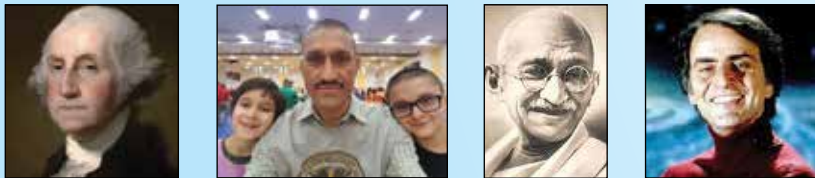


The four pillars of civilization are courage, intellect, integrity, and teamwork. Civilization is created and maintained by the competent few. The goal of this motivational self-help book by Capt. Surrender Malhan is to help you create and maintain civilization, and to help you protect and preserve our Earth. The ideas in the book will help motivate and guide you in your effort toward self-development—mental, moral, and psychological—and help you become a creator in this great drama of life and realize your full potential. You will understand what it means to be born a human being, as well as the duties and responsibilities that come with it.

The goal of life is the pursuit of happiness. Capt. Malhan believes happiness depends entirely on good education, which should teach us first to be a good human being and only after that how to earn a living. The end of attending school is not the end of education but the beginning of the lifelong process of self-education. The right education at the right time is the solution to all the many challenges mankind faces. The price we pay for lack of education is huge.

Based on Capt. Malhan's lectures, study, analysis, and experience, his wish is to pass on the wisdom of the ages as he learned and understood it to be, in plain and simple language so all might understand. A must-read book for anyone with human genes.




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Wisdom of the Ages



Wisdom of the Ages

version 3.0

Reading for Self Development
 Social Responsibilities of a Human Being



Capt. Surrender Malhan

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National Defence Academy, 1980.

MTech Computer Science. Indian Institute of Technology, 1992, Powai, Mumbai.
 SpaceAge, Founder, President, CEO and Chief Technology Officer, 1996 till date.

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*Wisdom of the Ages:
version 3.0
Reading for Self Development
Social Responsibilities of a Human Being*

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This book is dedicated to my children, Suraj and Roma, to all human beings, to all children, and to all those yet to arrive.

All proceeds from the sale of this book will go to fund our work at www.MeTooChildrensRights.org

I wrote version 1.0 in 1988, when I was twenty-eight years old, based on social work I did for a couple of years.

The four pillars of civilization:
courage, intellect, integrity, and teamwork.



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The goal of writing this book is to help preserve humanity, help preserve Earth for us and our progeny.

In light of the situation in Ukraine (i.e., the Russian invasion of Ukraine on February 24, 2022), I would like to begin this book with my Facebook posts on the topic.

My Facebook Post on March 12, 2022

www.facebook.com/surender.malhan.33/posts/2154059508093426

Russians rising!

The countdown begins for Vladimir Putin. The clock is ticking for Putin.

Putin's inhumanity is palpable, shocking, immeasurable, and so is the silence of hundreds of millions all over the world who are going about their lives—business as usual.

Billions all over the world are complaining about financial hardship brought on by Putin. For them, one less meal a day—or for some, maybe one less bite at mealtime—represents a more profound form of suffering than what the people of Ukraine are enduring.

Whether in terms of our backyard, our family, our community, or the world stage, *evil* is successful only because the *good* do nothing. Every human being on Earth, through his silence, is encouraging Putin.

Putin decided to invade Ukraine because he knew out of 8 billion people on Earth, at least 7.9 billion would do absolutely nothing.

Putin knows every world leader in some measure lacks integrity and hence lacks moral courage.

In this time simple measures like these would go a very long way: (a) one or more world leaders arriving in Kyiv or in any city of Ukraine and staying put; (b) a few dozen—or why not a few thousand or a few million—standing at the Russian border with a white flag with audio and video for ordinary Russians on the other side to hear and see (providing ordinary Russians with *truth* is so important); (c) everyone all over the world boycotting and banning all Russian products and services.

Think of the death, destruction, immeasurable suffering brought upon an entire nation by *one man*, his actions impacting the entire world.

Throughout the history of the human race—this is the most disturbing and disappointing fact—one man, just one Vladimir Putin, one Hitler, one Saddam Hussein, one Kim Jong-un, one dictator, has been able to turn hundreds of millions of human beings into slaves, as if they were mere robots, all terrified of going against the dictator.

A communist, autocratic, dictatorial government or body at any level is the worst thing that can happen to humankind—this can happen at any level, at the national level and even at the family level and at the family-court level.

It takes years to build and seconds to destroy. Loss of life is irrecoverable. Millions will endure lifelong trauma.

A person who kills another is a murderer. A person who destroys another's property is a criminal. Being a president

and using the army does not justify this. Putin has caused the loss of thousands of lives, both Russian and Ukrainian.

Putin is a psychopath, criminal, and murderer. He cannot be referred to as the president of Russia. He should be tried like any other human being in a court of law.

Putin's Russia is so very different from Stalin's Russia. Hence there is a very high chance that Putin's days are numbered.

Putin today might be terrified, thinking of an assassination attempt on him just like the one on Hitler.

Russians are good people. Any human being born, raised, and living in Russia is no different than anyone else on Earth—following Putin's orders, fearful of the consequences of disobeying.

It is sad that millions of ordinary Russians will suffer from the sanctions, and this will propel them to rise.

Ordinary Russians will rise just as they rose against the czars. For Putin, the clock is ticking.

The clock is also ticking for Earth, for World War III to begin. It will be an absolute miracle if Putin's war ends without escalating into World War III. Thus far the world leaders have essentially been faced with a tough choice—sacrificing Ukraine versus sacrificing Earth!

My Facebook Post on March 10, 2022, and a Petition I Started on Change.org on Behalf of the President of Ukraine

<https://www.facebook.com/surender.malhan.33/posts/2151912314974812>

President of Ukraine Volodymyr Zelenskyy's invitation to Narendra Modi, prime minister of India, and Xi Jinping, president of China: "ASAP, Please come visit Kyiv and be my guest."

My Facebook Post on March 20, 2022

www.facebook.com/surender.malhan.33/posts/2160166307482746

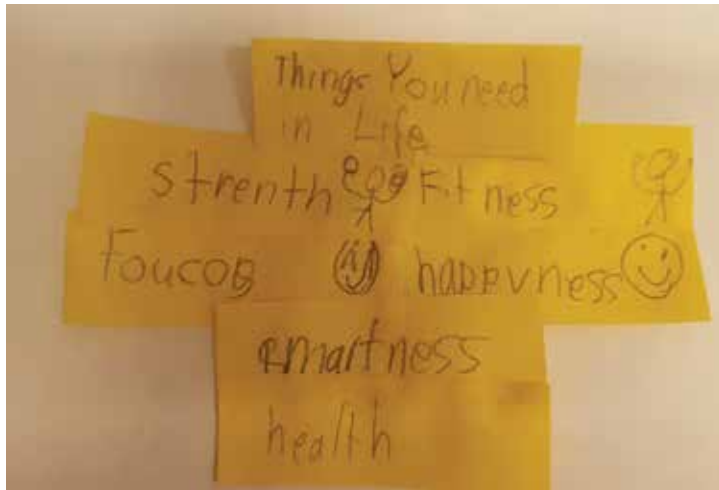
On March 19, 2022, the pope visited Ukrainian war refugee children being treated in a pediatric hospital in Rome.

Imagine what it would mean if the pope were to announce to the world that he was going to Kyiv and staying there till the war ended and he actually did that. Or if the pope were to go to Russia and stay there till the war ended, simply walking in the streets of Russia.

In August 1947, immediately after India gained independence from the British and was partitioned into India and Pakistan, there were riots and genocides in several cities. Today we cannot fathom the magnitude of those events. Mahatma Gandhi (M. K. Gandhi), disregarding his personal safety to stop the riots and genocide, traveled to the heart of a city in West Bengal where the genocide was the most intense. Add to that, there he stayed in the house of a Muslim. Gandhi began his fast unto death lest

the riots and genocide stop. And he succeeded in stopping the genocide.

Only when a leader truly has integrity, only then he can conceive of good ideas and have the courage to execute such ideas.



On Tuesday 8th March 2016 evening, my daughter Roma who was then 6 years and 7 months old walked up to me and said, “Daddy, I have a present for you!” This is what she gave me.

Craft work made out of Sticky Notes with this hand written message on it—

“Things you need in life—Strength, Fitness,
Focus, Happiness, Smartness, Health.”

In 2016, my 10-year-old son, was reading a book (short biographies of great men and women), he paused, got up, walked up to me and enthusiastically said: “daddy, I like this quote by Horace Mann—‘Be ashamed to die, if you haven’t won a victory for humanity’.” A 10-year-old boy can understand what it means to be “human”!

The Great University of Life

The end of school or college is not the end of education but the beginning of the lifelong process of self-education.

Education is successful only if it has been able to teach one how to go about the process of acquiring knowledge oneself. “Give me a fish, and I will eat for a day. Teach me how to fish, and I will eat for a lifetime.” A good education system teaches us *how to fish*.

The goal of life is the pursuit of happiness. Happiness depends entirely on good education.

The right education at the right time is the solution to all the challenges mankind faces. The price we pay for lack of education is huge. Beware of the wrong education.

Good education should teach us, first, how to be a *human being* and then how to earn a living.

After we leave high school or college, we must enroll in the Great University of Life. Wise people enroll in the Great University of Life along with high school and college. We quit the process of self-education only with our last breath.

Learning is joy. The birth of knowledge should be filled with joy.

We feel good when we learn and grow. We find true joy, true happiness when we live life as human beings, when we realize our full potential, when we unleash the power in our genes.

This book is a work in progress—now in version 3.0. We all are works in progress. Content here is from a collection of writings entitled *Life on Earth*, which I began writing in 1985.

In 1977, when I was seventeen years old, I began devoting my leisure time to studying and guiding the mental, moral, psychological, and intellectual development of children and adults. I continued this work alongside my military career, passionately devoting all my free time to it.

In 1985 I began giving lectures in schools; I continued this until 1993. Also in 1985, based on my lectures, study, analysis, and experience, I began writing. A couple of times, I tried to publish. I printed and distributed copies in schools. I posted on the SpaceAge website, Facebook, and LinkedIn. And now, finally faced with the reality that I may leave Earth any day, I am working to publish this. Over the past thirty-five years, a couple of times, I have reviewed and revised these writings. Hence I will call this “version 3.0.”

In February 1993 I left the army on medical grounds. In March 1995 I moved from India to the United States of America. In May 1996 I started SpaceAge, a software services firm. My number-one goal with this firm was to generate money to fund my social work.

In the early 1980s, I thought the biggest challenges facing Earth were (a) the environment, our planet’s ability to continue to support life, and (b) population growth. And the two are intertwined.

In recent years I have become painfully aware of the fact that *greed* is the number-one challenge, the biggest challenge, and the root cause of almost all other problems. Everyone is chasing money and power. Look at Hitler! That is how every latter-day big or small Hitler—chasing power, greed, money, making life a living hell for others—will end up.

How do we define “human being”? A living being who is ethical, moral, just, and fair qualifies as a human being.

My goal is not to write a literary masterpiece. My goal is simply to pass on the wisdom of the ages as I learned it and understand it, in plain and simple language, and have the result translated into as many languages as possible.

My goal is not “a million copies sold.” I have only one dream, one desire—that you and those yet to be born have good lives, live responsibly, and realize your full potential as human beings.

My goal is not to write a three-hundred-page book when the essence of the idea can be communicated in a mere ten pages.

What I write—none of it is new. What I am saying here has been said in some way, shape, or form by numerous human beings living today and in the past, since the first human being set foot on Earth. Just as daily breakfast,

prayer, yoga, or exercise is good for you, it is good to read, say, and listen to positive thoughts, words, and actions.

All sale proceeds will go to charity as a form of social work. I have been very lucky to have opportunities—formal education, self-education, supportive parents, and so on. Where we are born, what opportunities we get—all this is a matter of chance. Those among us who have been lucky have a moral duty to care and share, to give back, to help those who did not get a fair chance at life. It is morally repugnant to eat from a silver bowl or sit on a gold-plated toilet when millions are dying of hunger and disease. When I see a child or adult looking for food in a pile of garbage, living in utter poverty, dying from hunger and disease, I say to myself, “That could be me! That could be my child!”

Every land is a land of opportunity. It is very easy to make money; let us dare to make character! We are all visitors to Earth. No one is a permanent resident. One day each one of us has to leave Earth. We have a few years on Earth. One life, one Earth—let us live in peace. We come in peace; let us live in peace and leave in peace. We come empty-handed, and we leave empty-handed. All we have is one life and one Earth! Live, and let others Live! Greed, violence, and war are not good for us, individually or collectively. We are all on the same journey, “from the womb to the tomb.” Out of the dust we came, and into the dust we shall return! We don’t know where we came from; we don’t know where we will go. All we know for

sure is life is short. So during the few years you have on Earth, for heaven’s sake, be ethical, moral, just, and fair in all you do. We are born human—let us dare to live as human beings!

