

# The Awakening

*Know Your True Self*



Dr. Purvi Patel



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**KRISHNARPAN**





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**KRISHNARPAN**







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## Foreword

I feel pride and pleasure to write this foreword for this small treasure highlighting the Rules of Self Development.

This unique work is an outcome of a long medical experience of a Patient-sensitive Doctor. To help the patient, she spent her valuable time of Reading, Training and practicing self-development under the well-known organizations in this area.

This book is written in a simple and effective manner so that it could be used by all those who are looking for purpose and peace in life. This book will provide a day-to-day guide to develop Awakening and Mindfulness.

I therefore, strongly recommended the book to those who are in search of authentic guidance.

I do hope that Dr. Purvi Patel will provide an expanded version of this slim but solid source of self-development in the future.

I congratulate and wish Dr. Purvi Patel to continue to progress in this academic venture.

Dr. Dilip Shah  
Senior Professor and Head of the Department of Rural Studies,  
Veer Narmad South Gujarat University (retired), Surat.





## Preface

Dr. Purvi Patel, a renowned homeopath with over 15 years of experience, presents a ground-breaking work that explores the intricate relationship between the mind and body. In her extensive practice, Dr. Patel has found that the root cause of many physical and mental ailments lies in the imbalance between the mind and body.

According to Dr. Patel, the mind and body function as a cohesive unit, and any disturbance in one affects the other. Negative emotions, such as anxiety and fear, can manifest as physical symptoms like butterflies in the stomach or a lump in the throat. Similarly, physical illnesses like fever, injuries, and lifestyle diseases like diabetes and heart disease can have a profound impact on mental health, causing feelings of sadness, anxiety, and disinterest in daily tasks.

To lead a fulfilling life, it is essential to maintain optimal physical and mental health. Dr. Patel suggests several practices that promote well-being, such as living in the present moment, practicing mindfulness, avoiding judgment, practicing self-love, writing positive affirmations, and daily meditation.

The book also delves into the common issue of overthinking that many individuals face, leading to obsession and stress. By identifying the underlying causes of overthinking and practicing self-awareness, readers can learn to live in the present moment and find peace of mind.

This book offers solutions to relationship problems that arise between parents and children, spouses, colleagues, friends, and relatives. It also guides readers towards self-discovery and realization, enabling them to transcend their problems and find true meaning in life.

Dr. Patel's book is a must-read for anyone seeking to achieve holistic health and true happiness. With her extensive experience and professional expertise, she provides invaluable insights that will transform readers' lives.



## Why do I Feel Irritated?

**T**his is the most common question amongst the majority of the people. What do you mean by getting irritated? To become irritated means enduring displeasure. When you are irritated you are annoyed. You would probably get irritated if things are not happening in your life exactly the way you want or when people or life situations are not the same as the way you want them to be.

The word irritated comes from the Latin word IRRITATUS, which means 'EXCITE OR PROVOKE'. Anything that annoyingly provokes you can make you irritated.

It's a negative emotion and many factors can cause or contribute to irritability including stressful life situations, hormonal changes, lack of sleep, etc.

Extreme irritability or feeling irritable for an extended period can sometimes indicate an underlying condition such as an infection in the body or lifestyle diseases like diabetes or heart disease. It may also be a sign of a mental health condition such as anxiety disorder or depression.

When a person feels irritable, small things that would not usually bother them can make them feel annoyed or agitated. The resulting tension can make a person more sensitive to stressful life situations.

When we experience a stressful life event, which may tie up with work, school, trauma, or grief, we may find it more difficult to manage our emotions and can become overwhelmed. We may feel less tolerant of people around us.

There are many reasons to become irritated but I took the commonest reasons from which people get irritated and frustrated so easily. You have to find out because of which reason you get irritated

These reasons are:

1. Expectations from oneself and other people
2. Comparison with other people
3. Competition with other people

## **1. EXPECTATIONS FROM YOUR OWN SELF AND OTHER PEOPLE**

Let's see some common life situations which we face in routine and don't notice that they are the cause of our irritability.

- I get irritated when people always find faults in my work.
- I get irritated when my child doesn't listen to me
- I get irritated when people don't appreciate me
- I get irritated when someone gets angry with me without any reason
- I get irritated when my boss doesn't appreciate my hard work
- I get irritated when my husband forgets our marriage anniversary
- I get irritated when my boyfriend doesn't give me a gift on my birthday



- I get irritated when people misunderstand my act
- I get irritated when people disrespect me
- I get irritated when my friends or relative ignores me
- I get irritated when I don't get a job in my desired company
- I get irritated when I don't get admission to my dream college
- I get irritated when I don't get enough time to spend with myself
- I get irritated when I lose my money

And the list is endless.....Do you find what is similar in all these complaints? There is only one similarity in all these complaints that are--EXPECTATION.

All these are unfulfilled expectations from your boss, children, husband, boyfriend or girlfriend, from yourself, colleagues, friends, and so on.

Every person is having this problem. We have expectations about our experiences, and expectations of others and ourselves.

In all cases, we have a (hidden) demand that we, things, life, or other people should be the way we want them to be, not the way they are. It's not at all possible as every person on this earth has a different mindset, beliefs, or nature depending upon their upbringing and the atmosphere in which they are living and the people they are surrounded by. It is said very correctly that,

*No one is right and no one is wrong all are correct on their part.*

There are four areas of our life where we expect things to happen or to be done according to our wishes.

- 1) HEALTH
- 2) WEALTH
- 3) RELATIONSHIP
- 4) CAREER