feel concerned if they are seen to be so called causing us harm. No action of anybody can cause us harm to make us unhappy. Always remember that we are responsible only for our own feelings. We cannot control other people feelings, whether negative or positive, they are their emotions, you cannot control it. Similarly, other people are not responsible for our feelings and cannot control our feelings so, be a master of our feelings and don't let emotions over-ride you. Any person, circumstance, or other thing

shouldn't be able to or should not be allowed to take away your peace of mind or happiness.

People appreciate you more when you perform in a way that motivates them.

Examine your language to see whether it includes phrases like "no one cares about me or my words" or "no one listens to me when I want them to do things." Verify if your behaviour inspires others as well. Embrace the idea that you are the one who needs to inspire others with your example in whatever you do. You'll earn people's respect if you carry on motivating them in this manner.

Releasing the truth at the proper time and place is what it means to be fully truthful. Realise that the so called "truth" is what you perceive irrespective of the fact that it is truth or not. Verify that no one is offended or disturbed before presenting the truth.

Additionally, make sure that you are at ease in your own skin when speaking about it. The appropriate way to tell the truth should not make someone feel sorry for themselves. Make it a habit to question yourself, "Is it the right time and the right place for this to be told? Could there be a better time and place than this?" before telling someone the truth when you feel it is necessary. Based on the response, you should take some action. Also, when we are saying so called "truth"- what is our purpose? Just dwell on purpose and you will never say the said truth, as you would realise that this is your belief and not his belief.

Chapter 8

Love And Freedom

Is it possible to be free and still love your partner?

Yes. Great wisdom is necessary to get to this place in a relationship. The majority of people are bound together by their affection. Consequently, they are no longer free. True well-being gives way to misery when freedom is gone, and happiness disappears. Our search for love is frequently our top priority since we think it will transform our lives. In our eyes, it represents another person acknowledging our inherent worth. While searching for this love, we stumble over ourselves. We are motivated by necessity, and in order to satisfy it, we seek out things or people that are exactly right. We

fear continuing to be in an unfulfilled state of desire and have a great emotional need for love. We are willing to fool ourselves with inappropriate companions in our quest to satisfy our needs. Many people let the love of another person define them to the extent that they lose all sense of who they are and what their purpose in life is if they are rejected. Often, fear infects the relationship through one or both of the parties.

To break free from the tendency to depend, we need a heart that is strong, without any selfishness; one that is free and without fear because it has nothing to hide; one that doesn't cling to outdated ideas or painful memories; one that feels good and isn't filled with resentment; and one that is full of the real values of peace, love, freedom, and solidarity.

One who is constantly happy is the one who is filled with love. Filled with not only the love for others but filled with self-love too. Love for self is very important to gain happiness and freedom. He is not bothered whether the other person loves him or not. And when we keep ourselves happy is only than we can keep others around us happy in the true sense.

You won't have any negativity if you continually feel love for everyone. You will think only kind thoughts thanks to your selfless love, and you'll always be happy. Consider all the folks you will encounter as you start your day. Next, think to yourself that you love each and every one of them. You'll find that this idea is helpful all day. You will start wishing people well and accepting them for whom they are. And when you are happy internally and accept everyone, the happiness starts to radiate from your inside to your outside.

Chapter 9

Heart of a Daughter

For the beginning of a new life, the mother keeps the child in her womb for 9 full months. In these 9 months, she goes through all the difficulties and pain herself but avoids any issues of any kind with the baby developing inside her womb. And when you are finally born, out from your mother's womb into the world, your father cares for you. Your father cares for you as you grow older. Mother and father both, love their child unconditionally.

In today's modern time as also ancient times, whether the baby born is a girl or a boy, both get equal love and attention in the beginning from their parents.

With so much science and modernisation what has not changed completely is the parents vision. Parents have different expectations and visions for their son and daughter. Daughter is subject to more obligations and scrutiny. Daughter has no right to claim her mother's house as her own because her parents had been preparing for her departure, since the moment she was born. They look after her and provide for her education, so that she can fit in a good house as per them in the society. Her own parents act as her protectors until she is old enough to be returned to her rightful owner. Father always keeps their daughters safe from strangers, but one day he happily sends her with a stranger to a foreign land. And this concept of giving ownership of your daughter to a stranger who according to you is the best owner but may or may not be in actual right fit is termed as Arrange Marriage.

Most Daughters view their fathers as her hero, her best friend, still I don't understand why he cannot understand his daughter and her heart. Why daughters are made to sacrifice their careers for a man which is arranged by their families that they don't even like? Are daughters not humans? Or are they just objects that needs to be handed over to a stable owner of her parents' choice. Why does she remain confined to the lovely cage even if the world appears to be so lovely, refusing to fly and experience the world as it truly is? Why is a parent so afraid of his own daughter that he does not have faith in her? of what is a father so terrified of? Losing his daughter! But he would inevitably lose her one day. Okay, since he intends to complete the task on his own, it appears to be totally OK in his eyes, in the name of love and caring, desires are disregarded. Is it true, or perhaps it's just nature's brutal truth.

Or is it losing the status he holds because other caste marriages are still not liked much in the society. Time has changed, generations have changed but the society is still somewhere stuck in the past, not changing.

Son, on the other hand, is set free from confinement. Nobody placed obligations and obstacles in his path. He is unrestricted in what he can do. His parents view his desire as being highly essential, but they adopt a different perspective when it comes to their daughter. Daughters are not allowed to have high aspirations since they would be useless once they have to support their own families. Are girls only for raising some other families and kids. Why can't people understand that a girl today is capable of great. She can run a house and a company both equally well and with efficiency. But they still will be overlooked.

Even if a son excludes his parents from his own life, they will still feel a stronger connection to him. Parents do not love their children equally.

Despite all of this attachment, parents are unable to comprehend it correctly. They justify their viewpoints on old conditioning, forgetting to see their own loopholes of their thinking patterns. Parents in India basically, view their kids- mainly boys as a resource or investment for the future. They disregard the desires of their children and attempt to impose their own dreams on them. A child grows up like a plastic toy, with all of their needs and wants being met only to satisfy their parents own dreams and aspirations in the future.

Why is it so challenging to communicate our emotions to our own parents? Why is it so tough to tell our parents of what we dream and

love? Even if the children say so, will they be understood correctly? Surely No in most cases.

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