For the past ten years (since 2011), I have experienced a very rapid decline in my health, muscle and nerve atrophy, the kind that can happen when someone has put poison in your food. I am surprised that I am still alive. Any day might be my last. I am working now in the mode of needing to hand over control; I am working to pass on what little I have, what little I can, hoping that someone benefits in a small or big way. Imagine, visualize an elderly person handing over Earth to the younger generation.

When my son was about eight years old and my daughter five, I told them, “I may not leave any wealth for you, but my goal as a parent is to help build your character, intellect, and integrity. If we do that, you will have a good life; you can face any challenge in life. And always remember, you must give back, you must help those who have not been so fortunate!”

Teachers and parents sometimes succeed and sometimes fail, and communities follow suit. A teacher can make up for any neglect from a parent. And a parent can make up for poor schooling.

If we cannot give our children good character, a good upbringing, and good education, then we have no moral right to bring forth children. Good schooling does not mean the most expensive school. A parent does not have

to have a degree. Mere love, motivation, encouragement, support will go a long way.

My Formal Education

I was very lucky. My father was born and raised in a village in Haryana (Subana), India. At fourteen he joined the Indian Navy as a sailor. He was known for his intellect and integrity. He worked hard, excelled, stood first in every training course and was promoted to commissioned officer in the navy.

I studied in Kendriya Vidyalaya (Cochin—kindergarten, Bombay—2.5 years, and Vizag—). I had good teachers. They had integrity, and they taught well. They inspired me to study.

During my final two years in school, my passion, my dream was to be a scientist, to do research, and to win a Nobel Prize. I was deeply interested in biology and math, and I was lucky enough to study both subjects in high school.

In June 1977 my dad was transferred to New Delhi. For a few months, I studied physics, chemistry, and math at Delhi University's Kirori Mal College. In January 1988 I joined the National Defence Academy (NDA) in Pune, the top military academy in India. I spent three years at NDA (receiving a BS in math, physics, and chemistry) and one year at the Indian Military Academy (IMA) in Dehradun. The four years at these two institutions consisted not only of the finest military training but also education in developing character, intellect, integrity, leadership, and

management skills—to lead and manage troops in battle. To graduate at twenty-one years of age and have the ability to lead men in battle requires extraordinary skills in leadership and management, as well as the ability to inspire, motivate, and lead.

Sometime in the autumn of 1977, at the library of Kirori Mal College, I picked up a book, the *Encyclopedia of Psychology*, and began reading a few pages. It was kind of love at first sight. And when I joined NDA to fulfill my father's dream, I decided that I could devote my leisure time to studying and guiding the mental, moral, psychological, and intellectual development of children and adults.

I was commissioned into the Corps of Signals; hence I had the opportunity to do a second bachelor's in Electronics Engineering (BTech) between 1985 and 1988 at the College of Military Engineering in Pune and the Military College of Telecommunication Engineering in Mhow.

In 1990, based on my BTech performance and an interview with a panel of professors from the Indian Institute of Technology (IIT), I was very lucky to have the opportunity to complete my master's in computer science from the esteemed, highly sought-after IIT Bombay.

I had never dreamed of leaving the army, but sometimes life takes sudden, unexpected turns. In February 1993 I had to leave the army on medical grounds. In 1994 I was selected for a PhD in Computer Science at IIT Delhi, and at that time, I also had a job offer in the United States. I decided to pursue the latter.



My Self-Education

I consider my formal education very important. But I learned a lot more from self-education. My earliest memory of reading books outside of school is set sometime in 1969, when I was nine or ten years old. My father purchased over a dozen booklets consisting of inspiring short biographies of great world leaders and scientists and a book on how to be a good child.

I come from a family of four brothers, about two years apart. I am the second. My dad never asked or urged us to read. I was the only one who read all the books. When I look back, I still find one thing very strange and nice: I did not read just for the sake of reading. *I put what I read into practice.* In the booklet on how to be a good child, there was a page on what to do when a family friend or someone else comes to the door and your parents are not home. *Knock, knock!* My mom and dad's military friends. "I am sorry, uncle, daddy and mommy are not home. Please, can I take a message; is there anything you would like me to tell them?"

My mother grew up in a village in Harayan (Dubaldhan Majra). She lost both parents before she was five. Luckily she had loving uncles, who raised her. She never attended school. As an eleven-year-old, I read out to her from the booklets my dad had bought. Emperor Akbar did not read or write. He had people read to him.

The next big thing in my self-education happened somewhat simultaneously—I gained access to a well-

stocked naval library. I was very interested in reading fiction books as well as science and general knowledge titles.

As a child, I had a passion to learn. I studied and picked up knowledge everywhere—the naval library, the school library, periodicals, newspapers, etcetera. I even studied all religions. I focused only on the main teachings of each religion and found the one-line essence is the same across faiths—be ethical, moral, just, and fair.

When I was in the eighth grade (thirteen years old), my dad bought me a book on yoga and a book on diet/nutrition. I read the book on yoga and began practicing yoga and meditation. I remember my first experience with meditation at thirteen years old; it was wonderful. I remember learning the headstand against the wall by myself. I had received a book from my mother taught me cooking when I was 11 and two years later I read the book on nutrition and then suggested to her several improvements, which she enthusiastically adopted.

During my BTech and MTech years, there were a couple of occasions on which I corrected my professors. Humility is a very important virtue. In my area of work I am inspired by so many whose work is far more intellectually challenging. Periodically, every few months I view videos of the work of leading scientists in the field of astrophysics, astronomy, quantum mechanics, origin of the universe, etc. Periodically educating ourselves of the immense reality of "Space and Time", is a very humbling experience.

I started SpaceAge in May 1996. Working as a software engineer is intellectually challenging. Alongside running the business, I have worked at top banks—Bankers Trust, JP-Morgan Chase, Merrill Lynch, UBS, and Morgan Stanley. At SpaceAge I have taught, supervised, and guided several professors and PhDs, including two who completed post-doctoral fellowships at Harvard. To this day I design and write code, as well as test and maintain software applications. I feel happy and humbled that there are millions of very smart, intelligent people in the world.

Reading for Self-Development

If someone were to say, “This is your last conversation with your child, and you have just five seconds,” what would you say? What advice would you give? I would say, “*Read good books!* I love you very much.”

The most invaluable advice you can give or receive is to *read books*—specifically, good books.

The goal of life is the pursuit of happiness. The first step in this direction is self-development. The first thing to develop is *integrity*.

People are passionate about investing in stocks. The best stock to invest in is your *brain*. There is no greater responsibility, no greater duty than to build your brain. There is no better way to do it than by reading good books.

If we think that by reading a book once, we shall benefit from it, we are wrong. To benefit from the book, we have to read it again and again and not just *read*—we have to put into practice whatever we read. And we must be passionate about this process.

To succeed in any field of human endeavor, three habits are essential:

- (a.) Read good books.
- (b.) Put into practice what you have read.
- (c.) Invest your time in useful, productive, creative activities, not letting a single minute go to waste.

“Civilization is created and maintained by the competent few.” This book is an attempt to help motivate and guide you in your efforts toward self-development—mental, moral, and psychological development. My dream, my goal, is to help you become a creator in this great drama of life, to help you become one among the competent few. I hope and pray that I succeed in this endeavor.

Quotes

“If we were to choose our leaders on the basis of their reading experience and not on their political programs, there would be much less grief on earth.” (Joseph Brodsky, Russian émigré poet and winner of a 1987 Nobel Prize for Literature)

“Reading teaches us in two years what experience does in twenty.”

“If you want to know about a person, look at his living room, his study room, look at the various things he surrounds himself with; it may not tell you everything about him but shall certainly tell you a lot.”

“Read! Grow! Dare to live the life of a human being! Dare to unleash the potential that lies in your genes.”

“Tell me what books you read, and I will tell you what you are. But I will be able to tell you better what you are, in case you tell me what books you have reread.”

Read and grow. Grow and serve. Help others grow. The aim of all growth is to help add value, to help improve living conditions, to help bring lasting happiness, to help make our world a better place.

The aim of self-development is to enhance our ability to contribute, to help us spread light where there is darkness.

The process of intellectual development begins when we are in our mother’s womb.

Learning is joy. I enjoy learning.

Great Leaders Have Good Reading Habits

Peep into the childhood of any great person who has roamed the surface of Earth. What do you think you will find them doing? You will find them devoting long hours to their studies, devouring book after book.

Abraham Lincoln once said he walked around and borrowed every book within fifty miles of his home. He was a voracious reader. A log fire was usually kept going all night in his cabin and in the morning; he would roll over on his bed of leaves, rub his eyes, pull out the book, and resume reading.

Lincoln essentially never attended school. He taught himself to be a lawyer, and he became one of the finest presidents of the United States of America.

Eighteen-year-old Woodrow Wilson virtually confined himself to his study room and buried himself in books, especially those on history, philosophy, religion, and the science of government. After about two years of study, the man who walked out was destined to become the president of the United States of America—for two straight terms.

Young Napoleon Bonaparte, a subaltern in the Regiment of Artillery, would carry when he went on leave a trunk load of books he had borrowed from a friend who owned a bookshop. Napoleon's biographers are amazed at the breadth and depth of his reading experience and the extent of the notes that he left behind in the books he read. No wonder, upon his very first major assignment, at the age of twenty-six, he was recognized by everyone as "a man cast in no common mold."

Formula for Success

Again, if there is one formula for success, for success in every field of human endeavor, it is this—develop good reading habits! Read good books! In order to be successful in one's profession, one must be well-read not only in the fields pertaining to that profession but also in the field of management, leadership, and behavioral science (psychology). I call these the four pillars of success: (1) knowledge of our profession, (2) management, (3) leadership, and (4) psychology.

Leadership is built on the foundation of *integrity*. The first rule of leadership is integrity. Leadership without integrity is not leadership. Integrity stands for the entire range of human values, human virtues—to be ethical, moral, just, and fair in all we do.

Read For Action! Put into Practice What You Read!

While reading any book, we should aim to read to only for knowledge but also for *action*. Many people read a book merely with the aim of gaining knowledge, filling their brains (memories) with facts and figures that they will not put to any worthwhile use at any stage of their lives. We must put into use whatever knowledge we gain. I have seen people well-read in the area of management, behavioral sciences, and personality development who never care to put into practice what they have read. Of what use, then, is all the reading, education, degrees, qualifications?

This brings me to another point. An interesting observation I have made time and again, in several areas, including technology, leadership, and management, is that gaining knowledge is one thing, whereas applying that knowledge is totally different. It is a great intellectual challenge to apply knowledge gained to our day-to-day life. It takes willpower, determination, and conscious thought. It takes intellect, wisdom, and good judgment to know how, when, and where to apply or use what we have studied.



June 21, 2016, Warrior Games in West Point. My son Suraj, my daughter Roma, General Mark Milley (then Chief of Army Staff and Chairman of the Joint Chiefs of Staff since 2019), Lt. General Robert Caslen (Superintendent of West Point)

My children and I often visited, vacationed in West Point—a wonderful place to build Strength, Build Character.

Think of school or college. How many students have passed through these institutions? Everyone went through the same experience. Everyone studied the same books. Everyone attended the same lectures. But did everyone get the same grade? The same is true of what we learn from books or what we learn from life. Some of us need only watch the apple fall once, and some of us keep watching the apple fall for several years.

These are two different things: (a) Do we understand everything that we read? (b) Can we put into practice everything we read? Whether the topic is technology, science, or the arts, depending on our intellect, to varying degrees we will grasp, understand, and assimilate the contents of the book, and to varying degrees, we will succeed in implementing what we have read.

No matter the subject, putting into practice what we have read requires a lot of intellect, wisdom, and good judgment.

Knowledge Is Power—Learn as Much as You Can

It should be the aim of every human being to acquire as much knowledge as possible at as young an age as possible and continue this quest throughout one's life. Fortunate is the person who has developed a thirst for knowledge—an unquenchable thirst for knowledge.

What are the various means to acquire knowledge?

A person may acquire knowledge through his own experience or through the experience of other people. In the

latter case, he may do so either by listening or by reading the books written by these other people.

A person who says he wants to learn in life only through his own experience is an unwise person. There is always a possibility that such a person can learn the wrong things, form the wrong conclusions about various situations/problems due to inaccurate observation, incomplete data, and illogical/faulty analysis.

