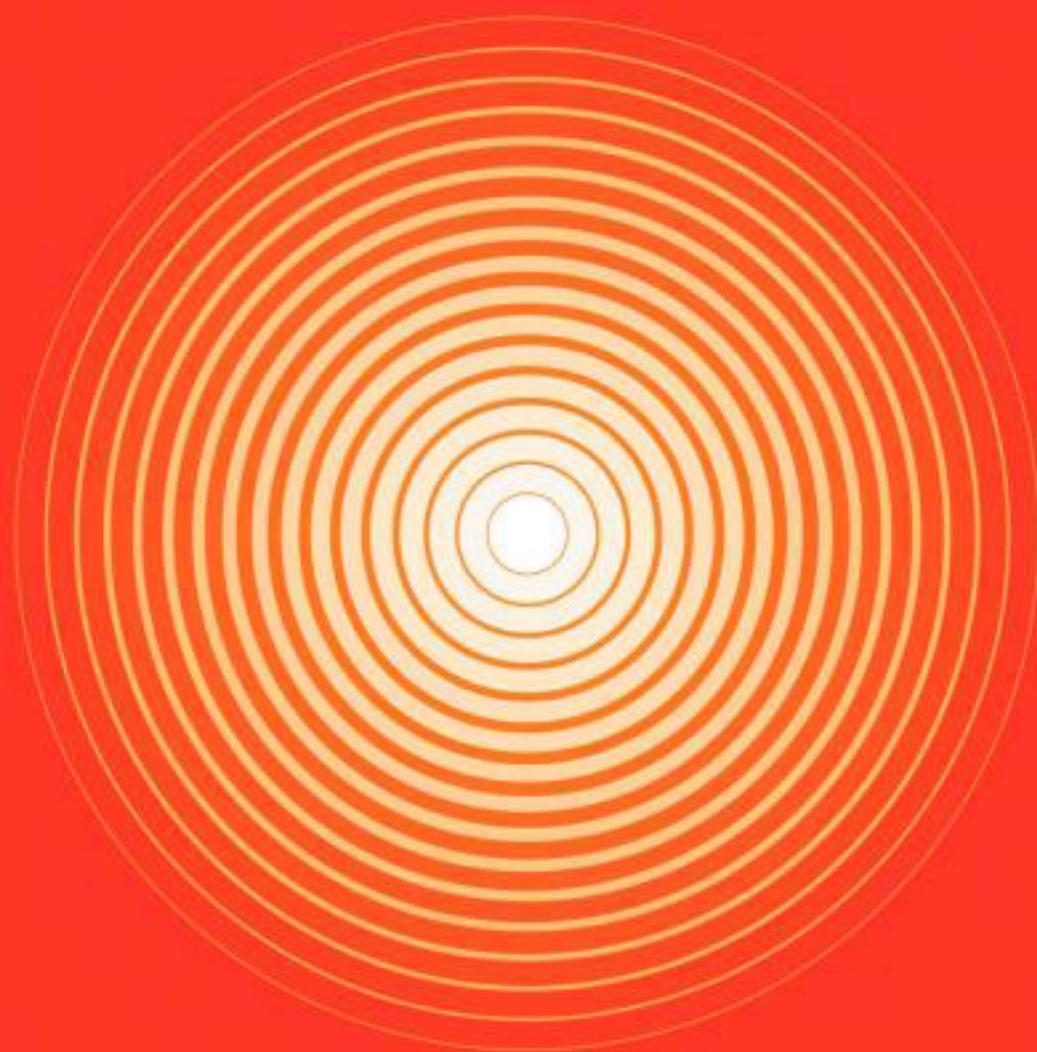


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FROM CHANGE TO TRANSFORMATION & BEYOND



Maintaining Balance on the Fast Track
A Personal Guide for Aspiring Individuals

Om Prakash, PhD, PC

CORPORATE PERFORMANCE COACH
AND CLINICAL PSYCHOLOGIST

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From Change to Transformation & Beyond

A Personal Guide for Aspiring Individuals

Om Prakash, Ph.D., P.C.

Synopsis

Every Individual has the potential to find balance within themselves by synthesizing diverse elements in their lives. We can generate this potential by making transformational changes that enable us to discipline our responses to challenges in our life. Changes are adaptive but in moments of reflection they can become transformative and serve as a source of motivation and inspiration.

