

LIVE 4 YOUR DREAMS



INSPIRE YOUR MIND: VOL 1

BY: MANNY VASANDANI

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SNEAK PEEK PREVIEW

Acknowledgement:

I would like to acknowledge my mother, even to all our trials and tribulation, and the moments we didn't see eye to eye. You being a single parent was definitely a rough situation to be in, but you stuck with me through all the pain, heartache, and life tribulations. I just want to say, that I love you mom. I also want to acknowledge Toastmasters International, my pervious club Toyota Airbags #7933, you help find my true passion in life as a public speaker, thank you for helping me heal my soul to becoming a great mentor and proving my leadership skills. I also want to acknowledge some of the great motivational speakers: Eric Thomas, Les Brown and Tony Robins; you encouraged me to live for another day, hearing some of your inspiring messages and your struggles have really shed a strong light thru some of the very dark moments in my life. I want to thank you from the bottom of my heart; you've changed someone's life for the better. I also want to acknowledge our previous president; Barrack Obama, your speeches inspired me in so many ways, I can recall it as if it was yesterday, as you stood in front of the Lincoln memorial and said to thousands "If you work hard, do the right thing, you will eventually get the American dream." The American Dream, I'm finally feeling it, your reply letter was a true blessing to me, thank you for the opportunities for us millenniums to become the next Dreamers. To all my Dreamers living in the darkness, just remember you are American stars, waiting to shine your voice to the world. Si se puede!!! Last but not least I want to acknowledge God for all the blessings, bringing faith back into my life, and for being a constant reminder through the hard times, "What doesn't kill you will only make you stronger" and guess what I'm getting mentally and physically stronger every single day. Thanks to you God.



EDITOR TRUPTI PATEL

CHAPTER 1 “INSPIRE YOUR MIND TO INSPIRE OTHERS”

“BE THE CHANGE YOU WANT TO SEE IN THE WORLD.”

-MAHATMA GANDHI

Inspire your mind to inspire others; shall we dive in a little deeper into our minds? You see the word inspiration is more than a birthday gift, it's more than just love making, and it's more than medicine for the sick. To inspire others is to heal or to be healed; it's to bring darkness to light. The world we live in today is so complicated compared to the experiences our folks lived through some decades ago. Life was very simple a century ago; it was very easy to inspire others, from listening to records from the Beatles, to hearing speeches from the great Dr. King. We live in a world, where we are constantly being bombarded with text messages, to the latest iPhone model, to keeping up with the Kardashians, we are so lost, that we never stop for a moment and actually think about ourselves, our growth, our success, and how we can inspire others to become a better version of themselves.

Our minds are so powerful, stronger than an Intel or snap dragon chip on your android. Our body can heal the sick with the right touch, and our mind can set us free with just the right words

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Just remember in life there is going to be ups and downs, the more you learn to inspire your mind with good thoughts, with positive energy the easier life will be in the long run. Take a deep breath, and close your eyes look at your circle of friends, are they letting you grow physically, mentally and emotionally? Are they an asset to you, or a liability? Don't waste time dwelling on the past, don't question the impossible. The word impossible sometimes tends to freeze our mind, however if you look at the context of the word and break it down, it says I'm possible. "Learn to invest in yourself that is best asset money can't buy, just forget about him or her and them and remember it's my time to shine." Before I leave today I hope I can resonate a message deeply inside your hearts, "Create an image and leave a legacy behind" "Create an image and leave a legacy behind" Now let's get ready to inspire you. Ready champ???



CHAPTER 2 “HAPPINESS WITHIN THE HEART”

“WE SHALL NEVER KNOW ALL THE GOOD THAT A SIMPLE SMILE CAN DO.”

-MOTHER TERESA

Happiness within the heart begins with the mind, body and soul. The combination of three is so powerful to one’s life, that no money in the world that can bring such eternal bliss to one’s life. In today’s society happiness starts with happy Friday Montel Jordan style and usually end up with happy hour and some chicken wings on the side. Let me give you the run down at my office, it’s Friday evening everyone is sitting on the edge of their chairs, rolling their eyes and waiting eagerly for the clock to strike 5 and at that moment everyone’s mind is just singing, “It’s Friday, its Friday gotta get down on Friday, got to go out and drink all night.” The scene usually starts up, at a late-night bar with a couple of friends, and usually ends with making plans for the next Hangover Vegas trip without Mr. Chow of course. Let’s pause for a moment, and ask ourselves is that really happiness? Vegas trip? Drink our ass off? Or is it just an escape route from our 9 to 5? Or better yet we keep pushing that fictitious smile over our poker faces and wait for Friday to do it all again? You be the judge. Let’s go back in time for a minute, back to your childhood days. Can you picture the joyful memories that brought a smile on your face, can you smell the fragrance of bliss in the air? The tear drop of joy, the embarrassing moment of you picking your nose as a kid being broadcasted across the dinner table by mom, to that very big smile stretching every wrinkled skin along grandma’s face. The presence of togetherness was so contagious, that you just couldn’t stop asking mom, when the next family gathering will occur. When it’s all said, and done, happiness wasn’t hard to find growing up, from the birthday cake being smashed down your face, happiness was just a smile away.