If I am an engineer and I want to gain knowledge in the area of human psychology, I will not be able to find the right environment if I decide to learn from my experience alone. Committing to learning from my own experience means I may have to spend an entire lifetime learning, whereas I can gain from another person's lifetime of experience in just a few hours by reading books written by him.

Sir Isaac Newton said, "If I have been able to look farther, it is because I have stood on the shoulder of giants." He was referring to Galileo and all who preceded him.

We should aim to learn from other people's experience and supplement it with our own experience. Reading books is the quickest, best, and most reliable way to gain knowledge, to imbibe new ideas and new ways of thinking.

It is impossible to meet any of the great men and women who lived in the past, and it is impossible to meet many of the great people alive today, but through books, we can step into the world of great minds.

What Is Theoretical, and What Is Practical?

Should we learn from our experience alone or from others' experiences as well? The fox jumped and tried to pluck the grapes. He could not succeed, and he rationalized, "Perhaps the grapes are sour."

In life there are people who try and fail and then develop a "the grapes are sour" attitude. They often go around discouraging other people.

Sometimes when a person tries to sit down with a book in hand and acquire knowledge, he is snubbed by a so-called "experienced" person with gray hairs: "What you read is theory, and there is a lot of difference between theory and practice."

So the question is, What is theoretical, and what is practical? Is the theory that we read practical enough?

I would say nothing is more practical than a good theory, and if one claims that a theory is not practical, the issue is not that the theory is impractical but rather that one's understanding of the theory is wrong, the manner of putting the theory into practice is wrong, the situation is not suitable for application of the theory, or the theory itself is wrong and needs to be revised.

I was a young subaltern, twenty-two years old, reading a book, when a forty-five-year-old captain walked in and said, "Look at me. I have learned everything from life, from my own practical experience."

To the diehard advocates of "learning from one's own experience," I would say, "Well, *sir*, allow me to learn from

your experience, but don't hand over your experience to me verbally—please write it down in a book.” And when this person hands over his experience to me in a book, I will toss it into the dustbin because according to his logic, it is all theory now; it is as theoretical as any other book.

Keeping the Spirit of Youth Alive

The human mind can in some ways be compared to a pond of water. In a pond, as long as fresh water keeps flowing in from one side and keeps flowing out the other side, the water remains fresh. So too with the human mind. As long as we keep learning new concepts, new ways of thinking, as long as we keep updating and growing our knowledge base—and as long as we keep discarding outdated, irrelevant, impractical concepts, ideas, and ways of thinking and behaving—the human mind remains as fresh and fragrant as ever.

Years may wrinkle the skin, but reading good books keeps the spirit of youth alive; it keeps the human mind free of wrinkles—healthy, vibrant, energetic, and young forever.

What Is Wisdom?

At times one may come across a person who is well-read and yet unwise in his actions and decisions, and one may ask, Why? Several reasons might be at play: (a) What we read is not wisdom; it is knowledge. (b) Knowledge tempered with intelligence, logic, reason, analysis, judgment, and common sense becomes wisdom. (c) A cow, after having its fill, sits down in a shady spot and starts chewing the

cud; without this, it will derive no nourishment. During the process of reading and immediately after, unless we “chew the cud,” unless we devote time to thinking, reflecting, meditating, and analyzing what we have read, we will not derive any nourishment and thus any amount of reading will do no good.

Beware of Reading Garbage Literature

Eat garbage, and your body gets diseased; read garbage, and your mind gets diseased. Just as the diet we eat provides nourishment to our bodies, the books we read provide nourishment to our minds.

Nothing can be more dangerous to the shaping of the human mind than reading garbage or filthy, obscene, immoral literature or anything that is unethical, immoral, unjust, and unfair.

Meet Your Best Friend

We all need a friend. Who will be your best friend ever? *Yes!* You are right; it is Mr. Book, or more precisely, Mr. Good Book. Try to develop a sincere and everlasting friendship with him. The earlier you do it, the better.

With a book as your friend, you will banish boredom from your life. Your friend Mr. Good Book will always be there to entertain you, whether you are traveling or waiting in line or sitting alone at home.

Your friend Mr. Good Book has the ability to see you through every crisis in your life. He has the ability to help

you succeed in your profession. He is a friend who is always reliable, dependable, and trustworthy. The views he gives and the knowledge he provides are 100-percent reliable.

Once I taught my children to love reading good books, I considered myself successful as a parent. And I would advise you if you had just one day to live to focus on teaching your children to love reading good books.

On a lighter note, who is your best friend? We now have smartphones and Facebook. Technology is here to serve us, not to make us servants to it. We need to leverage the power of technology and teamwork. We must exercise balance in whatever we do (in Hindi, *santulan hi jeevan ka aadhar hai*).

Books and What Else?

We are living in amazing times. For thousands of years, knowledge was passed down by word of mouth; every generation had to memorize it.

We are indeed living in amazing times. Now when I say, “Read books,” I essentially mean, Allow knowledge to flow in from all sources, from all media. Depending on the time and place, use the right media. We can read a hard copy. We can read an electronic copy on any device. We can listen to audio; we can view a video. We have Google, YouTube, and so much more. Today no one can say, “I did not have money to buy a book.”

Despite technology, holding a paper copy of a book in hand and reading ushers in the same old, forever enjoyable emotional and intellectual experience.

End of Education

Some people are mistakenly under the impression that the end of school or college is the end of education. In fact, the opposite is true. The end of formal schooling is not the end of education but rather marks the beginning of the lifelong process of self-education. Any system of education can on final measure be considered successful only if (a) it has been able to generate in the student a desire to read good books, a thirst for knowledge, and (b) if it has been able to teach the student how to go about the process of acquiring knowledge on his own volition in this world.

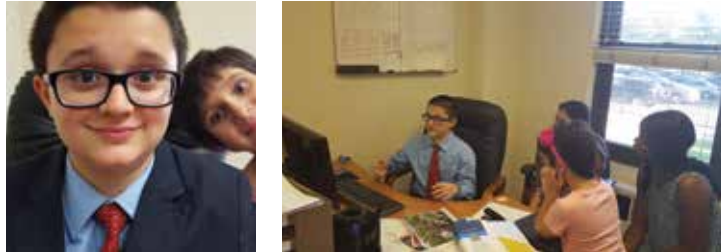
Remember: “Give me a fish, and I will eat for a day. Teach me how to fish, and I will eat for a lifetime.” A good education system teaches us *how to fish*, how to go about the lifelong process of self-education.

Dare to Soar

I appeal to all right-thinking people in this world: launch yourself on the path of self-development, to make yourself absolutely competent and capable in your chosen profession.

To do so, you will have to read books related to your profession, management, leadership, and the behavioral sciences.

To gain wisdom, to develop good judgment, to calibrate our moral compass, we must read books on history, religion, philosophy, biography, and self-development/personality development.



I own a Software Services Firm, SpaceAge. I tried to provide my children every opportunity to learn and grow. When my children were 6 years old, I began teaching them how the business works, the basics, initial steps of recruiting, marketing, accounting. I taught them how to use various business management application that I developed and we use in SpaceAge.

In these photos, taken on 23 August 2016, I feel very proud to see my son then 10 years old and my daughter 7 years old, passing on the knowledge they have to new hire admin staff.

It is simply amazing to see their body language, their interest and enthusiasm.



While reading books on history, we must analyze the causes and effects of the rise and fall of various empires, revolutions, and movements.

When reading biographies of great men and women, we must identify the good qualities of head and heart they possess, as well as the positive elements of their personalities, and we must absorb all the good that we can find and put it into *action*, make it an integral part of our own mental makeup. Every person has something positive and something negative about them. We can learn something from everyone.

Sometimes when we read a book on self-development or self-improvement, we are faced with someone who says, “Why can’t you just be your normal self? All this acquired behavior is not natural.”

To such a person, I would say, “Well, *sir*, the *only* natural, normal behavior that we can claim fully as our own is that which we were born with.” We start learning at birth—from parents, brothers, sisters, family, friends, teachers, books, et cetera. We can all change and change for the good.

To learn is to be alive! Growth is life! Change is life. The dead don’t change. The dead don’t learn. The dead don’t grow.

Learning, growing, changing are vital because we live in a world that is ever-changing. We have to *adapt or perish like the dinosaurs*.

If we want to develop a brain that can think and create, reading good books is the only way. Some of my students

ask me whether reading books can change one’s personality. Well, whether reading books can change your personality or not depends on you yourself; it depends on the extent of your desire to learn from the book and put the contents into *action*—to make it an integral part of your mental makeup.

As I have said, the goal of life is the pursuit of happiness; the first step in this direction is self-development. The first thing you must develop is integrity. The best way to develop integrity is through studying biographies of great men and women, studying their life, words, thoughts, and actions, what they said, what they did, and why. Reading biographies helps us calibrate our moral compass.

Brain-Building

We lose what we don’t use. Our body has well over six-hundred muscles. Every time we move, we exercise/use one or more muscles or a certain group of muscles. We see our muscles lose their strength, tone, and flexibility very rapidly if we don’t exercise them sufficiently. The same is true of our *brains*.

Technically our brain is not a muscle, but both muscles and brains have cells. Brain cells—neurons—can increase or decrease in number. Neurons are connected to each other, as in a spider’s web. Each time we exercise our brain, the interconnections grow in number and perhaps in some form of strength.

I like to use the analogy of muscles when explaining how exercising impacts our neurons. Each type of exercise

builds different muscle groups, and the same principle applies to the brain. Different subjects exercise our neurons in different ways. We might say our neurons get programmed in a different way depending on how we use our brains.

A second important point: If we lift a one-pound dumbbell for five minutes every day, how much will our muscles grow, and which muscle will grow? And if we lift a ten-pound or fifty-pound dumbbell, how much will our muscles grow? This principle applies to our brains; to build powerful brain muscles, we need to learn intellectually challenging subjects.

We lose what we don't use. Stop using your brain, and your brain muscles weaken.

What Brain Muscles to Exercise

Some of the most important brain muscles to exercise are those used for logical thinking, analytical ability, creative thinking (lateral thinking, applied imagination), creative problem-solving, memory, listening comprehension, reading comprehension, and ability to express oneself. Studying math and science exercises these muscles to the greatest degree.

What Subjects to Read

It is very humbling to look at the vast ocean of knowledge. We cannot learn everything. The goal is to live life successfully, to have a well-rounded education, to have a good foundation—to acquire the kind of knowledge that

will help us set the right goals in life, help us deal with the challenges in life. I have gone through several incredible, overwhelming challenges, and what helped me survive and thrive and help my children thrive, as well, is my self-education in the following areas, among many others:

- The universe, space and time, the solar system, cosmology, astrophysics, the origin of the universe, quantum physics. “Pale Blue Dot” by Carl Sagan—the five-minute video on YouTube alone is awesome.
- Biographies of great men and women, those alive and those who have left their footprints on the sands of time
- Self-improvement, self-development, and personality development
- Lateral thinking, creative problem-solving, applied imagination
- Leadership, management, psychology
- Biology—the origin of life, evolution, etcetera
- Physics, chemistry, math
- History—the history of life, of human beings on Earth
- Health and nutrition

8 June 2016, my son is 10 years old, he said he needs to take a photo for the school. I asked him to stand with his back against the blank wall. He said, “daddy, I want the book shelf in your office as the background.”



Summary

The goal of reading books is to become better human beings so we can serve our family, friends, and the community better and help make our world a better place. Read books related to your profession, as well as building character, keeping your moral compass well calibrated, management, leadership, creative thinking, self-development, organization and administration, history, science, astronomy, religion, etcetera.

My Facebook Post on the “No Frills Academy,”

December 4, 2014

We can change. Anyone can change. Everybody can change. Change takes time. Change takes conscious effort.

Each one of us has the potential to become what we want to become. Education is the key. We can learn anything we want—leadership, management, programming. Anything!

Continuous, ongoing self-development is a mandatory goal for each of us. Nothing comes easy. No pain, no gain!

We must change—and change from within. We can learn good behaviors. We must learn good behaviors.

Though your goal is to earn a commission, trust your destiny; you are already commissioned to inspire, motivate, and lead—first yourself and then others.

The primary goal of all education is to give birth to a human being with integrity.

All lasting success, as well as lasting peace, progress, and prosperity, is built on the foundation of integrity.

The goal of life is not to take, take, take! We must learn to give, we must contribute, and we must make our world a better place.

Suggested Reading on Self-Development

There are several books available on self-development which help you consciously refine the elements of your personality and help shape your character. A few suggested books are listed here.

Here I have not listed books related to my professional milieu in software engineering and, prior to that, the military. Nor have I listed numerous items I have read, listened to, and viewed on the internet.