The self-help approach outlined in this book is based on the universal spiritual principles to help create life style changes based upon the laws of nature. The book's purpose is to empower the readers to attain and maintain balance on the fast track by making transformational changes in their lives.

The material in this book will be most helpful to those who are motivated to realize their dreams of success by tapping into their inner resources through this spiritual approach as a personal guide.

*To all my patients and coaching
clients I had the privilege of serving
over 35 years of my practice.*

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Acknowledgments

I am grateful to my clients & patients for allowing me the privilege of sharing with the readers the story of our work together and the impact of transformational changes they made in their lives to discover their maximum potential for optimum success.

My inspiration to write this book originated twelve years ago from the knowledge and guidance I received from my life coaches, Ben Dean, Ph.D., founder of Mentor Coach, LLC and his associate Anne Durand. Later I received guidance from Judy Feld, the past president of International Coach Federation and from a distinguished Stephen Covey Coach Wade Lindstorm, a remarkable individual who showed me by his own example the dynamic power of possibility thinking.

I wish to extend a special note of gratitude to Megan Feldman, the former Dallas Observer staff writer and reporter, for helping me to sow the seeds of this work when she was interviewing me for nine hours in several different sessions spread over several months for the 4,000 word article she wrote about my work as a coach. The article was published in a special edition, 'The Best of Dallas', on September 23, 2009. The link to this article appears in the appendix of the book

I am thankful to David Margules, Barry Rogers and Katherine Quintero of Margules Communications Group in Dallas, for encouraging me to put down my thoughts relating to the experiences I have had, and the opportunity to learn from 35 years of practice and for their continued support throughout the entire project.

Special thanks go to John Gempel for his editing skills in giving this manuscript a presentable format, and iuniverse publishers for making this book an attractive presentation. I wish to acknowledge the help I received from Carolyn Mauzy, the reference librarian at the University of Dallas in Irving. She was graceful in spending a considerable amount of time in helping me put together the web references for this book.

My thankful for the technical and computer expertise of Scot Power in helping me to manage and create the information in a presentable book form. I am also grateful for the technical assistance I have received from two of my design expert coaching clients, Michael McGrath and David Fiegenschue, in the preparation of this book

I am delighted to acknowledge the support and unconditional regard I have always received from my younger brother, Shakti Walia, through the years of our lives. His encouragement and support has kept me going through the pushes and pulls in my life.

I am proud to acknowledge the feedback and encouragement I have received from our son Siddharth Prakash, M.D., Ph.D., assistant professor, university of Texas, Houston and our daughter-in-law, Ignitia Van Den Vyver, M.D., Professor Baylor Medical School, Houston.

The secret of my capacity to sustain in keeping this effort going until its completion resides in the silent but steady support I have received from my wife, Georgia Prakash throughout the 45 years of our marriage. I shall always remain grateful to her for her loving care.

About Om Prakash, Ph.D.

This book evolved out of Prakash's extensive experience, knowledge and understanding of human behavior in helping his coaching clients and patients to create transformative changes in their lives in order to attain their maximum potential for optimum success.

The transformative moment that Prakash experienced when he served as a community organizer in the freedom movement in India as a teen ager turned into a passion for service to others and continues to inspire him to this day.

In order to pursue his mission of serving others, he gave up his potential political aspirations and earned a Masters Degree in Psychology from the National Muslim University in India. Later, he came to the U.S. for further education, and earned another Masters Degree in Education and Child Development from the University of Minnesota. Subsequently, he received a Doctoral Degree in Clinical Psychology from the University of Montana.

Dr. Prakash has been in private practice of Clinical Psychology for the last 35 years. About 10 years ago, after receiving extensive training in Mentor Coaching, he added life-coaching services to his practice.

At the time of the writing of this book, Dr.Prakash at age 85 is in excellent health, maintains his Psychology and Coaching Practices and is actively involved in helping others, the mission of his life.

Currently, Dr. Prakash lives with his wife of 45 years in Irving, Texas (a suburb of Dallas).They have a son who is a physician at the University of Texas, Houston and lives with his family in Houston, Texas.

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Preface

Each Human being has the potential to find balance within themselves by synthesizing diverse elements in their lives. We can generate this potential by making transformational changes that enable us to discipline our responses to challenges in our life. Changes are adaptive but in moments of reflection they can become transformative and serve as a source of motivation and inspiration. to attain and maintain balance in our lives.

