



“Mindset”

BOONKIET CHOKWATANA

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Content

Preface

Chapter 1 Mindset

Chapter 2 National Mindsets

Chapter 3 Driver Mindset

Chapter 4 Family Mindsets

Chapter 5 Mindsets from past lives

Chapter 6 Wednesday Children

Chapter 7 Behaviors of a typical Wednesday Child

Chapter 8 To prevent negative Wednesday Children

Chapter 9 Mindsets taken from elderly people

Chapter 10 Education Mindsets

Chapter 11 My personal mindsets

Chapter 12 Everyday Mindsets

Chapter 13 Two Tigers in One Cave

Chapter 14 Self

Preface

I have been a keen observer since I was very young. I like to hear how people think and see how people do. During observation, I don't usually give my opinion, unless I think that my opinion will be useful to the person then I give my opinion to.

Many people refuse to listen to others or ignore others' opinions because they like to give their own.

By observing many people, one day, the word 'Mindset' has popped up on my mind, and I later have tried to relate the behaviors I see of people to their mindsets.

It has become quite interesting and it is in line with what I have been observing over the years. I have been asking myself when I see people doing things, some are similar to others, some are so unique for themselves. One conclusion that I can make is that they have certain mindsets in accordance with the experiences that they have had in the past or through inputs from others, especially from parents, friends or situations.

This leads me to conclude many things using my own 'mindset' theory which I think that it is the time that I should share with the readers.

Boonkiet Chokwatana

January 2011

Chapter 1 Mindset

Oxford Dictionary gives the meaning of mindset as a set of attitudes or fixed ideas that somebody has and that are often difficult to change.

I have heard the word 'Mindset' since I was studying in England and the United States over 40 years, but I never paid attention to it.

In Thai language, this word 'Mindset' has never been used expressively, or there is hardly anyone ever analyze or mention the meaning of this word in Thai. I presume that there might be someone who mentioned about it, but I have never come across the person.

After observing 'Mindset' for many years, I conclude that everybody has their own mindsets and not only a few mindsets but in an order of hundreds, but the prevailing and controlling ones may be dozens. Most people do not pay attention to their mindsets. They hardly think whether they have any mindsets, because most people do not usually review themselves. Some may not even heard the word 'Mindset' in their lives or never attempt to understand the real meaning of 'Mindset' which by itself is quite conceptual and spiritual.

The followings are the examples of mindsets,

- 1) I don't believe in anything easily.
- 2) Two persons could have different opinions.
- 3) In order to be successful in a mission, everyone in the team must cooperate.
- 4) I hate gays.
- 5) I don't like big mouths
- 6) I don't like people who don't keep their words.
- 7) Whatever I do, I must do at its best.

- 8) Wherever you work, you must work as if you are the owner.
(Chinese teaching)
- 9) When I love, I love at the most. When I hate, I hate at the most.
- 10) Every question, there is an answer.
- 11) One must have high education in order to become a successful person.
- 12) Uneducated persons cannot compete with educated persons.

Some of these mindset examples may be commonly heard by reader, some are even the phrases that reader may have already kept in his / her mind.

In different nations, some mindsets may be dominant. In Thailand, many mindsets derived from old sayings, proverbs and there are always new ones, created by youngsters. In old sayings and proverbs, some are good, very good or even timeless, but some are misleading or damaging because the real meanings need to be interpreted and some affect the proper culture. Most people just take them into their subconscious* unknowingly because they prevail in everyday life of people.

The proverbs and fun sayings that have created negative mindsets are the followings;

- 1) Do things that please oneself is a real Thai.
ทำอะไรรตามใจคือไทยแท้
- 2) Loser is an angel, winner is a devil.
แพ้เป็นพระ ชนะเป็นมาร
- 3) Defending a Championship is harder than becoming a champion
การป้องกันแชมป์ยากกว่าการเป็นแชมป์

4) Do slowly and one will get a good knife.

ช้าๆ ได้พร้าเล่มงาม

5) Do not pull the bow, until you see the squirrel.

ไม่เห็นกระรอกอย่าโก่งหน้าไม้

6)etc.....

These sayings require interpretation to obtain real and good meanings, but normal people take them into their subconscious minds without thinking first whether they are good or bad or what meanings the sayings try to convey.