1. *Brain Building for Achievement*, by Herbert N. Casson.
2. *Common Sense Plus*, by Herbert N. Casson.
3. *Seven Effective Habits of Successful People*, by Stephen R. Covey.
4. *I'm OK—You're OK*, by Thomas A. Harris
5. *Games People Play*, by Eric Berne
6. *Born to Win*, by Muriel James
7. *The Power of Positive Thinking*, by Norman Vincent Peale
8. *Courage and Confidence*, by Norman Vincent Peale
9. *Various books on behavioral science and education psychology*
10. *How to Win Friends and Influence People*, by Dale Carnegie

11. *How to Stop Worrying and Start Living*, by Dale Carnegie
12. *Public Speaking and Influencing Men in Business*, by Dale Carnegie
13. *How to Enjoy Your Life and Your Job*, by Dale Carnegie
14. *Your Erroneous Zones*, by Dr. Wayne W Dyer.
15. *Pulling Your Own Strings*, by Dr. Wayne W Dyer
16. *Don't Say Yes When You Want To Say No*, by Herbert Fensterheim
17. *Children: How to Manage Them Now That You Have Them*, by C. Northcote Parkinson and M. K. Rustomji
18. *What They Don't Teach You at Harvard Business School*, by Mark H. McCormack
19. *In Search of Excellence*, by Thomas J. Peters and Robert H. Waterman Jr.
20. *Innovation and Entrepreneurship*, by Peter F. Drucker
21. *Bottom-Up Marketing*, by Al Ries and Jack Trout
22. *Getting the Best out of Yourself and Others*, by Buck Rogers
23. *You Can Negotiate Anything*, by Herb Cohen
24. *The Management Jungle*, by C. Northcote Parkinson and M. K. Rustomji

25. *Realities in Management*, by C. Northcote Parkinson and M. K. Rustomji
26. *Business is People*, by C. Northcote Parkinson and M. K. Rustomji
27. *Getting Along Better with People*, by C. Northcote Parkinson and M. K. Rustomji
28. *Organizing Your Job in Management*, by Carl Heyel
29. *Selling to Win*, by Richard Denny
30. *Super Selling through Self-Talk*, by Dr. Marty Sheldman
31. *The Sure way to Successful Selling*, by Robert Lear
32. *Secrets of Overcoming Sales Resistance*, by Albert Goldstein
33. *Effective Time Management*, by John Adair
34. *Better Time Management*, by Jacqueline Atkinson
35. *One Minute Manager*, by Dr. Kenneth Blanchard
36. *Leadership and the One Minute Manager*, by Dr. Kenneth Blanchard
37. *How to Get Action*, by A. G. Strickland.
38. *In Search of Leadership*, by Russi M. Lala
39. *Excellence in Leadership*, by Frank Goble
40. *Officer as a Leader*, Brig. Gen. S. L. A. Marshall
41. *Smart Questions*, by Dorothy Leads

42. *Lee Iacocca: An Autobiography*
43. *Conflicts*, by Edward D. Bono
44. *Lateral Thinking*, by Edward D. Bono
45. *Mechanism of Mind*, by Edward D. Bono
46. *Six Thinking Hats*, by Edward D. Bono
47. *Applied Imagination (Creative Problem-Solving)*, by Alex F. Osborn
48. *How to Live 24 Hours a Day*, by Arnold Bennett
49. *Mind as Healer, Mind as Slayer*, by Richard R. Pelletier
50. *Silva Mind Control*, by Jose D. Silva
51. *Mind Power Techniques*, by Dr. Anil Bapna
52. *Mind Control*, by Margaret Hyde
53. *Super Learning*, by Shiela Ostrander
54. *My Experiments with Truth*, by M. K. Gandhi
55. *With Malice Towards None*, by Abraham Lincoln
56. *Fifty Great Americans*, by Thomas Harris
57. *Fifty Great Modern Lives*, by Thomas Harris
58. *West Point Leadership Lessons (several books)*
59. *Cosmos*, by Carl Sagan
60. *A Brief History of Time*, by Stephen W. Hawking
61. *he Greatest Salesman in the World*, by Og Mandino

62. *As a Man Thinketh*, by James Allen
63. *Character is Destiny*, by Sen. John McCain
64. *Power of the Spoken Word*, by Florence Scovel Shinn
65. *Emotional Intelligence*, by Daniel Goleman
66. *The Origins of Exceptional Abilities*, by Michael J. A. Howe
67. *Why Things Go Wrong*, by Dr. Laurence J. Peter

This list is certainly, by no stretch of the imagination, complete. There are many more books—and probably better books—on the subjects referenced. Even if you purchase just one good book every year and devote just fifteen minutes every day to reading it, I am positive that you are on your way. On your birthday, ask your parents/friends to give you a good book as a gift, and rest assured it will be the best present you will ever receive.

Capt. Surender Malhan

<https://www.facebook.com/surender.malhan.33>



I began teaching my children basics of computer programming when they were six years old.

If a teacher can teach, the student is eager and willing to learn. Learning is joy. Birth of knowledge should be filled with joy. It is amazing what a child can learn at such an early age, only if they are given an opportunity and we have a teacher who has the ability to teach. All it takes is love, encouragement and patience. Make learning fun. Make it simple. We can eat an elephant, one bite at a time. The average time I spent teaching my children programming was less than 5 minutes a day and the majority of it was in the car, while driving them to/from school or to our karate classes.

Here in these photographs you see my son is 10 years old and my daughter 7.

In SpaceAge we hired fresh graduates and trained them. When there was a new hire, I would give my children the opportunity to ask the new hire few basic Java programming question—extremely basic.

Here in the photos we have a new hire with associate degree in computer science and he has been studying Java for a month and my children are asking him basic questions and when he was unable to answer, I asked my children to go to the white board and write the answer.

When my son was 11 years old, in Java he wrote a simple Math Test App for 3rd to 5th graders to take a timed math test in addition, subtraction, multiplication.

Summer holidays 2017, Suraj and Roma asked if they could be given a desk in my office training room for programmers. Every morning they got up and excitedly went to work, to study. My son then 11 year old said, “daddy, please can you tell all employees to look at me, treat me as just another trainee/employee.”



How to Study and Learn Something Challenging

Below I describe how I have gone about studying all my life, starting after high school, during my bachelor's program in electronics engineering (MCTE Mhow) and master's in computer science at IIT Bombay.

For any subject you study, follow the rule of three—study at least three different sources, books, authors. Each author has his own unique way of explaining, and each includes some things and may miss others.

We can use Google as well—google the topics. But make sure to refer to a good site.

Use one book, the best one, as the base book. Begin reading the base book. For each topic, read from two additional books or other sources.

Read about the same topic in all three sources. If you don't understand, read it again and again. If you still don't understand, take a break, think, reflect, meditate, mull over what you have read, and then study again. Make sure you understand every word, every sentence, every paragraph. Google what you are unable to understand—any word, term, terminology, concept, etcetera. Just keep on at it; don't give up, and you will succeed.

State of mind is extremely important. Positive thoughts are vital. “I can study,” “I can understand what I am studying,” “Sooner or later I will understand!”—every now and then, repeat such positive thoughts. When we think positively, something magical happens—the brain goes to work for us.

What is the difference between people who succeed and those who don't? How did great scientists like Isaac Newton and Albert Einstein accomplish so much? People who succeed are faced with the same challenges as the rest of us (e.g., trying to understand something, trying to find answers, trying to solve some problem), but they don't give up! They keep on trying. They keep on thinking, analyzing, reflecting, recalling, meditating, mulling over! When we keep on trying, our brain muscles grow. Sooner or later the muscles grow to the point at which we are able to understand what we are studying. With time the brain muscles grow stronger and stronger, after which point we are able to learn concepts much more quickly.

Successful people are positive, optimistic, confident: “I can do it,” “I will do it,” “I can learn,” “I will learn,” “I can understand,” etcetera.

There are so many gymnasiums devoted to building our muscles, but how many are dedicated to building brain muscles? If we go to a gym and seek help to lift weights, then our muscles don't benefit 100 percent. The same applies to giving up and seeking help from others. Sometimes yes, we need to seek help, but the less often, the better.

What we have at SpaceAge is training materials and notes written in a manner that is easy to understand; we focus on features and topics that are important, relevant to our industry.

No matter what your dream is, keep trying. Nothing comes easy! Patience! Rome was not built in a day! You can eat an elephant one bite at a time! It takes courage to get started, and then it takes willpower, persistence—to keep on keeping on. Only the strong and brave reach the finish line. Have faith, be strong, have courage, you can do it, and you will do it! Learning is joy! Enjoy every minute, learning and growing!

Capt. Surender Malhan



Evening of 19 Jan 2017, I noticed my daughter Roma then 7 years and 5 months old, studying Java from a text book and taking notes—with such focus, interest and concentration. I read her notes, about 3 pages of notes from the first chapter of a Java programming text book you see on her left. If some one were to see her notes and my notes from college, it would be very challenging to tell the difference, or that her notes were by a mere 7 year old child.

Giving Lectures in Various High Schools, 1985 to 1993

This mission I undertook of my own volition—to give birth to a new man, to create among the youth an awareness of and concern about key problem areas facing Earth, such as degradation of the human mind and degradation of the environment. Studying and guiding the mental, moral, and psychological development of children. Planting such personality traits as integrity, humanistic values, concern for the environment, thirst for knowledge, a passion for excellence, and so on. One important area of work involved giving lectures at various high schools (to students aged thirteen to eighteen) on the topics listed below. This work was funded entirely by my salary and; all my leisure time went into it.

Lecture Topics

- Reading for self-development: the importance of good reading habits
- How to manage your time and the fundamentals of time management/how to enjoy your life and your job

- Applied imagination, creative problem-solving/brainstorming techniques and the teaching of thinking as a skill
- Motivation: motivating self and others
- Developing human potential: aiming for efficiency and excellence
- Leadership: developing leadership/challenges of modern times
- The art of public speaking
- How to train your decision-making faculty
- Mind control, stress control, meditation
- Mind programming: autosuggestion, visualization, NLP techniques
- How to improve studying efficiency
- How to prepare for an interview/how to face an interview
- Human relations in public and personal life
- Physical education: calisthenics, weight training, karate, yoga
- Conservation: a need for survival
- The future of the human species on Planet Earth
- Man in relation to society and the small-scale model of civilization

- The genesis of evil/why evil is so successfully carried out in today's world
- Values erosion/what ails our society
- Drug addiction, alcoholism, smoking
- Custom, culture, tradition: changing concepts
- The how and why of laws, rules, and regulations/the science of making laws
- Religion reanalyzed/the how, why, when, and where of religion
- In search of the meaning in human existence/where do we come from, where are we going, and what is the purpose of human life

List of Schools and Other Institutions at Which I Delivered Lectures from 1986 to 1992, While in the Army

Over twenty schools in eleven cities:

- September 1986: Central School, CME, Pune
- September 1986: Central School, BEG, Pune
- August 1987–March 1988: Central School, Mhow
- August 1988: Assam Rifles Public School, Shillong
- August 1988–September 1988: Central School Number One, Southern Comd, Pune
- October 1988: Saint Hellen's School, Pune

- December 1988–January 1989: Central School, Mhow
- December 23, 1989: Scouts and Guides Regional Meet, Mhow
- January 1989: Rajeshwar Vidyalaya, Mhow
- February 1989: Army Public School, New Delhi
- February 1989–March 1989: Central School Number One, Bombay
- January 27, 1989: student officers and staff, Faculty of Computer Technology, MCTE, Mhow
- April 17, 1989: scouts of Loyola High School at their campsite, Pune
- May 1989–June 1989: Central School Happy Valley, Shillong
- August 1989: Central School Happy Valley, Shillong
- August 1989: Central School, Mhow (MP)
- November 18, 1989: senior NCC cadets who attended the training camp at
- 1989–1990: Southern Command Signal Regt., Pune
- December 2, 1989: Kendriya Vidyalaya, Malkapuram, Vishakhapatnam (AP)
- December 9, 1989: Kendriya Vidyalaya, ECIL, Hyderabad

- December 19, 1989: JCOs/NCOs who attended a course in ECIL, Hyderabad
- February 7–February 9, 1990: Kendriya Vidyalaya, BEG, Roorkee (UP)
- January 1991: KV IIT Powai, Bombay
- July 1991–August 1991: KV Number One, Devlali, Nasik
- June 1992: KV IIT Powai, Bombay
- July 1992: KV Number One, Devlali Nasik

Social Responsibilities and Duties of a Human Being

This essay is very important. I hope you benefit from it. Since my high school years, I have been learning and teaching. Learning never stops, and we should share our knowledge with others to the extent we can.

This essay is about our duties and responsibilities. I first wrote this in 1988, when I was twenty-eight years old, based on social work I had been doing since 1977—studying and guiding the mental, moral, and psychological development of children.