A Personal Transformational Experience

I would like to share with you an experience I had in my quest for self discovery which led me to embark on the journey of transformation and generate momentum towards establishing balance in my life.

When I was a student at the University of Delhi, the capital city of India, I became involved in Gandhi's "Quit India" freedom movement and served as a community organizer and helped in our efforts to prepare communities for the mass migration of population when freedom came. This effort lasted for next four years until India gained its freedom from the British. Towards the end of this period, I was imprisoned by the British for my activities as a freedom worker.

We mobilized the citizens to get involved in the struggle for our freedom using non-violent agitation techniques, similar to the ones used by Martin Luther King Jr. in this country to free his people from the bondage of discrimination. It is an obscure fact of history that before Dr. King started his movement; he made a pilgrimage to India to learn about Gandhian techniques of nonviolent agitation.

As the movement picked up steam, I became very involved and would not come home for days, partly because of the urgency of the situation, and partly because the police were looking for me as a troublemaker and agitator.

In the early part of 1947, when my turn came to agitate openly, I was addressing a throng of five hundred people. The police raided the rally and quickly whisked me away. Subsequently, I was imprisoned for six months and released only a few months before the dawn of freedom in India.

While in prison, I had an opportunity to think about my future and what I was going to do with my life. I had learned a simple meditation technique from my mentor, the leader of our group. After one of my meditation practice sessions, I developed an inner awareness of a new vision of my future. The outlines of this vision started to emerge as the time of release from the prison drew near. I knew then that I was going to devote my life to helping others. This transformation had a lifetime impact on me and continues to serve as a guidepost in my life ever since.

Uniqueness of Transformational Approach to Self Help

I have written this book to share with you the experiences I have had in my journey towards transformation and ultimate goal of attaining balance. The approach outlined in this book is unique because it is based on the universal spiritual principles to help you create life style changes based upon the laws of nature.

Since changes are inevitable, they can be adaptive and in moments of reflection, they can transform into life style changes leading to balance in your life. In order to accomplish this goal, transformational approach enables you to:

- Bring spirituality in day to day affairs of your life by incorporating the belief in the unity of all living beings and that we are all connected with each other.
- Establish 'Oneness' within yourself by bringing into alignment the internal capabilities of thoughts and feelings and external capabilities of words and action to start the process of change.
- Learn to create present moment inner awareness to capture the moment of reflection in making transformational changes by the practice of mindfulness meditation.
- Develop an understanding of the process involved in the evolution of change into transformation and how transformation produces lifelong changes.
- Enable you to tame your gremlins, the mind monsters which sabotage your creativity and help you to learn techniques to overcome your personal and work related stress.
- Develop a passion for creative expression thorough possibility thinking and explore the wisdom beyond experience to overcome odds that stifle your creativity.
- Help you to create a great life goal plan to incorporate transformative changes that you would like to make in your journey towards self discovery.

- Empower you to formulate and execute self discipline strategies and learn to live by the compass rather than a clock.
- Enable you to incorporate Gandhi's philosophy of Detached Action in your life style in your efforts to establish discipline in your life.
- Finally, help you to attain balance on the fast track of your life by incorporating the concepts of wisdom beyond experience, connectedness, integration, centering and self fulfillment in your life.

This outline of transformational self- help perspective for enabling you to attain balance in your life is a *spiritually based approach* and incorporates unique ideas drawn from the wisdom of all the major spiritual traditions of the world.

The Evolution of self help movement in the US

Uniqueness of the transformational approach to self help is further supported by the following sequence of developments in the evolution of self help movement in the US.

This evolution started with the work of **Benjamin Franklyn**¹ who evoked twelve virtues to turn his life around from being an abject failure up until the age of 29 and transformed his genius into becoming one of the founding fathers of a great nation.