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In life, there is going to be ups and downs, misery loves company that's just how life is; enjoy the ride as it last, learns to smile to all the heartache and pain. Let's make happiness a reality today, my challenge to you is quite simple for the next 3 months, I want you to bring that joy, bliss, and happiness back in your life. This weekend go out to a book store: Barnes and Nobel; get an inspirational book on someone that you can learn from. Look at their struggles, learn from their experiences, and you will eventually see the joy of tears, as you read each chapter, you will learn their trials and tribulation and you will see they're no different from you. Inspire your mind to inspire others, it starts with you; if you want others to follow, you have to lead with a smile.



CHAPTER 3 TIME IS MONEY

“YOUR TIME IS LIMITED SO DON'T WASTE IT LIVING SOMEONE'S ELSE'S LIFE.”

-STEVE JOBS

Time is money, but is it really? Or is just a metaphor we use, to keep us locked in with today's technology. Let's dive in six feet deeper, before you and me, there was just the universe and a few hundred trees. Time was on nobody's mind, days were measured based on earth axis rotating around the sun, and the clock was created by man, based on the sun light reflection shadowing down, on the oval shape rock. So, the question still remains, did we create time? Or is this all based on our perspective of time? Better yet, just ask Albert Einstein along with his theory of relativity. Moving right along, today we live in a fast-paced world, where our Smartphone's have given our hearts a new pulse to stay awake. Today's technology has no competition compare to our childhood days or even close to an episode of my favorite, The Wonder Years. Today's dinner table sit down with the family is more like crickets singing in the background, no laughter, no funny stories to share, just your teenage daughter as she stares down at her cracked iPhone, a key stroke swipe to the left to who's hot to who's not, and ding (text notification) there goes her queue, as she text messages her way out of the kitchen and into the next A list party, somewhere in Calabasas.

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In life, some of us are just looking for an easy way out, constantly crossing our fingers for the winning numbers, some of us just keep talking about our dreams, while others learn to value their time and make something out of their lives. Anybody can just talk about it, but you really got to be about it. Talk is cheap action speak louder than words. My final words to you are “Be inspired, get aspired or be expired.” The choice is simply yours.



CHAPTER 4 DEPRESSION WITHIN MIND

**“WHEN LIFE PUTS YOU IN TOUGH SITUATIONS. DON’T SAY “WHY ME” JUST SAY “TRY ME.”
-THE ROCK**

Depression within the mind is all psychological, or is the medicines we prescribe to our minds? You decide. We live in a world where uncertainty and a feeling of insecurity is part of the new norm. What really sparks the flames is how our society tends to treat the ill, with prescribed pills vs. getting straight to the root cause. Sigmund Freud once said, “Even the mentally ill can be cured with the right set of love and care. Just like our bodies can be healed with the right touch, our mind can set us free with just the right words.

What causes depression you say? Some say genetics, loved ones coming back from war, while others say certain medication to others claiming substance abuse. It’s so ironic to see prescription medication, such as Accutane being used to treat acne, or Barbiturates to treat anxiety, can cause depression to one’s body.

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For those of you struggling or have just hit rock bottom, I feel your pain, I see your tears, just hold on another day, life is so precious. If you just hold onto another day I guarantee, things will get better. Just look at the person next to you, and look in to their eyes, and say I'm here for you, thick or thin, blood is thicker than water. Do me a favor next time you see your brother or sister, slipping through the cracks, reach out to them, talk to them, it will mean the world to them. I guarantee, as it has done wonders for me. Life is a journey, learn to live a little!



CHAPTER 5 SHATTERED DREAMS

“DREAM AS IF YOU’LL LIVE FOREVER, LIVE AS IF YOU’LL DIE TODAY.”

-LEBRON JAMES

Shattered dreams, what a pity, what a shame, shall I shed my last tears for you or will just keep pushing your dreams away? You decide? We live in world full of hopes and dreams, but when it comes to push and shove we tend to shy away from conquering our dreams. “I have a dream that one day this nation will rise up, live out the true meaning of its creed.” You see every dream began with an idea, and ends with a vision, just as MLK’s vision was to uplift the minds of ignorance and strive for equal rights for mankind. Before you and I existed, there were big dreamers waiting to shape the world, such as Steve Jobs to Bill Gates that brought a new meaning to the household computer such as the Lisa one to innovating gadgets that set a milestone in technology, from the iPad, to the Xbox one. Each one us was born with a dream, a vision, and a purpose and perhaps something that separated you from the rest of team. Some of you might have to dig, really deep to find out what your dreams are made from it, just like Steve Jobs would always say “Stay hungry stay foolish.” What did he mean? Well to sum it up he meant to keep pushing play, never settle for less, but at the same time learn to bring that creativity back in to your lives and don’t be afraid to share your dreams with the world.

Today’s world is quite different for a majority of folks, many do not strive for personal growth, some dreams mostly just ends with a click of the remote, just waiting to punch out and wait for your pension to kick in.