When I was a high school student, my passion, my goal was to gain knowledge, study further, do research, excel as a scientist, and perhaps someday win the Nobel Prize. Now my goal in life is to contribute as much as I can and not seek any reward or anything else in return. I think each human being's goal should be to do the greatest amount of good for the greatest number of people over the greatest length of time possible.

As I mentioned previously, when I was seventeen years old, I joined the National Defense Academy, often referred to as the West Point of Asia, and in my leisure time, I began studying and guiding the mental, moral, and psychological development of children. At twenty-five years of age, as a

young captain in the army, I began giving lectures at various high schools.

I spend a lot of time thinking creatively. As a twenty-five-year-old, I often asked myself, “What are the duties and responsibilities of a human being? How do I explain to high school kids our duties and responsibilities?”

Again, the goal of life is the pursuit of happiness. We all want to be happy, but the challenge is doing what it takes to attain happiness. If we want to be happy, we need to understand our duties and responsibilities.

What constitutes happiness? There are different ways of looking at it. One could write a philosophical book on this. I will delve into this topic very briefly here and focus on what I think is most important.

As we know, happiness is a state of mind. Some people find happiness in whatever they are doing and in what little they have. They focus on what they have rather than on what they don’t.

Happiness depends on what we do with our lives and on what others are doing with their lives. It depends on our thoughts, actions, and decisions. It also depends on the thoughts, actions, and decisions of other human beings who touch our lives. On Earth we don’t live in isolation. To a lesser or greater degree, directly or indirectly, our actions affect other people. We reap the harvest of what we sow and what others sow.

Life is full of challenges, and we have to be ever-prepared and ever-competent to face them. Being incompetent and ill-prepared will affect our happiness.

Our happiness depends on several factors, attitude, wisdom, judgment, intellect, and integrity among them. Our happiness depends on our understanding of who we are and what our duties and responsibilities are. Do we know—do we understand—these duties and responsibilities?

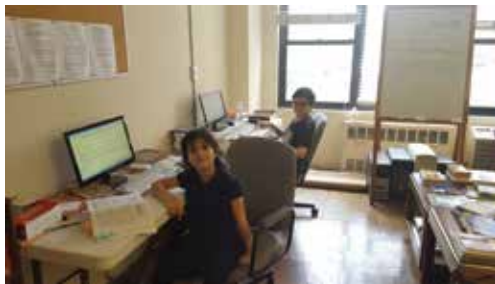
Do you love your family? We all love our families—we love our mom, dad, brother, sister, son, daughter, husband, wife, friends, etcetera.

There are two types of love—responsible love and irresponsible love. Love can be mature or immature. Responsible love is built on a foundation of competence, intellect, and integrity. A child loves his parents but is incapable of shouldering the responsibilities that go with this love. A parent loves his child but may be incapable of discharging fully his responsibilities.

It is easy to say to your mom, dad, son, daughter, brother, sister, or spouse, “I love you very much.” The challenge is to demonstrate *responsible love*.

Responsible love requires fulfilling our duties and shouldering our responsibilities in a competent and capable manner. Responsible love requires making *ourselves* competent and capable.

So again, what are our duties and responsibilities as human beings?



My residence and office is in the same building. Residence at 2nd floor and office—1st floor. June of 2017, school summer holidays, I gave my children a desk in my office training room. Every morning they were very excited to go down to office and study.

One day my son said, “daddy, please look at this code I have written”. At first glance I did not understand. I asked him to explain and I was blown away. By then I had taught him the “for loop” but not the “if-else” statement. In his math test app he needed to write the if-else condition, he tweaked the for loop variables in a way that he used the for loop to write an if-else construct.

When studying in SpaceAge office, my son asked me, “daddy, please can you tell SpaceAge employees to treat me as just another trainee / employee.” i.e. he did not want any special treatment.



I ask you a question: “Who are we?”

Answer: “We are human beings.”

Then I ask, “What do we live for? What should we live for? What purpose should our lives serve? What are our duties? What are our responsibilities? *What set of duties and responsibilities goes with the fact that we are born as human beings, not in any other animal form?*

We have duties to:

Ourselves.

Family.

Profession or studies.

Society (community, nation, human race, Earth).

Duties to self come first, and we may ask, Why? Why does duty to self come before duty to family, profession, or society? Well, I would prefer to ask the question “What are these duties to self?”

The most important is *self-development*

Self-Development

This is an extremely vital duty. Every human being must work diligently toward his or her self-development.

Continuous, ongoing self-development is an important and mandatory goal, one we must all set and achieve on a daily basis for as long as we are alive. We must work diligently toward our mental, moral, psychological, and physical development. If we do not develop our mental, moral, psychological, and physical fiber, how can we be competent enough to do full justice to our duties to family, profession, and society?

Self-development is our job. Self-development is our duty. We are responsible for our self-development. Our parents and our education system help us attain this goal, but ultimately it is our charge. We are responsible for developing ourselves. We cannot blame the failure to do so on anyone else. We don't need a formal education to attain this goal. We don't have to enroll in a school or college. All we need is to enroll in our Great University of Life and stay motivated and committed.

Yet there is also a set of responsibilities that goes with the fact that we are a member of a family—responsibilities toward family. And there is a set of responsibilities that goes with the fact that we have the uniform on, the fact that we go to work—responsibilities toward our profession. And if you are a student, certain responsibilities append to this role. Finally, there is a set of responsibilities that goes with the fact that we have human skin, that we are born in human form and live in society—duties to society, toward the human race.

If someone tells us we are not fulfilling our duties to our family, we feel hurt. Our conscience feels troubled. Why? Because we understand the concept of duty to family. Likewise, when someone tells us we are neglecting our duty to our profession or we are not good students, we feel hurt, our consciences feel troubled. Because we understand the concept of duty to our profession or the duties of being a student.

Yet what about when someone tells us we are neglecting our duty to ourselves or toward society? How do we

react? Do we feel hurt? Do our consciences feel troubled? For many of us, not at all! Why? Because the concept of duties to oneself—and even more so, duties to society, the nation, the human race—is just not understood; this is something neither our parents nor our education system taught us. In a sense, our upbringing and education are “incomplete,” and we are responsible for completing them. We need to take responsibility for our ongoing education. We need to enroll in the Great University of Life.

Let us begin with doing our duty to ourselves—building a positive, can-do, yes-I-can attitude and making ourselves strong physically, emotionally, psychologically, morally, spiritually, and intellectually.

Again, it is easy to say, “I love my mom,” “I love my dad,” “I love my daughter,” “I love my son,” etcetera. The challenge is to show *responsible love*.

A responsible person shows responsible love. A responsible person fulfills his duties to himself first. I would expect a person who is doing his duty to himself to be diligently working at the following:

Physical exercise: Some of us say, “I don’t belong to a gym.” Well, that is no excuse! We don’t need a gym! We can all do the following: At the very least, two or three times a week, go for a long walk, thirty to ninety minutes. While walking, engage in positive thinking and deep breathing. If possible, jog two or three times a week. Do not jog or walk on roads where there is heavy traffic, lest you inhale the polluted air. Two or more times a week, do general calisthenics

such as push-ups, sit-ups, stretching exercises, yoga, etcetera. The goal is to engage in physical exercise for strength, endurance, flexibility, and circulo-respiratory stamina. Even if you are in a small room, you should be able to exercise.

Eat healthily: Include in your diet fruits, vegetables, whole-grain cereals, nuts, eggs, fish, poultry, and dairy products. Avoid refined flour, refined foods, processed foods, and foods with preservatives, chemical additives, artificial coloring agents. Say *no* to smoking and drinking.

Many of us say, “I have no time to exercise; I have no time to cook.” Well, strangely, we have all the time to cope with illness.

With optimal attitude, diet, and physical fitness, it is possible for a person to commute for two hours and arrive at work having the energy to work all day at peak efficiency or for a parent to accompany a four-year-old on a school field trip and return excited and energized.

Read good books, and watch educational programs. Build your intellect, integrity, logical thinking faculty, analytical ability, etcetera.

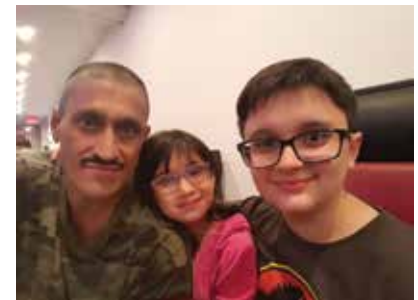
Be in the company of people who can be good role models, people who have an established track record of being wise, intelligent, mature, who show good judgment.

Periodically view videos on YouTube of people who have intellect and integrity, great leaders, thinkers, scientists, social reformers, etcetera. Some timeless examples include videos of Carl Sagan, Dr. Martin Luther King, Albert Einstein, M. K. Gandhi, Nelson Mandela, and Mother Theresa.



As a parent, spending quality time with children is very important. Outdoor activities at least 45 minutes a day is very important.

As parents it is our vital duty—to help our children grow healthy—mental, moral, psychological and physical health.



Never stop reading, thinking, and exercising your mind. The more intellectually challenging something is, the more your brain will be exercised and the more it will develop. Never quit.

The greatest danger to any individual, family, organization, or civilization comes from within. When we fulfill our duty to ourselves, when we build ourselves, only then can we build a great family, great organization, great nation, and great civilization.

The greatest threat to any individual, family, nation, or civilization is people who are unfit intellectually, morally, and physically and, even more significantly, lack integrity. A person who does not want to fulfill his duty to himself, who does not want to make himself competent and capable, is sending a clear message to everyone around him: “You guys work hard; I will enjoy the fruit of your labor.”

In every family, organization, nation, civilization, there are people who have made themselves competent and capable, who every day enjoy working hard and developing their intellect and integrity, who consider work as play, who find joy in striving to make themselves strong intellectually, morally, emotionally, psychologically, spiritually, and physically.

In every family, in every company, in every nation, there are people who to varying degrees are carrying the burden and there are others who, to varying degrees, *are* the burden.

In every family, in every company, in every nation, there are people who shoulder responsibilities and others who shirk responsibility.

As a family, at work and in a community, as a nation, and above all as a human species, we are a team. All members of a team should enjoy working hard; otherwise the entire team might lose.

“I am a patriot! I love my family! I love my job!” Well, sounds good—then *go build thyself!*

We must devote at least 30 percent of our leisure time to self-development. In his book *Brain Building for Achievement*, Hebert Casson writes, “Any person who does not devote 20 percent of this leisure time to self-development ought to have his head examined.”

All my life I have devoted over 75 percent of my leisure time to self-development. Look into the childhood of any great person who has ever roamed the surface of Earth, and you will find that the person devoted almost all of his or her leisure time to self-development.

If we want to be happy, we have to build ourselves. We have one life, one Earth. We can make our world heaven or hell. We have the power to choose. Let us dare to build ourselves. My mom used to say, “No one died from working long hours, but certainly a lot of people died from working fewer hours.”

Every minute we spend on self-development should be as enjoyable as play, as exhilarating as our favorite game, and as relaxing as yoga or meditation.

Every day we must ask ourselves, What have I done today to build and maintain my creative thinking faculty, logical thinking faculty, analytical ability, and physical fitness?

We must fulfill our duty to society—staying vigilant, studying and analyzing the actions of our elected representatives, electing the right people to power, and educating ourselves about the challenges facing our community, our nation, and Earth.

As we are born on this planet, we inherit a lot; what we inherit is the result of the sweat and toil of those who lived in the past and those alive. Having inherited so much, our duty is (1) to preserve it, (2) to add to it in whatever little way we can, and (3) to pass it on to the coming generations.

Many of us come into this world with the message “You guys work hard; I am here to enjoy life.” We can choose to be responsible or be irresponsible. We can choose to carry the burden or to become a burden. Everyone can contribute in some way. Responsible behavior begins with self-development. Let us dare to develop ourselves.

True happiness, the most enduring happiness, is built on a foundation of intellect and integrity. Likewise, true and lasting peace, progress, prosperity is built on a foundation of intellect and integrity. There is no other way.

Do we have all the laws we need? Have we enacted all the laws we need? We cannot enact laws to cover each and every aspect of human life and conduct. What we need are a well-calibrated moral compass and a well-developed conscience. There will always be situations to which no law applies, and in such situations, it is imperative to follow the master law, the law of all laws—that our actions and decisions must be ethical, moral, just, and fair.

The root cause of many challenges is the fact that many people are driven by greed and power. A crime is a crime; a sin is a sin. It does not matter whether we have a law in place for a given situation. If we start thinking and living this way, the problems we see in our community, our country, and all over the world will vanish. We will have heaven on Earth.