Mindsets in people derive from frequent hearing of the sayings, striking or touching phrases are instill in the minds of people depending on the frequency of hearings and the impact of the phrases or words to the minds of the individuals. So the incident occurs that coincide with the mindset that have been kept in subconscious mind, that mindset will come into play. But if it is a good mindset, it helps make your reaction positive to yourself or to the others. In contrary, if it is a bad mindset, it might affect your personality or even endanger yourself. Most people are not aware of their mindsets, and do not normally consider or observe their mindsets even though they are hidden inside them all the time.

Mindsets have strong bearing toward one's life, career, business and reputation in the society please observe, bring up and contemplate on your mindsets, if you find that they are bad ones, change them into good ones.

Some famous philosophers who had come up with proverbs, sayings and thoughts hoping to teach the younger generation to understand facts of life, may end up misleading subconsciously, and some of them are not suitable for the present way of life.

Some harmonious words, jokes or everyday words can also affect the individuals or even change the national mindsets if they are widely spoken by people for long periods of time.

In the past, there was a number of organizations and institutes that kept creating good mindsets for the Thais, but the fact that the modern communication technology has inevitably bring about a great deal of bad mindsets unintentionally, and Thai people unknowingly receive these mindsets and mistakenly think that these mindsets are what they really believe in.

Everyone can absorb new mindsets everywhere knowingly or unknowingly, depending on how much or how frequent they are exposed to the incidents that in turn giving rise to new mindsets.

For examples, in the country where there are often political or social violence, the tendency is that the strong people in the country will gradually become more violent with time and leave the weaks become more timid.

In contrary, if the country has been peaceful over a period of time, the citizens will tend to be peaceful in nature and give rise to intellectuality, integrity and unity of the society. One part of the lyric of Thailand national anthem sings ‘Thais love peacefulness but in fighting, we are not coward’s

Mindsets appear consciously and subconsciously** but one should contemplate to find out what mindsets one has, and which ones are good and which are bad.

In creating good mindsets, when one sees, hears, or reads ideas that are good then consider it with **consciousness**, if they are really good for oneself and for others, and one has to frequently think that the ideas are good and think elaborately the details of them. Gradually, these ideas will become your mindsets and instill in your subconscious mind.

In preventing bad mindsets in entering into oneself, whenever one sees, hears or reads any incident, one has to consider if the incident is good or bad with consciousness without emotion, i.e. greed โลภ, anger โกรธ, desire หลง. Instead, consider it with mercy, compassion and kindness.

Lord Buddha taught us to segregate good and bad things with one's conscience and be able to prevent the bad things in becoming your mindsets and hidden in the subconscious mind. If it is a good one, then think of it repeatedly and it will automatically and gradually go into your subconscious mind, if it is a bad one, do not think about it and try to forget it. There are mindsets that already in you, you could find them through soul searching by asking yourself before going to bed or after waking up in bed in the morning or during meditation to rationalize which are your good mindsets and which are the bad ones. If you find bad ones i.e. something to do with hatred, jealousy or anger, then consider delete them by telling yourself that you will get rid of these bad emotional mindsets from your mind. **Never to say to yourself that it is hard to do or say that it must take time.** You should think that it is easy because it is in your mind, in your soul, you can manage it easily, you do not need anybody to manage your mind and your soul.

Do it by yourself

Chapter 2 National Mindsets

- In Thai, the fun saying ‘Do things following one’s own without consideration, is a real Thai’.
- In the U.S., the phrase ‘I don’t know’ has prevailed for many years. When one asked some Americans, these are the words they will come up first, before they actually answer.

By having many people in the nation saying like this, the tendency is that the people of nation will be less and less knowledgeable. This is already proved by the fact that an average American is quite ignorant in what is going on outside of the U.S. except what they have heard in the news. ‘I don’t know’, in effect means ‘I don’t care’ which I also hear a lot in American movies.

This derives from the mindset of ‘not wanting to take responsible’.

Another American development I have experienced is ‘This has nothing to do with me’. One can hear this phrase in almost everywhere in the U.S. This clearly reinforces the fact that American people are less and less responsible to others, and try to push things away from themselves.