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My message to you simple, follow your dreams, don't let disappointment get in its way. As Malcolm X has said once, "The future belongs to those who prepare for it today." So, stop wasting time living someone else's lives, as your time is so limited.



STORY 1 THE RISE AND FALL OF AMERICA

“ASK NOT WHAT YOUR COUNTRY CAN DO FOR YOU, ASK WHAT YOU CAN DO FOR YOUR COUNTRY.”
-JOHN F. KENNEDY

This country I call home is not to any degree different, then the countries I have once set foot in. Except with a thought to rise from the ashes and a hope to one day pursue the American dream. This great country was built on values, such as the freedom to speak, freedom to write and where all men are created equal, these were not just ideas, but basic human rights, each one of us should have, from universal health care to fair working rights, that’s where the rise and fall clashes against each other. This nation was discovered by our founding fathers, originated from the British Empire, with a goal to colonize and spread their agenda, ideas upon the new nation. With such boycotts from the Boston tea tax against British Empire, led to unite a nation as one. Cruel colonization was being forced on a nation which ultimately created chaos, uncertainty, rebellion and unification which created America we know as today with her red white and blue stars. Let’s face the facts for a moment, we were all immigrants once, and have contributed to this great nation, some of our forefathers arrived here by ships. With such a negative mindset mentality of one preaching this land is my land, should bypass one’s mind, based on our melting pot nation as a whole.

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As the days goes by, our faith towards politics is crumbling, the 1% has nothing to fear, as their wealth will be secured and their rent will not go up. As the rest of us keep pondering what's next, what now, as we have seen families that were once under the shadow and those Dreamers quite recent are getting a taste of the American dream, might once again, have to remain in the shadow of darkness. Let's become one again, in united we stand, let's not just go to the motion but let's grow from it as well. As we are all Americans and united we stand, let's not become divided any longer. In United we stand, God Bless this country, America as she rises again.



STORY 2 MY LIFE, MY STRUGGLE: MALCOLM X

**“IN THE END, WE WILL REMEMBER NOT THE WORDS OF OUR ENEMIES,
BUT THE SILENCE OF OUR FRIENDS.”** **–M.L.K**

As I look at you today, and see a smile from each of your faces, I thank the lord that I’m still alive in your hearts and soul. My physical body might have been gone decades ago, but my teaching lives on. You must have read about me in your history books, during Black history month, where I mention having discussions with one of our great civil rights leader, along with having a crowd of millions, not afraid to speak their mind. Let us fast forward a bit, Denzel Washington played an amazing role, as civil rights leader right after the Rodney King beating. My life, my struggle goes way back, way before any of you were born. It all started in 1925, in a small suburban town called *East Elmhurst* in Michigan. I was a young kid; I had 7 siblings similar to my age. We lived in the darkest times, where being born Black was not in anyone’s favor. Most days, we were faced with racism and death threats, we just didn’t feel welcomed in our town.

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My last words to you all, is to speak your mind and don't let anyone define, who you are, not by race, gender, or religion. As we are all in eyes of God, his very own children. As we are stronger when we unite, raise your voice and fight for what you believe in, as I once did.



POEM 1: THE TEAR DROP IN HER EYE

THE TEAR DROP IN HER EYE

IT'S BRIGHT AND DARK AT THE SAME TIME

ONE FILL WITH HATE THE OTHER FILLED WITH LOVE

IT FEELS LIKE POISON SOMETIMES

AS THE SUN RISES, THE CLOUD TAKES OVER

BRINGING THE RAIN DROP TEARS BACK TO HER FEARS

IT PONDERES ON THE FUTURE AND LOOKS AT HER PAST

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POEM 2: HEAVEN IS NOT HARD 2 FIND

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POEM 3: TEARS OF JOY

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CONCLUSION:

INSPIRE YOUR MIND TO INSPIRE OTHERS:

- CREATE AN EMAIL AND SMS SIGNATURE QUOTE**
- MENTOR OUR YOUTH IN OUR COMMUNITY**

HAPPINESS WITHIN THE HEART:

- WRITE 5 GREATEST ACHIEVEMENTS YOU'RE PROUD OF**
- LEARN TO SMILE AT THE WORLD**

TIME IS MONEY

- WRITE 5 ACHIEVABLE GOALS A DAY AND TRY TO COMPLETE IT**
- PRACTICE WHAT YOU PREACH: BE A MENTOR, CREATE A BOOK, LEAD OTHERS**

DEPRESSION WITHIN THE MIND

- SELF FORGIVING START WITH YOUR SELF**
- BECOME YOUR OWN GURU**

SHATTERED DREAMS:

- YOU ARE NOT YOUR SITUATION**
- START 20 MIN EACH DAY ON YOUR DREAMS**
- PRACTICE BECOMES PERFECT**

TO BOOK A SPEAKING GIG WITH MANNY-V



TOPICS INCLUDE:

- **EFFECTIVE COMMUNICATOR**
- **SELF CONFIDENCE MINDSET**
- **TIME MANANGMENT MASTERY**
- **FIGHTING DEPRESSION AND BATTLING ANXIETY**
- **DEALING WITH MENTAL ABUSE**
- **TURNING DREAMS TO REALITY**

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