In recent years I have very painfully come to learn that, again, the greatest danger to any group organization, city, country comes from within. Power and money represent the most corrupting and destructive influences on the human soul. The biggest challenge to any human being is how to protect his human soul from the destructive influence of power and greed/money. The combination of power and secrecy becomes the most fertile breeding ground for “the devil.” Whenever, wherever there is secrecy, crime and corruption will surely follow! There is no exception to this, especially when it comes to government.

Every human being must devote at least one hour a week to helping out with some challenge his or her community, city, state, country, planet is faced with.

Keeping a watchful eye on the government, holding our elected representatives accountable, is a vital duty.

We have one life, one Earth. In this great drama of life, we can choose to live life as a spectator or as a creator. We can choose to live life as human beings or as parasites and predators, preying on others.

Some choose to build; some choose to destroy. Some chose to protect and serve; some choose to prey on others.

Civilization is created and maintained by the competent few. From among the masses shall rise a few who shall take upon themselves the responsibility of carrying the burden of mankind.

Inspiring Quotes

“America is a land of opportunity—opportunity to serve!”
Every nation is a land of opportunity. No matter where you are, there are opportunities to serve.

“Our national character is the sum total character of individual citizens.”

“As we sow, so we reap.”

“When we do something unethical, immoral, unjust, or unfair, we do a grave disservice to ourselves, to our family, community, nation and to mankind.”

“If we truly love our country, love our job, love our family, then the first duty is to build ourselves, make ourselves strong—intellectually, morally, psychologically, spiritually and physically.”

“Are you proud of your family? Let us dare to ask, ‘Is my family proud of me?’ Are you proud of your country? Let us dare to ask, ‘Is my country proud of me?’ Let us have the courage, character, and intellect to assert, ‘We are a nation of laws—laws that uphold what is ethical, moral, just, and fair.’”

“Saint Augustine said, ‘An unjust law is no law.’ Men are not God. In every nation, in every civilization, there are men and women who lack intellect and/or integrity and enact unjust laws. Yet ever since the dawn of civilization, all great leaders, poets, philosophers, thinkers, and gods have said, ‘It is the moral duty of every citizen to oppose such laws through peaceful means.’ God save a nation or civilization whose citizens don’t have the courage to oppose unjust laws.”

“To know what is right and not do it is the worst cowardice.” (Confucius)

“The world is a dangerous place, not because of those who do evil, but because of those who look on and do nothing.” (Albert Einstein)

“In order for evil to succeed, it is only necessary for the good to do nothing.”

“To do evil is sin. To turn a blind eye to evil is also a sin. To do something unethical, immoral, unjust and unfair is a sin. To turn a blind eye is a sin too!” (according to all prophets in all religions)

“From among the masses shall rise a few, who shall take it upon themselves the responsibility of carrying the burden of mankind.”

“As we are born on this planet, we inherit a lot; what we inherit is the result of the sweat and toil of those who lived

in the past and those alive. Having inherited so much our duty is, first, to preserve it and, second, to add to it in whatever little way we can, and, third, to pass it on to the coming generations.”

“Civilization has always been created and maintained by the competent few.”

“Great men are meteors, designed to burn so that Earth may be illuminated.”

“We have to ensure that this planet continues to sustain life, that it continues to provide clean and fresh air for our children, our grandchildren, and for generations to come: it is our moral obligation, and we owe it to them.”

“On this planet, people come and go and a majority of them soon fade into oblivion, but there are a few who leave their footprints on the sands of time for men to follow for generations to come.”

“A myriad of men are born. *They labor and sweat and struggle for bread: They squabble and scold and fight; They scramble for little mean advantages over each other...Age creeps upon them...Ambition is dead...longing for release is in their place. It comes at last...the only unpoisoned gift Earth ever had for them...and, they vanish from a world where they were of no consequence.*” (Mark Twain)

“What a tragedy of human existence that spiritual realization, the higher reaches of human consciousness, is the

privilege of so rare a minority (*the multitude arrive and depart without even knowing, without even realizing what genes they were born with*).

“What a tragedy of human existence that there are so many among us who come and spend their entire lives on this planet without even realizing that they have *arrived*, without even realizing to the slightest extent the immense potential of the genes that we carry within us, without ever realizing what any living being born with these genes can accomplish and do.”

“The only factor that prevents the grouping of many among us human beings into the category of other animals is our human form, our outer appearance.”

“Let us try and make this world of ours a better place to live in. It should be the aim of each one of us to leave this planet in a better state, both materially and morally, than it was in when we landed here.”

“When the time to depart comes, ask yourself this question: ‘What is my contribution to society, to mankind, to life on this Planet Earth?’ If the answer is ‘Nothing!’ then what is the use of your having lived on this planet? What is the use of your having been born? It would have been better for you to have never been born in the first place.”

A reporter’s account of Benjamin Franklin’s visit to France and his meeting with Voltaire: “The biggest head

in America met the biggest head in France; they exchanged greetings...a huge crowd had gathered to watch the event...tears of joy flowed...Benjamin's grandson was by his side; Voltaire placed his hand on the boy's head and said, *'My boy, dedicate your life to God and Liberty.'*"

Some Important Links

www.facebook.com/surender.malhan.33

[www.Linkedin.com/in/Capt-Surender-Malhan](https://www.linkedin.com/in/Capt-Surender-Malhan)

www.MeTooChildrensRights.org

www.MeTooChildrensRights.org/self-education-capt-surender-malhan

www.MeTooChildrensRights.org/greatest-intellectual-and-moral-challenge

www.MeTooChildrensRights.org/as-a-man-thinketh

www.MeTooChildrensRights.org/communication-skills-time-management

www.MeTooChildrensRights.org/invitation-to-president-joe-biden

www.MeTooChildrensRights.org

www.MeTooChildrensRights.org/letter-to-president-joe-biden

www.facebook.com/CaptSurenderMalhan.ReadingForSelf-Development

www.facebook.com/CaptSurenderMalhanSocialResponsibilitiesHumanBeing

www.SpaceAgeGroup.com



21 June 2016: Warrior Games at West Point.

The Department of Defense Warrior Games is an annual event, first held in 2010, that celebrates the resiliency and dedication of wounded, ill, and injured active duty and veteran U.S. military service members.

Hundreds of elite athletes, including those from international allied nations, compete in adaptive sporting events such as wheelchair basketball, cycling, indoor rowing, and wheelchair rugby, among others.

The DoD Warrior Games serve as a way to enhance the recovery and rehabilitation of wounded warriors by providing them exposure to adaptive sports. Participation in the Warrior Games represents the culmination of a service member's involvement in an adaptive sports program and demonstrates the incredible potential of wounded warriors through competitive sports.

Think It Over: Space and Time

When one is faced with challenges, it is good to have some perspective.

The sunlight we see now was created in a nuclear fusion reaction that occurred 20 million years ago in the center of our sun. It took 20 million years to travel from the center of the sun to its surface, and from there it took seven minutes to reach Earth.

Light a candle, bring your hand close to it, and feel the warmth. Step away; at what distance do you still feel the warmth? How far does the candlelight extend? Go out in the sunshine, and feel the warmth. Think about, imagine the fact that our sun is 93,020,000 miles away and yet is still so bright and so hot, it can burn our skin after a mere hour of exposure.

Look up in the sky, at an airplane; it appears to be about 1 foot long at a distance of about 6 miles away, whereas when you are a few feet from it, it looks huge, at over 250 feet long. The sun looks about a foot or two wide and is 93,020,000 miles away. Think about the fact that we can see an object 93,020,000 miles away with our eyes; think of how huge it is! The diameter of our sun is 865,374 miles, about 109 times that of Earth (7,918 miles).

Visualize Earth rotating on its axis, then the moon rotating on its axis and revolving around the Earth. Visualize Earth and the moon together revolving around the sun at a dazzling speed of about 66,660 miles per hour. Visualize all the planets revolving around the sun. Visualize our solar system revolving around the center of the Milky Way at a speed of 500,000 miles an hour—about 138 miles per second. Visualize the Milky Way rotating at about 168 miles per second and the entire Milky Way Galaxy traveling through the vast universe at about 370 miles per second.

In the year 2013, a meteorite fell in Russia and another one fell on the moon. Every day thousands of meteorites enter Earth's atmosphere.

Visualize space travel. Imagine taking off in a spacecraft or a space balloon. Visualize the view of Earth from your space balloon as it rises up higher and higher, into the stratosphere, and exits Earth's atmosphere. Imagine sailing into space, passing by the moon. Imagine stopping at the moon for a bathroom break, ha ha. Imagine looking at Earth from the moon. Visualize taking off from the moon into space. Visualize passing by Mars. Let's land on Mars and spend a few minutes there. Visualize how it feels to be on another planet—a lifeless planet. The land, rocks, sand look so much like Earth's, yet the place is lifeless. We take off from Mars and journey onward, passing by other planets—Jupiter, Saturn, Uranus, Neptune, Pluto.

As we travel through space, let us visualize—feel—the empty, cold, dark, deep vastness. Visualize our sun as we

look back at our solar system, sailing into further reaches of the galaxy. Over the next few hundred million light-years, we travel through our galaxy, passing by billions of stars and solar systems. What if life is there somewhere out there? Visualize exiting our galaxy and sailing on, into deep space. Where does it end? Does our universe have a boundary? Strangely the science, the physics and chemistry, is the same everywhere. The same atoms, the same subatomic particles, are everywhere! What does all this mean? What is the meaning of our existence?

Now let us travel back and forth in time. We travel ahead in time 150 years, and we are not there. We travel back in time 150 years, and we do not yet exist—perhaps we will meet our great-great-grandparents and tell them about the exciting advances in science and technology—the iPhone, the iPad, TV, airplanes, computers, etcetera.

Let us spend a week with our great-great-grandparents. How does it feel? We don't have to buy water or use a filter. There is no need to buy organic—everything is organic. There is no pollution, global warming, toxic chemicals, etcetera. A whole range of health problems are simply not there. There are about one billion human beings on Earth.

Imagine that we have traveled back in time 65 million years and see Earth ruled by dinosaurs—imagine how it feels. Travel farther back 4 billion years, and there is no life. Travel back in 5 billion years more, and our solar system does not exist. All the elements that are part of our body—carbon, iron, and so on—and are found on

Earth and other planets were created from some massive dying star.

Travel 2 billion years into the future, and watch our sun die and Earth vanish. What continues to exist in some form, somewhere, always and every time, are the atoms that are part of our bodies, essentially the same atoms we see all around us. Every day billions of atoms leave our body and billions enter.

How much data can you store on your hard disk, on your smartphone, PC, USB drive, and so on?

Visualize the birth of a human being. At conception we are just a single cell, 0.14 millimeters in diameter. In just one single cell 0.14 millimeters in diameter, we have all the instructions, software, and hardware for creating a new human being. In one single, tiny cell are all the atoms of various elements that together comprise the new human being and the data and the instructions to create a new human being. Rapidly the single cell divides into two, four, eight; you can't make out which cells will go on to become which organs or body parts. In about 21 days, the fetus's heart is beating and it is about 0.4 centimeters long.

A human body is a collection of billions of cells. Every day, millions of cells die in our bodies and new cells are born. We get a new stomach lining every three days. We are alive, amazingly, and we don't even sense the millions of cells within us dying.

Our genes make us who we are. The DNA of humans and that of chimpanzees are 99.9 percent identical. Hu-

mans have about 30 percent of our genes in common with a banana. There are certain genes that perform very basic life functions, and we have these in common with all living organisms—these genes are called ubiquitous genes. Studying genes confirms the evolution of life.

A human being consists of billions of atoms joined and grouped together in a particular way. Imagine it was possible to manufacture a human being. Let us take the raw materials, atoms of various elements, and manufacture a new human being. I wonder what it would take to assure this brand-new human has the same type of behavior, thinking, attitude, and so on as one of us!

Life is a strange phenomenon. Knowledge is power. It is humbling to know the immense reality of space and time. Where did we come from? Where are we going? We don't know. There is nothing more important than to be nice, to love, to harm no one, and to help make our world a better place—at least a little better than it was when we arrived.

The Science of Making Laws

The How and Why of Laws

Introduction

What I write here is simple stuff. But it will require intellect and integrity to understand, interpret, and apply.

No matter what we say or write or do, there will always be some who will glorify it and others eager to crucify it.

Is it possible for some of us to earn a PhD from the University of Life? Is it possible for some of us to be professors at the University of Life?

Peace and prosperity go together. Peace and progress go together. There can be no lasting peace, no stable social order, if laws don't have a strong moral foundation, if laws are not just and fair to all.

Strength comes from character. How can we be strong if laws have character flaws?

We ought to learn from history. How many slaves should it take to end slavery? History is witness to the fact that all nations, societies, civilizations, ideologies that were not based on justice, equality, and fair play sooner or later perished.