Another phrase I have observed which can be good and bad is the word ‘I promise’, the father and mother say to the children ‘I promise’ even something can never be promised.

My opinion is that you should not promise the things you are not sure that you can deliver, or you have to struggle the hell out trying to deliver. The children keep asking their parents for promises without knowing how difficult the parents will be in keeping the promises, and the parents keep promising automatically without really believe that they can deliver. In the movies, we can see that parents can not keep their promises and children are in tears and parents are upset.

This in turn makes the word 'Promise' unsacred, and spoils the children's trust and ruin the reputation of the parents towards their children.

May be this is only in the movies, but if Americans and the rest of the world see in the movies so often, the tendency is that this mindset will spread all over the world, just like many other mindsets that led by American society.

There are some good mindsets that I obtained from American movies, is the words, 'I love you', which is uncommon in the Asian society.

In Asian society, hugging and kissing are also uncommon, I have been American movies fan since my childhood, so I was one of a few Thais who hug and kiss my mother. These are some good mindsets that I have obtained from American movies and I believe there are a lot more.

Chapter 3 Driver Mindset

I am a keen driver, and I own many cars. I started to drive since I was 11 years old. I am a very observant, not only with traffic regulations, but with my own driving behaviors and also other fellow drivers.

Starting with myself, I used to be a negative thinker since I was very young. So I drove the car out of my house, I often had a mindset for fearing of accidents. This for some people think that it is good, because one tends to be more cautious. But in my theory, you must think that you will never have any accident, and keep thinking. But you still have to think that you will be careful and concern with safety of pedestrians and other cars. And have to say to yourself that you will never endanger any people when you drive.

The examples below are mindsets that one should have when driving. e.g.

- 1) I will never have an accident.
- 2) I will be careful in driving.
- 3) I have concern with pedestrians.
- 4) I have concern with other drivers.

If you think like this, it is just like you are programming your subconscious mind, only that you have to repetitively program it until the program is deeply embedded.

Other negative mindsets are ;

- 1) I hate people hooting horn on me
- 2) I hate people cutting in on my lane
- 3) I hate people driving too slowly
- 4) I hate people driving recklessly
- 5) I hate people who don't give way

6) I hate woman drivers

7) Etc.

You will notice that we have a lot negative mindsets when driving more than positive ones.

Suppose you have a negative mindset on people hooting horn, you would have a tendency not to hoot horn on others, even when it is necessary.

In Thailand 30 years ago, it is necessary to hoot horn often because drivers were quite unpredictable. One day I was sitting in the car with one of my executive, who I believe to have no horn hooting mindset, so I observed that he did not hoot the horn for 200 kilometers eventhough, there were some incidents that he should have hooted horn.

I have been always conscious of what situation I should hoot the horn. When I was in England during my student years, I had a car I hardly hooted horn, but when came back on vacation in Thailand, I automatically converted myself into a horn hooter and when I got back to England, I returned back to a non horn hooter again.

Chapter 4 Family Mindsets

There are typical mindsets that can be found in families, that can be listed as follows :

- 1) My husband may be dishonest.
- 2) My children may not get good grades.
- 3) Our children may be bullied at school.
- 4) Our teachers may treat our children badly.
- 5) Someone may kidnap our children.
- 6) Cannot leave children in the house.
- 7) Our children do not have enough to eat.
- 8) Our children eat too much.
- 9) When children go outing with school, they may have serious accidents.
- 10) Our son does not want to get marriage.
- 11) Our daughter may date a wrong boy.
- 12) Our children may have a broken home.
- 13) Etc.

The above mindsets are not all bad, but it depends on how one would handle one's mind to cope with them.

One should figure out in advance what one will do with the situation and with one's mind, in case, the above mindsets become true instead of just worrying about them.

Chapter 5 Mindsets from past lives

When one thinks of mindsets, usually we think of them as something of the present. But personally, I believe mindsets also carried over from past lives. The obvious example is to look at identical twins born by the same mother could have some similar attitudes and dissimilar attitudes.

It can be easily explained by the fact that similar attitudes come from the way they are brought up by their parents and some dissimilar attitudes show even since they are very young must have come from their past lives.