During the early nineteen hundreds as corporate America ushered in a surge of tremendous economic growth, a fast life style emerged. As a consequence. the pioneers of the evolving self help movement rose to the occasion to meet this challenge:

- One of the pioneers of self-help movement, in his bestselling book "*How to Make Friends and Influence People*", **Dale Carnegie**² advocated that by changing our reactions to others we can influence their behavior. That meant that self help involved learning personal/social and management skills. This shift in approach to self help implied that the value (spiritual)

¹**Benjamin Franklin** (January 17, 1706 April 17, 1790) was one of the "Seest thou a man diligent in his calling, he shall stand before Kings. ... At **age** 17, Franklin ran away to Philadelphia, Pennsylvania, seeking a new start in a new city. By 1730, Franklin had **setup** a printing house of his own
<http://www.crystalinks.com/franklin.html>

² **Dale Carnegie** (November 24, 1888 - November 1, 1955) was a pioneer in self-improvement, salesmanship, and corporate training
<http://dalecarnegie.wwwhubs.com/>

- orientation of Franklyn became secondary and eventually began to fade away as later developments suggest.
- As the engine of economic growth continued to produce more and more prosperity and life became fast and furious, to meet the challenges of day to day life, the concept of time management emerged to deal with it. **Hobbs**³ ushered in this shift in orientation by his bestselling Book, “*Time Power.*” To be productive one must learn to manage time efficiently as suggested by the epitaph ‘Time is money.’
 - With the technology revolution in the 21st century, came the superfast computers and smart phones and keeping up with the demands of the fast moving world, task orientation emerged and with it came list making.; **Allen**⁴ provided the tools for dealing with the emerging trend in his book, “*Getting Things Done,*” as stress of daily life became crucial to meet the challenge that the corporate world had to face.
 - A clear shift towards spirituality emerged in the work of **Covey**⁵ who advocated in his bestselling book, “*Seven Habits of Highly Effective People* “ that one must strive to live by the compass rather by the clock and he included in his task planning personal, social and spiritual components along with vision, values, goals in his daily planning system.
 - This shift towards spirituality emerged again in the work of **Zanders**⁶ as they explored personal and professional transformation through possibility thinking in their widely acclaimed book “*The Art of Possibility.*”

³ **Charles Hobbs** wrote the best time management book of his times .He used to travel across the US, Europe & South America and held seminars for time Power. The companies he has helped are HP, AT&T, etc. As the web did not exist during his time, there were no web references available on him.

⁴ **David Allen** created a time management for productivity success and increased focus. Winning at the game of work and business of life. <http://www.davidco.com/about-gtd>

⁵ **Stephen Covey** is recognized as one of Time magazine's 25 most influential Americans, has dedicated his life to demonstrating how every person can truly control their destiny with profound, yet straightforward guidance. <https://www.stephencovey.com/about/about.php>

⁶**Rosamund and Benjamin Zanders** inspirational book, the product of a synthesis of the diverse worlds of the symphony orchestra and cutting-edge psychology and offers a set of breakthrough practices for creativity in all human enterprises. <http://benjaminzander.com/> <http://www.rosamundzander.com/about-roz.php>

- Mindful awareness and pre-sensing as crucial elements of the transformative experience begin to appear in the work of young life coaches and corporate consultants such as **Griffiths**⁷ who wrote her MBA thesis at the Salon School of Management at MIT, ushering in spirituality in the business world.

The theme of transformation as it relates to change is the next step in exploring spirituality based approach in the evolution of self help movement. This book presents a spiritually based approach to self help incorporating the concept of transformational change leading to oneness.

Concluding Comment

Although this book can be helpful in enhancing large realm of personal development, *the material in this book will specifically be helpful to those who are motivated to realize their dreams of success and wish to discover their potential for success by tapping into their inner resources through this spiritual approach as a personal guide.*

I now stand on the cross roads of your life and ask you, 'Where are you going?' You may ignore me, frown at me or tell me 'none of your business' but it is time now that you seek the answer to this crucial question. I hope that the concepts and ideas presented in this book will help you to discover the direction and purpose in your life, and enable you to attain your maximum potential for optimum success through transformational changes.

Om Prakash, Ph.D
Oneness Life Coach
Clinical Psychologist
New Year, 2012

⁷ **Lisa Griffiths** MBA, Salon School of Management, is a professional coach and a corporate consultant in San Francisco, California <https://profiles.google.com/lisamgriffiths/about>

Overview

The main thrust of this book is to empower you to attain and maintain balance on the fast track by helping to make transformational changes in your life

The key concepts incorporating the process of transformational change are:

1. Changes are adaptive as they enable us to deal with the demands of the situations that confront us. Adaptive changes are mostly situational and dissipate over time as the demands of the situation abate.
2. In certain situations, adaptive changes have deeper meanings for us and in the fleeting moments of reflection, these changes can become transformational and can produce sustainable changes and thereby can have powerful impact upon us.
3. To capture the fleeting moments of reflection one must develop moment-to-moment awareness for transformation to evolve. Practice of mindfulness meditation is the most effective technique for the development of a keen sense of inner awareness which enables us to be present in the moment.
4. Practice of mindfulness meditation over time enables the individual to become one with themselves which is the core concept of oneness life coaching, enabling the individuals to develop capabilities far beyond their imagination.
5. Oneness with self enables the individual to create a presence(pre-sense), the ability to sense and bring into the present one's highest future potential that opens us to 'what could be' over and above ' what it is' that we are dealing with.
6. Development of pre-sensing opens the door for innovation, creativity and possibility thinking and we are able to learn both from the accumulated wisdom of the past and as well as from the future with its enormous possibilities. The act of pre-sensing is the crucial step in the development of personal and leadership transformation.
7. Personal transformation of a corporate leader can create conditions for the transformation of a corporation or an organization. As a leader he/she sets the direction and environment for change, but he/she is not the sole agent for transformation of a corporation.
8. Corporate transformation happens in the individual relationships of its members within the corporate community as a whole when they explore

possibilities in the environment for change ushered in by the corporate leaders.

How to read this book

Personal transformation, the central theme of this book, is an evolutionary process and proceeds through several stages. To help facilitate the understanding of this process, the sequence in the development of this process is presented in different sections of the book.

- **Discover the mind set of oneness**
Explore the frame work within which the process of transformation evolves and the way it impacts on individuals in transforming their lives. Discover the underlying theme in this process, the mind set of ‘oneness’ the core of Oneness Life Coaching. Learn to translate oneness of all human beings into oneness within the self by developing mindfulness, the moment to moment awareness to experience the impact of transformational change.
- **Remove the roadblocks**
There are roadblocks on the on path of your journey of transformation which can sabotage the process. Overcoming what are often labeled as gremlins, the mind monsters will help you to remove the hurdles on the way. Learning to cope with personal stress and dealing with workplace stress can help you to develop adaptive changes which in times of reflection can be turned into transformational changes.
- **Prepare to transform your life**
Once you have removed the roadblocks, the next phase in the journey of transformation involves your developing innovative capabilities through the art of possibility thinking by challenging the preconceived assumptions. As you develop your innovative capabilities, you can learn to tap into the wisdom beyond experience, the ultimate form of possibility thinking. You can further enhance your transformative capabilities with the practice of mindfulness meditation which enables the individual to experience presence in the moment that culminates in presensing, the capacity to bring into the present one’s future potential. You can acquire transformational skills and enhance or maintain your transformational experiences with the practice of self hypnosis, core transformation using NLP, a specialized hypnosis technique and practice of advanced meditation techniques.
- **Create the roadmap to success**
Developing a great life plan will help you to translate the vision of your life into a road map which in turn will enable you to maintain orientation towards the long term effects of transformational change. Crating self

discipline strategies allows you to sustain that effort in the attainment of your objectives.

- **Journey Beyond**

The ultimate purpose of all transformations is to establish balance on fast track of life in both your personal and professional life. Guide posts for your embarking on the journey of self discovery in determining your success potential along with a call to action to embark on the journey to success are to help you discover your maximum potential for optimum success.

The details of this sectional overview are presented in the section pages describing the content of the chapters within the sections. The chapter heading are descriptive of presented materials.

Resource Materials

Footnotes: Contain a short narrative regarding the author followed by contact information and appear at end of the page within the section of the chapter.

References: Separated by chapters and arranged alphabetically, contain detailed citations and appear at the end of the book.

Links: Due to changes in URLs, some of the links may not lead you to the intended material. Please use the author's name and/or title to locate it.

Disclaimer: Names have been changed to protect the identity of patients and clients.

I

Discover the Mindset of Oneness

The theme of unity in diversity of life suggests that we all emerged from the same 'one' source, and this theme unites all human beings in the bond of "Oneness." Enabling you to discover the mind set of 'oneness' is basic objective of this section.

- Helping you to explore the impact of transformational change on the lives of individuals (Chapter-1).
The framework of this change is described in the next two chapters.
- The central theme in transformational changes is 'oneness with the self' ; the core of oneness life coaching which enables individuals to translate oneness of all human beings into oneness within the self (Chapter -2)
- And then we describe how this harmonizing process is enhanced by developing mindfulness to create awareness the key to transformational change.(Chapter-3)