Framing of laws is too important a task to be delegated to people of lesser or questionable intellect and integrity.

This write-up may become sought-after, must-read material for all progressive-minded people—family members, members of society, lawmakers, lawyers, judges, congressmen, senators, and all heads of government. All men and women of intellect and integrity will strive to read and reflect on what is written here.

It is an irony of human judgment that we complained about being enslaved by the British monarchy while all the time we had slaves in our own backyard. We wrote on, sang about, and fought for freedom and liberty while being blind and living in denial for over two hundred years about the fact that the slaves in our homes, too, qualified for freedom and liberty.

We led a revolution (in 1776) when the British rulers merely slapped our wrist, yet now we have had child predators roaming free, as integral parts of the government, since the dawn of civilization. And we call this civilization?

We still have a lot of laws that are unjust and unfair in various degrees and shades. It is time we rise and take America and the world to the next level of peace, progress, and prosperity. It is time we identify men and women with uncompromising intellect and integrity to lead and allow them to do so.

An eye for an eye will make everyone blind.

Hatred cannot be conquered by hatred, only by love.

If only our laws had more character and substance, all nations would be more peaceful and more prosperous and

our Earth would be a more loving, peaceful, and prosperous planet in our solar system.

Most of the time, we know that our goal is the shining city on the hill, but our actions, decisions, laws betrayeth us.

Laws can make a nation; laws can break a nation. When laws are unjust and unfair, governments crumble, empires disintegrate, and monarchies are terminated. Such is the potential impact of laws. Laws, rules, policies, written and unwritten—at any level, in any form—can make or break a family, an organization, a business, a state, or a nation.

All thinkers, visionaries, philosophers, statesmen of the past believed and stood for justice, morality, equality, and fair play—in the face of laws that they knew were unjust.

All thinkers, visionaries, philosophers, statesmen of the past believed that it was the duty of every individual to refuse to follow laws that were illegal, unjust, and unfair.

When we refused to follow illegal, unjust, and unfair laws, America was born and countries like India were liberated.

When we refused to follow illegal, unjust, and unfair laws, slavery ended.

When we refused to follow illegal, unjust, and unfair laws, the British Empire crumbled.

We may someday soon review, revise, and bring the Constitution up to date—make it the unfailing lighthouse under whose guiding light all laws will be framed.

Great men and women are like meteors, designed to burn so Earth may be illuminated.

In every era, in every age, in every place, from among the masses shall rise a few who will take it upon themselves the responsibility to carry the burden of mankind.

Civilization is created and maintained by the competent few.

I am here to serve. I am here to help make a difference. I am here to add value. I am here to bring happiness into the lives of all whose lives I touch, and I want to touch as many as I can.

I serve anyone and everyone, when the cause is good.

I stand with anyone and everyone, when those involved stand right, for as long as they stand right.

I belong to Earth, and the Earth belongs to me.

Let us harness the power of intellect and integrity—exceptional intellect and unquestionable integrity.

How can we make ourselves safer?

At a Washington, DC, lunch reception in May 2003, a government official spoke about trade policies and recent trade agreements. He was so jubilant about having gone to a third-world, underdeveloped, poverty-stricken country and having negotiated a very favorable trade deal. He was bragging about “how much we walked away with in comparison to the peanuts we gave.” This was like a billionaire walking into a beggar’s house and greedily eyeing the interior. “What can I pick up?” Is this character? A nation with a GDP in the billions or trillions walks into a poverty-stricken nation with an attitude of “What can I take?” And then we wonder, Why are we so unsafe in this world? Why are we so despised

by so many? We want to save and protect the lives of ordinary Americans, and we spend billions on it. No matter how many billions or trillions we spend, we will never be safe if we don’t have character. The first mandatory step for security, stability, peace, and prosperity is *character, integrity*, and being just and fair in all our actions, decisions, and laws.

Custom, Culture, Tradition, Rules, Regulations, Laws

Let us ask ourselves:

1. How do we define good and bad? How do we define right and wrong?
2. What are the stages through which one’s judgment faculty passes?
3. What is a law? What is a rule?
4. What foundation should a law stand on?
5. What is the purpose of laws, rules, and regulations? Who makes laws and for what purpose?
6. How do laws affect progress? How do laws affect peace and stability? How do laws affect the economy?
7. Are we supposed to follow laws blindly? Should we follow laws blindly? Is it correct to question the purpose and relevance of a law from time to time?
8. Should we review laws periodically? Should we always and every time question the relevance of a law to a particular situation, to current times?

9. Should we ask ourselves, “What is the purpose of this law?”?
10. Do we have the power to change laws? Why might we want to change laws?
11. Do we have the power to change customs, culture, traditions, laws, rules, and regulations that have outlived their purpose, that are no longer relevant, or are we helpless in this regard?
12. Do laws have loopholes? Is it OK for people to exploit the loopholes?
13. How can we ensure that laws are enforced correctly? How can we enforce honesty among officials enforcing laws?
14. Freedom—who has a right to freedom? Should the fox be granted freedom? Should an unethical, evil person be granted freedom?
15. Do people have the right to advance by stepping over others?
16. Is the aim of the judiciary to administer justice or merely to enforce laws?
17. What is the cost of laws, the enforcement of laws? How much does a law cost the Treasury, the taxpayer? What is the cost of implementing and enforcing a law?
18. In every case, in every dispute, what factors contribute to the administration of justice?

19. What are the indicators of how advanced a society or nation is?
20. Do we have laws that enable the illegal, immoral, unjust, and unfair activity of the government?

What is a law? What is a rule?

- (a.) A law is a decision taken by the people, for the people, for the common good of all.
- (b.) A law should uphold honor, morality, character, justice, and fair play.
- (c.) A law should uphold what is ethical, moral, just, and fair.
- (d.) A law should result in the maximum amount of good, for the maximum number of people, lasting the maximum length of time.
- (e.) A law is a decision—a decision like any other human decision—and hence may be wrong and may be right.
- (f.) All laws have one purpose—to establish law and order, to end the chaos, to ensure that the maximum amount of good is done to the maximum number of people for the maximum length of time.

What is the significance of good laws?

Remember, there can be no lasting peace, no stable social order if laws don't have a strong moral foundation, if laws are not just and fair to all. History is witness to the fact

that all nations, societies, civilizations, ideologies that were not based on justice, equality, and fair play sooner or later perished.

There are many challenges facing Earth—the environment, population growth, war, terrorism, etcetera. We have one life and one Earth, and there is a lot to do. Time is precious; time is scarce. It is a great irony and tragedy of human existence that there are very few individuals who are dedicated to such work. And the time and money of those who invest are wasted by the bureaucracy of laws, by the impediments various irrelevant, unfair laws place in their path.

Unjust, unfair, irrelevant laws are a drain on the time and resources of any nation; they are like a cancer eating into progress.

What foundation should a law stand on?

All laws should uphold what is ethical, moral, just, and fair. All laws should stand on a foundation of justice, equality, morality, humanity, and fair play. Laws that do not stand on such a foundation sooner or later get scrapped, just as slavery did.

When formulating laws, what should we keep in mind? How should we go about doing this?

- (a.) The superlaw, the parent law—the law for all laws—is that all laws must be just and fair to all people/parties concerned. All laws must result in the greatest amount of good for the greatest number of people over the greatest length of time.

- (b.) Laws should be simple, easy to understand, easy to implement, easy to enforce, and free of loopholes. Laws should be clear and concise.
- (c.) When formulating law, great care should be taken to avoid communication gaps and the possibility of misinterpretation. One must explain the circumstances under which the law was made, the circumstances leading to the creation of the law, and the purpose the law is meant to serve.
- (d.) Laws should be constantly evolving. They should be reviewed periodically for relevance, loopholes, and correctness.
- (e.) Lawmakers should be like frontline generals in the army; they should stand in the trenches and see the ground reality. Often lawmakers are divorced from the day-to-day ground realities and people with vested interests and motives hijack the law.
- (f.) After a law is enacted, it should be treated like a new drug formula—tested on a trial population and refined. Like a newly built computer system, like a newly coded software system, like a newly laid train track, it should be monitored closely and tested to see how it plays out, what bugs and defects it contains.
- (g.) Understand and accept the fact that laws are made by human beings and human beings do err. Just

- like a software program, laws will have bugs. Be aware; be mentally prepared to bump into them.
- (h.) Laws, when formulated, must specify the purpose for which they have been written.
 - (i.) When laws are in the wrong, the state should take responsibility. The innocent citizen should not suffer the consequences of unfair and unjust laws or for having violated the same.
 - (j.) Laws should say what they mean and mean what they say. No hypocrisy. No bureaucracy. The greatness of an individual, an organization, or a nation lies in standing straight, standing tall, and saying what one means.
 - (k.) A good law is like common sense. A person with a well-developed logical thinking faculty should not have to read a law book to know what is right from wrong. For instance, in regard to laws governing auto insurance, an individual should be able, based on his intellect and integrity, to say, “I think I have the freedom to buy insurance or pay out of pocket.”
 - (l.) A person who has a correctly calibrated moral compass and ensures that every decision, every action he or she undertakes is ethical, moral, just, and fair will always automatically be in compliance with all laws.

- (m.) Laws should not be excessively harsh. Punishment should be commensurate with the gravity of the offense, in the context of other laws.
- (n.) There is an exception to every rule. Every law has an exception. It is often impossible at the time of framing laws to list all exceptions to the law, and that is where the judiciary comes in—to interpret and apply the law and the intent of the law.
- (o.) The biggest tragedy is that in every society, there are always groups of people, businesses, and organizations that lobby and influence lawmakers to pass laws that are unethical, immoral, unjust, and unfair. This sadly happens all the time. The Social Security Act, Title IV-D, which incentivizes the kidnapping and psychological murder of children in the United States, is one horrific example. I call this the “child predator law,” one of the most dangerous pieces of legislation drafted in a civilized society in the entire history of the human race, a recipe for a nation to self-destruct.
- (p.) Let me restate this because it is so incredibly important. The child predator law (Title IV-D of the Social Security Act and related laws incentivizing the collection of child support) is one of the most evil, cruel, self-destructive pieces of legislation in human history. It will go down in history as a law that caused civilization to self-destruct. The child

predator law will make the government go *rogue* from top to down—it already has. In fact, the tsunami of greed will overflow from family courts into all other departments of the government. Just one nation (or a few nations), through greed, can and will cause the human species to perish from the face of the earth (as global warming would).

What are the indicators of how advanced a society or nation is?

One of the indicators, and an important one, is the amount of time, effort, and money required to get laws updated or scrapped.

What are the aims of all laws, rules, and regulations?

- (a.) To protect and to serve.
- (b.) To establish peace and order.
- (c.) To enrich our lives.
- (d.) To bring happiness into our lives
- (e.) To bring harmony and order into our lives.
- (f.) To uphold honor, morality, character, justice, equality, and fair play.
- (g.) To do the maximum amount of good, or the maximum number of people, over the maximum length of time.

How can we ensure that laws are enforced correctly? How can we enforce honesty among officials enforcing laws?

Lawmakers are responsible for the implementation of laws. At the end of the day, a law is only as good as the person enforcing the law. Dishonest, corrupt officials can flush any law down the toilet.

Secrecy breeds crime and corruption. Greed is the root cause of all evil.

Freedom of speech and open courts are absolutely mandatory to ensure honesty among officials enforcing laws.

Only a dishonest, corrupt official would demand secrecy and deny freedom of speech.

Ignorance of the law is not an excuse. Laws ought to be disseminated to all. Citizens can plead ignorance of laws and hence may be eligible for a pardon or a reduced penalty but cannot plead ignorance of the *law of all laws*—to be ethical, moral, just, and fair, to strive to do good for all. A person can plead ignorance of a law, but if he can prove that his actions were ethical, moral, just, and fair to all, he is “not guilty.”

All rules, regulations, and laws are made by man to serve man. All rules, regulations, laws are here to serve us, not to make us servants to them. They are here to liberate us, not to enslave us.

The moment that we feel a particular law, custom, or tradition is not bringing happiness into our lives or is becoming an obstacle in the path of progress, the time has come to take a serious look at it, question its relevance, and possibly to scrap it or to change it for the better. Even in such cases, often we tend to continue to cling to such laws or customs like sentimental fools.

In the case of every law, rule, regulation, custom, culture, tradition, always asks these vital questions: What is the intent? What purpose does it serve? When was it made? Who made it, and what purpose did that person want it to serve? Under what circumstances was the law made? What knowledge base, facts, data were considered when the law was made? What is its relevance to the present-day world or to a particular situation or context?