Attitudes and behaviors reflect mindsets, so if one's attitudes or behaviors, one can guess what mindsets the person carries with him.

Examples of past life mindsets are the followings :

- 1) I like light skin men.
- 2) I like dark skin men.
- 3) I like plump women.
- 4) I like slender women only.
- 5) I always like black cars.
- 6) I always like white cars.
- 7) I don't like Chinese men.
- 8) I must marry a tall dark handsome westerner.
- 9) I fear of height.
- 10) I fear of going into water.

Some people may just think of these mindsets are probably as individual preferences, but if you ask why these preferences occur and try to answer it logically, one may come up with the same answer that I have answered myself long ago.

My 2 grandsons, one is 6 years old and another is 4 years old. They have shown a lot of behaviors that reflect their past live mindsets which are totally different from one another since they were very young. I could tell that the second grandson, after a few months old, must have been a monk in his past life even before he could walk. I have confirmed with the telepathist that he used to be a monk in his past lives. He is now 4 years old, he has shown signs of compassion towards other people since he was just over 1 year old. I believe that he has carried a mindset of compassion from his past lives, and he must have been a good monk for many lives. There have been many incidents that he has shown his compassion that we have recorded.

I believe in reincarnation, and I have been observing many incidents and behaviors that reflect the mindsets in past lives.

One may have heard of someone who has special abilities without proper training, such as

- 1) Ability to tell the past and the future.
- 2) Ability to have super intuition.
- 3) Ability to play music beautifully without training.
- 4) Ability to carve objects skillfully without training.
- 5) Ability to calculate mathematically so fast without training.

All that these naturally talented people can do, Christians would say that they are gifts from God but for me, I believe that they have intuitive mindsets carried over from past lives.

Chapter 6 Wednesday Children

I am the youngest son in my family, but since I have been observant in terms of behaviors, I have been observing the behaviors of the first child, Wednesday child and last child. So I could tell with some degree of accuracy who is the first, Wednesday and the last children of the families. But I find that Wednesday children are the most interesting in terms of behaviors and success in career life. And it so happens that my wife, my big boss, and my father are all Wednesday children.

I have been trying to equate the typical behaviors of all these Wednesday children that I have observed. I wonder if doctorate students in philosophy have even thought of making a doctoral dissertation of Wednesday children, I could be the one they could interview to obtain my observations.

First of all, I have to explain why Wednesday children have such distinctive behaviors and attitudes. It all starts how the parents treat them. Wednesday child is a middle child. Normally, young parents who just have first child would give all attention to him or her, because it is a new experience in their lives and naturally, they would nurture the first child. When they start to have a second child, they become more experienced, and with two children, they could not spend as much time to nurture the second as much as they have done with the first child. So the second child usually has a sense of independence than the first child and also a sense of loneliness that embedded in his or her subconscious mind. Middle child who is female may not become a Wednesday child because, usually, parents will take good care of daughters than sons. (This may not be the case in Chinese families who treat daughters as being more inferior) But if the first child is a daughter, second daughter could still be a Wednesday child. If the age of the first and second child is very close (1 year apart),

the phenomenon of Wednesday child may not occur, but the third child may take the effect as Wednesday child instead.

Many parents talk to their young children as if they are adults, what they tell their children may be **correct but not right** i.e. Stressing to them that they have to take care of their younger brothers or sisters, or stressing to young children that they have to look after their parents when their parents get old. Or trying to make children behave like adults. These are the one of the impacts that bring about Wednesday children.

In Asian families, the first child will have new clothes, as they grow bigger the clothes will pass on to the next child, the next middle child, and this unknowingly by the parents causes a inferiority complex in the middle child. Because kids cannot understand and accept that he or she has to always take the used clothes from the elder children. So in child psychology, you must treat them equal if ones do not want inferior complex to occur in the middle children. But I do understand that some families cannot afford it, so it is best to compensate the middle children with something you do especially for them, like big hugs, or some priority in eating etc.

After two children, average parents would normally be better off in terms of career or wealth. The first child is about 6, second child is about 3-4, the parents start to have third child. With the wealth they earn and the careers that are more established, they tend to give the time and heart to the third child. This again affects the middle child, he or she will just watch how the parents pamper the third child. This introduces another inferiority complex in the mind of the middle child.

If one family has more than 3 children, say 4 or 5. It could be the second, the third or the fourth to be a typical Wednesday child, depending on the age difference between them. They may all be Wednesday children, but usually there is a dominant one.

Chapter 7 Behaviors of a Typical Wednesday Child

The typical Wednesday child will feel more independent and want to be independent in the family. Whereas, the first child tends to feel attached to the family or to the parents.

Since the Wednesday child has felt inferiority complex in their conscious and subconscious minds, he or she will have an attempt to do something better than the rest of the family. He or she wants to be an opinion leader in the family. He or she wants to be eventually better of in different aspects when compare with the rest of the family and many successful and famous people either in business, in politics, in arts or in science are Wednesday children.

Wednesday Child would normally have brilliant ideas, and he or she would try to make sure that they make them happen. He or she ends up being considered as being hard headed, does not listen to others, because he or she is so determined to succeed by himself or herself without expecting support from the rest of the family.

One good quality of Wednesday children are usually the ones who take care of their parents more than the rest of the family members because they cherish the warmth of being a family that they lack.

Lastly, most Wednesday children are usually more successful in terms of wealth or fame than the rest of the children.

There are some mindsets that are typical of Wednesday children as follows :

- 1) Always want to be the opinion leader.
- 2) Do not want to do the things that the rest of the family do.
- 3) Always look for fairness and be sympathetic to someone who is treated unfairly.

- 4) Always want to be treated well in public or in society and easily irritated if slightly ill treated.
- 5) Always want to be recognized in the society.
- 6) Always want to be successful in doing things.
- 7) Always want to do something big.
- 8) Compassionate with the weaks or underdogs.
- 9) Like to help and contribute to public and society.
- 10) Always want to get the best and do not give up.
- 11) Not a good listener.
- 12) Want to do things my way.
- 13) Not always humane.
- 14) Usually a negative thinking, Wednesday children usually will not be so successful in life, but due to the strong will power to win, can compensate the negativeness in them.
- 15) Sometimes they are loners.
- 16) They tend to go in the opposite direction intentionally or instinctively when told or advised.
- 17) They always compare their own abilities with target rivals, and play down target rivals whenever possible.
- 18) They tend to support loyal followers unduely.

Chapter 8 To Prevent Negative Wednesday Children

- 1) The parents have to be careful not to say the words that hurt their feelings i.e.
 - a) You have to accept the clothes used to be worn by your elder brothers.
 - b) You have to take care of your younger brothers and sisters.
 - c) You must let your younger brother play with the toys first etc.
- 2) Always give them equally to other children and avoid telling them to sacrifice to the younger children.
- 3) The two parents should split their attention, one to the first and one to the second.
- 4) Never expect them to understand adult language, give them thoughts that are suitable for their ages.
- 5) They have a tendency to be more active and like to do weird things when compared with other children. Try not to repress them and avoid reprimand or punish them, but instead, find the angles that you can admire them without fear that they will be spoiled. Admiration is the thing that these children look for from their parents.
- 6) Give them hugs, kisses or show the signs of love to them to compensate their Wednesday inferiority complex.
- 7) Tell the younger children to respect them.

As mentioned in Chapter 7 , Wednesday children could become strong leaders in the organizations. In a way, it seems to be positive to the children because they will drive for achievement, but the negative side is he or she will most likely to be loners, which is not the life that parents would want their children to lead.

Chapter 9 Mindsets Taken from Elderly People

In life, one is born and gets old. This is a fact of life. In Buddhism, Buddhists are taught to think that one day you have to die. This is considered a merit, because to think that one day you have to die will prevent you from being egotistical and careful not to do bad things. Buddhists believe in reincarnation, so the merits that you do this life will benefit you in your next life. In the contrary, if one does bad or sinful things, the bad deeds will carry into next life and one has to pay for the causes in one's next life.

Most people during their younger days, would see elderly people who normally have ill health. This leads to the mindset that, once they get old, they will also have ill health. It is natural when you get older, your health tends to deteriorate, but by thinking that you would have ill health, is in effect accelerates the process. So one has to change the mindset by the following thoughts :

- 1) I am always healthier.
- 2) I do not have any sickness.
- 3) I am stronger and stronger everyday.
- 4) My eye sight is improving.
- 5) My hearing is always good.
- 6) My memory is improving everyday.
- 7) My listening skill is improving.