Again, many times we continue to follow a law, custom, or rule blindly even when it has absolutely no relevance to the present-day world and now violates the very purpose it was supposed to serve. Consider the law or custom of child marriages in India. This was not there during the good old days when life was divided into four distinct stages, or phases—ashrams. At that point people married at the age of twenty-five. When then did this custom come into being and with what purpose?

Sometime in the fourteenth or fifteenth century AD, the Moguls started invading India and then began to settle down. The Mogul chieftains were in the habit of lifting away beautiful Indian girls. The elders in our society were perturbed. It was observed that they never took away a married girl, so what was the obvious solution—get them married at a young age. But look at this, how wonderful, how sensible we human beings are! Even to this day, in certain places people continue to follow this custom blindly like a herd of sheep when it has long since lost its relevance. It is indeed amazing and amusing to note this aspect of human

behavior, as well as the immense resistance that reformers like Raja Ram Mohan Roy have to overcome in order to root out such obsolete, outdated, and irrelevant customs.

What are the stages through which one's judgment faculty passes?

The judgment faculty of a person passes through the following stages during one's development and growth:

- Preconventional stage
- Conventional stage
- Postconventional stage

The judgment faculty of young children is in the preconventional state. Their concepts of right and wrong, of what is moral and immoral, have not yet developed. Any decision they make or opinions or judgments they form are based merely on their likes and dislikes—there is no rationale involved.

A person's judgment faculty reaches the conventional stage between the ages of ten and twelve, and for many of us, it stays there in perpetuity. A person whose judgment faculty lies in the conventional state follows rules, regulations, customs, traditions blindly, to the word, to the letter. In the process, on many an occasion, such a person violates the very purpose that a law was made to serve.

A person with a *postconventional judgment faculty* always keeps in mind the purpose that a rule, regulation, tradition, or law was made to serve and the purpose it serves in its current; such a person always endeavors to serve that

purpose, even if at times it may appear that by doing so he has gone against the rule or custom.

There are no universal laws; there are no universal truths.

One can never say that a particular law, truth, custom, or tradition is universally applicable.

What should we endeavor to follow?

The custom of logic. The culture of reason. The tradition of relevance, common sense, and practicality.

This is the advice Vikram Sarabhai, father of India's space program, gave to his daughter: "There are two ways of living life. First: To be one of the crowd, following the crowd, believing in what the crowd believes in, doing everything with them unquestionably. But then you don't have any identity of your own, no beliefs, no ideals, no principles of your own. Second: To decide to follow your own beliefs, your own truths, your ideals, principles, and stick your head above the crowd. But then you must be prepared to be stoned."

I would add, stick your head out of the crowd. But if you know that the crowd is walking in the right direction, then there is no need to stick your head out. If you feel you have the necessary strength of character, the ability to lead and inspire—move ahead! Move to the head of the column and lead.

The unmistakable sign of the arrival of a genius is that all the dunces in the world unite in a confederacy against him.

What is the importance of the decision-making faculty?

At every moment, at every turn, day in and day out, we are continuously making decisions, and whether a decision is right or wrong depends on:

- (a.) Knowledge base: Our knowledge base or facts pertaining to the problem at hand (i.e., whether the information provided is complete or not, whether it is accurate or not). Gather all your facts first—all of them.
- (b.) Our analysis of the facts, which in turn depends on:
 - (i.) IQ
 - (ii.) Reasoning ability
 - (iii.) The extent to which one's thinking faculty is logical
 - (iv.) Imagination
- (e.) Ability to keep emotions at bay—emotions, both positive and negative, impact decision-making and judgment faculties enormously

When a given decision turns out to be wrong, whether the result is immediate or delayed, one of the following is likely at play:

- (a.) Initially some facts were missed.
- (b.) Some new facts have emerged now, hence our decision has to be modified or reevaluated in light of the newly emerged facts.

- (c.) Our analysis may have gone wrong due to:
 - (i.) Low IQ
 - (ii.) Poorly trained reasoning faculty
 - (iii.) Poorly trained logical thinking faculty
 - (iv.) Being swayed by emotions

No two people learn the same lessons, no matter how similar their experiences.

What makes a jury effective?

- (a.) The jury should be educated about the how and why of laws, the science of laws.
- (b.) The jury should be well-read about the laws quoted in the case at hand, know the purpose behind the laws, and verify whether the purpose was violated or not.
- (c.) The jury should always be comprised of people in the postconventional state, those who have good mental faculties—analytical, logical, able to control emotions.
- (d.) The jury should have intellect, character, courage of conviction, and a firm, uncompromising commitment to doing justice. The jury should understand the cost of injustice—the direct cost to them themselves, to their children, to the community, to the nation. Every time we err in doing justice, evil and injustice prevail and we

weaken the moral fabric of our community, of our nation; we help weeds grow in number and stature. Someday, sooner or later, we or our children will pay the price. The price of injustice can be enormous.

- (e.) The American system of law requires a jury. Why did our forefathers decide this? Because they understood that only the jury would not be blinded by laws. Lawyers and judges normally start to think rigidly, from a conventional state of mind. Where the jury system goes wrong is when the jury is comprised of men and women of lesser intellect, with brains not in a postconventional state and not committed to doing justice. It is alarming that in many cases, the fate of trials rests with a jury not interested in justice, whose members just want to get back home ASAP. Often even in murder trials, we have jurors who don't care that someone's life is at stake.
- (f.) The number-one benefit of having a jury is it enables an open court so that the judge cannot operate in secrecy.
- (g.) In every field of human endeavor, there is no substitute for intellect. Whether justice is done or denied depends on the intellect, character, courage, willpower, endurance, and commitment of all people involved.

In any dispute, what is the test of whether justice has been administered?

In seeking to administer justice, approach the case from two different routes/directions:

- (a.) Quote and follow all existing laws; refer to all agreements, contracts, etcetera.
- (b.) Assume there are no laws or agreements in place, and then administer justice (i.e., reinvent the wheel).

In both cases you should reach the same judgment. That will be the real test that the laws are relevant and justice has been done.

In every dispute, every case, one must begin by looking at the facts of the case and judge the facts on their own merit according to what is just, fair, and moral. After that one can refer to contracts/agreements between the parties to validate the facts of the case and figure out which laws apply. Three scenarios will result: First, the judgment reached might align with the laws that were found to apply—this will mean that the laws are still relevant. In the second scenario, no existing laws apply; in this case new laws need to be enacted. Third, existing laws might seem to contradict the judgment delivered—in this case the laws have possibly lost relevance and need to be revised.

A trial judge should administer justice and not work in the same manner as a traffic cop dishing out parking tickets. A judge is a *judge* (i.e., this person has the responsibility to judge). The judge should look at a situation from all

angles, from top to bottom: was the constitution violated, were the individual's freedom and rights violated, were the proceedings just and fair to all concerned. In doing so, a judge should have the courage to go against what a law says in black and white and, depending on the seriousness of the law in question, either pass judgment as he or she deems just and fair or escalate the matter to a higher court, all the way to the Congress or the Senate.

What are some indicators of how advanced a society or nation is?

There are several indicators; here are some important ones that come to my mind: (a) the extent to which the rights of minorities, the weak, the poor are protected; (b) the rights of children—those who cannot speak for or defend themselves; (c) the existence of an efficient and effective system of checks and balances to ensure there is no crime and corruption among those who have taken an oath to protect and serve; (d) freedom of speech, freedom of the press; (e) the existence of an efficient and effective process through which laws can be reviewed, revised, and updated.

The civilized world has come a long way. We have achieved a lot, yet there is a lot more to be done. The challenges we face—terrorism, the environment, population growth, disease, etcetera—are enormous. Through our decisions, through our laws, we can reduce or multiply the challenges we face. The number one challenge every nation faces is the people in power being kept honest, following the oath to protect and serve.

The Greatest Intellectual and Moral Challenge of Our Time

www.facebook.com/surender.malhan.33/posts/2075275685971809

www.MeTooChildrensRights.org/greatest-intellectual-and-moral-challenge

Evil, injustice, inhumanity, crime, and corruption—we see them in all walks of life. But in family courts and Child Protective Services (CPS)?

For each one of us, the greatest intellectual and moral challenge of our time is to explain, to understand, to accept:

1. The ways in which this impacts everyone, in which the virus of evil, injustice, greed, crime, and corruption mutates and spreads into every department, every organization on Earth.
2. Why it is that any legislator, attorney general, senator, congressman, and so on would allow family courts and CPS to be bone-chillingly evil, inhumane, cruel, dishonest, and corrupt and then expect every other department of the government and every business, every citizen to be honest and humane.

3. In everyone working in or with family courts and CPS, we see the same levels of inhumanity, total lack of empathy, and cruelty that we saw in Nazi Germany, Stalin's Soviet Union, Saddam's Iraq, etcetera.
4. It is truly alarming that in the most civilized nations on earth, such as America, Canada, Australia, Britain (with America in the lead), in government, in the judiciary, and among those working with the judiciary (the family courts and CPS), we have millions of human beings who are showing such a level of inhumanity, total lack of empathy, and cruelty that we saw in Nazi Germany, Stalin's Soviet Union, Saddam's Iraq, etcetera.
5. The greed that drives the child predator industry also drives the climate crisis!
6. *Injustice anywhere is a threat to justice everywhere.* Each one of us, when we look at another, should remind ourselves, "This is not this person's fight alone. When this person wins, I win too. This helps make our world a little bit safer for me too!" In a small or big way, what each one of us does impacts everyone. Even if some Martian were fighting evil and injustice on Mars, it would help us here on Earth too!
7. The most incomprehensible, irrational, illogical, and unintelligent thought is "That does not concern me! It happened to this other person; it will never happen to me!"

8. The most incomprehensible, irrational, illogical, and unintelligent thought that every psychopath, every child predator thinks is "I did it to so many, but no psychopathic child predator will do it to me or to my children, grandchildren, or great-grandchildren!"
9. A farmer sows corn; corn germinates, and weeds also germinate. If the farmer does not uproot the weeds in time, and if he does not deweed periodically, the weeds increase in number. Who is to be blamed? The farmer or the weed? In our world, good is on the decline and evil is on the rise. Who is to be blamed?
10. On every farm weeds grow. Evil people, child predators, psychopaths, criminals—they will always be there. The good people have to do their job, always be alert and awake like a soldier on post!
11. Hatred, anger, resentment, bitterness, violence do not help solve human problems.
12. Millions have made the ultimate sacrifice for our precious freedoms and to uphold human rights. From the comfort of our homes, at the very least, we can spend five minutes to like, share, care, and forward.
13. We feel good when we do the right thing. One life, one Earth! Today we have an opportunity to protect and serve. Tomorrow we may not be here!

Capt. Surrender Malhan



We attended karate 4 days a week from March 2015 to Sep 2017. By then we had black belt with 4 stripes and we were excitedly working towards our Black Belt test scheduled in December of 2017.



Positive Thinking, Auto Suggestion,
Positive Affirmations that I did with
my son and daughter (Suraj and Roma)



I feel happy. I feel nice. I feel good. I feel amazing. I feel great.

We feel nice. We feel good. We feel happy. We feel amazing. We feel great.

I am happy. I am nice. I am good. I am amazing. I am great.

We are happy. We are nice. We are good. We are amazing. We are great.

We have a great family. We have a good life. We have a great life.

We will have a good life. We will have a great life. We will have a great family.

I love my baby girl—Roma.

I have the best baby girl—Roma.

I love my baby boy—Suraj.

I have the best baby boy—Suraj.

We are strong. We will win. We will Rebuild Rome.

Stay Calm. No matter what, we must stay calm.

Stay Strong. No matter what, Stay Strong, Never Quit.

Build Strength. Build Great Attitudes.

Cultivate an empowering state of mind.

We are strong. We will win. We will Rebuild Rome.

We will make our world a better place, no matter what the consequence.

(my son added “no matter what the consequence”)

We can do it. I believe it. Yes we can. O’ yes we can!

Day by day, we are becoming, stronger and stronger.

Daddy loves me. I love happy daddy.

I listen to daddy, I am a good girl. I love you daddy doy.

I have the best baby girl—Roma.

I love you baby girl.

I have the best baby boy—Suraj.

I love you baby boy.

I love helping daddy. I enjoy helping daddy.

We will never stop, O' how can we.

We will do it some day, O' yes we will. O' yes we will. O' yes we will.

We wont forget. My daddy always loves me.

We can do it. I believe it. We will do it.

Build Strength. Build great attitudes.

Cultivate an empowering state of mind.

We are strong. We will win. We will rebuild Rome.

Enjoy every minute of your life, no matter where you are.

We will enjoy every minute of our life, no matter where we are.

WE WILL REBUILD ROME!

To my children, Suraj and Roma and to everyone out there,
Life is full of Challenges—“STAY STRONG!”