You should think or say to yourself the above lines of thought often. This is the way to change the mindset that you may have had from seeing most older people become weaker and weaker.

Mindsets are stored in your subconscious, by saying this, you are actually introducing another set of mindsets in the subconscious and this in turn will help elevate the health condition. It will not improve overnight but if you keep thinking, you should see the improvement overtime.

Chapter 10 Education Mindsets

Many people who are not highly educated or believe that they are not educated enough, tend to have an inferiority complex. When they are unsuccessful in their careers or unable to have the position that they would like to attain, they would blame it on their insufficient education. By blaming education, it is like stressing these failures deep into the subconscious.

What they should think are the following thoughts :

- 1) I am a capable person.
- 2) I can do anything even I have not learnt at school.
- 3) I will be better than anybody else.
- 4) I shall prosper in my career.
- 5) I shall be a rich man.
- 6) I can learn and understand things that other educated person can.
- 7) Many uneducated people become millionaires.

By positive thinking like this as often as possible, one tends to have more confidence in doing things and one becomes a fast learner with time. This is the way to delete the lack of education mindsets.

Many highly educated intellectuals have been mindsetted that they could do only the work that they have been educated at school. This is the mindset I have found in those who take Master Degrees in Business Management and Science. Because in the class, they are usually told to specialize and they tend to believe that specialization is the key to professionalism. I try to reset the minds of the Master degree students in believing that whatever they have learnt, they could do other things that they have not been taught successfully. I believe that by studying higher education, the professors should teach students to study out of school. And not to train them only to be specialists but to tell them that if one

wants to be successful long term, after being a specialist, one must train oneself to be a generalist. No matter what you have learnt or specialized in, you have to believe that you have to know the behaviors and understand the mindsets of other people besides yourself.

Chapter 11 My Personal Mindsets

I have been correcting my mindsets over the years, and make sure that my bad mindsets do not affect others, but I admit that my own mindsets are not all good ones.

For examples :

- 1) I feel uncomfortable with slow moving, slow talking, slow thinking persons, etc.
- 2) I feel uncomfortable with over talkative persons or overly opinion makers.
- 3) I dislike to be asked by a person who does not really want to listen to my answer.
- 4) I dislike people who look down on others or act as if they are much better persons.
- 5) I like people who are kind to others.
- 6) I like people who keep good disciplines.
- 7) I like people who are punctual and do not like people who are unpunctual.
- 8) I like people who can think and arrange their thoughts systematically.
- 9) I feel uncomfortable having to listen to long story tellers.

I believe that my above mindsets are common to many. But many people may not have gathered them or sometimes never realized. Most of the times, I manage to ignore my bad mindsets, and patient enough to accept all these discomfort, because I believe that their behaviors are not important for me. I also think that I must have some bad behaviors which are disliked by others, so I try to observe my own behaviors more.

I believe that many people have never thought of theirs' and others' mindsets. By not thinking of your bad mindsets, it is not possible to improve oneself or change one's mindsets.

Chapter 12 Everyday Mindsets

Some people have mindsets that make them out of ordinary and more to the stage of obsessions.

For examples :

- 1) Spend hours to make-up and dress up before going out. The mindset is that she wants to look perfect in the eyes of others.
- 2) Spend almost an hour in the shower. This mindset probably derives from the belief that the atmosphere is very dirty or believing that to totally cleanse one's body is a must.
- 3) Cannot eat breakfast before tooth brushing. This is from the mindset that after 1 night sleep, saliva in one's mouth is full of germs and bacteria, so one should not eat, because one will swallow germs and bacteria with food.

Chapter 13 Two Tigers in One Cave

I have been working in the Saha Group, the group started by my father over 60 years ago. Up to today, I have been with the group for 38 years, started off as a high level executive. My third brother, Boonsithi Chokwatana placed me in the company named I.C.C.International Public Co.,Ltd. in 1972.

I notice a major mindset in the minds of most executives, and some situations in their working territories prompt me to notice it.

The situation being that if there are subordinates who show the sign of being a rising stars, these executives will have a tendency not to support them ; usually quietly. What embedded in their subconscious is that ‘If these people get too strong, they will overthrow me, or the superior will have them replacing me’ This mindset might have been carried over in the history of mankind since the beginning of civilization where there were kings who feared that if capable commanding officers getting too strong and too popular, they might take over their thrones. So these capable officers were mostly assassinated or at least deported.

Ironically, most superiors like capable subordinates, so as to help them with their work load, however, this fear of being taking over is usually hidden in their minds.

In my career, I have seen many cases like this, but I have had to accommodate it, but at the same time trying to give them a good thought that if one has good and strong subordinates, they could help relieve one’s work load and at the same time one could expand their business territories much faster and tell them that good performance of their subordinates are also their good performance.

But even I keep telling them, it does not always work with some people, because these people will not admit that they have this mindset or

some do not even believe that they have one, but I believe that I must have comforted many in the companies. I have been expressing my view that I always keep the high ranking officers especially when they have capable subordinates.

There have been cases that subordinates want to pass their superiors. In those cases, sometimes I get by this by creating new jobs if I am certain that they are really capable enough.

But this mindset still prevails once these executives notice new rising stars. I personally do not have this mindset, because I have the other mindsets to counteract as follows ;

- 1) If someone is capable than me, I am willing to step aside.
- 2) If my subordinates are capable, it will be good for the business and the company.
- 3) My good performance is from the help of my subordinates.
- 4) If I grow, I want them to grow with me.

I feel that they are only a few executives who share similar mindsets like me. These mindsets are called **“Two tigers cannot be in one cave”**.

Chapter 14 Self

During Buddhist meditation, the monk who coaches, would tell the meditators to watch and follow ones' minds. This is not at all the familiar words for many people. In meditation, you will gradually notice that your mind is like a rascal. You are supposed to focus and stay conscious at all time, but your mind keeps running wild and once one realizes, one should summon it to focus and remain conscious.

The reason that Lord Buddha teaches us to stay conscious at all time, I learnt that, because when people are conscious and are not indulged by emotion, one tends not to do bad things. But if one is under emotion, it is like being unconscious and tends to do things whatever one's emotion leads them to do.

When one is conscious and not in the influence of emotion, one tends not to do bad things but if one is under the influence of emotion, which means that conscious mind is not in control, and the unconscious mind take control. As I mentioned earlier that subconscious mind cannot tell right from wrong, if so happens that your subconscious mind is in the decent mode then the outcome of your action will be a positive one, on contrary ; if your subconscious mind is in the indecent mode at that particular moment, then the outcome of your action will be a negative one.

If ones want to have decent outcomes in their actions, they should try to be conscious in whatever they do at all time when you are awake and always keep a charitable conscious mind. Even in your sleep, you could set your mind to be positive, by not worrying or feeling bad about anything and the tendency is that you will have good dreams or good sleep.

All I have mentioned imply that many things in life that happen to oneself are in fact set by oneself, the karmas in the past have helped direct you setting according to the consequences of ones' karmas.

When I say about settings, it is like setting one's mind, and the mind of a person is either set by oneself or set by the incident that is made happen to you by one's karmas.

Karmas settings are the followings :

- 1) Set oneself to be charitable person.
- 2) Set oneself to like helping others.
- 3) Set oneself to be a selfless person.
- 4) Set oneself to be a selfish person.
- 5) Set oneself to be a noble man.
- 6) Set oneself to be a thief.

So it is not clear whether you set by oneself or not. The tendency is that everyone is destined in this life to upgrade your soul to a higher level. Average persons may not be able to tell what they set in mind are the things that they set according to their destinies or are set by karmas.

Those who consistently review their minds may be able to tell if what they are setting are according to the destinies that they set since their past lives or if they are prompted by their personal karmas carried over from their past.

My suggestion in this chapter is that one should always be conscious at all time and try not to be enslaved by one's emotion. Secondly, is to always review all the things that you do and to be able to judge by oneself if what you do is right or wrong.

If the things are right one can keep doing them but if one thinks that they are wrong, one should stop doing them right away, or decide not to do them again.

When I say 'do' it does not mean that it's something physical but 'thinking' is part of doing with one's mind.