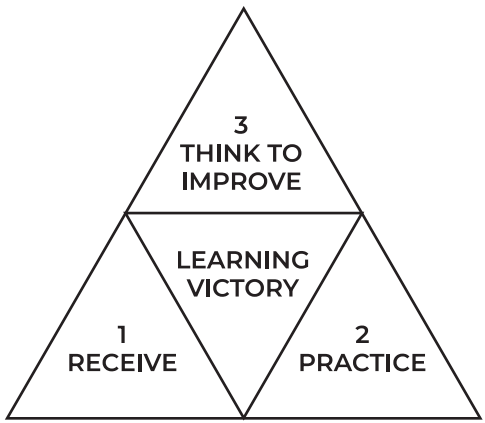


I

DEPENDENCE

In ignorant areas, depend
on Knowers.



STANDING

I LEARNING

1. In ignorant areas dependence must, find out experts and request just, to stand on your legs learning first. Attitude!
2. Every child is dependent one, Mother takes care of that one, with link of love learning is won, Holding hand!
3. Surrender to Masters while you learn, as a dedicated learner, name you earn, be a Master-learner, night candles; burn. Penance!

1 RECEIVE

1. In learning process receiving first, with open mind the receiving best, be like a little bird just out of nest, Opening the wings!
2. With devotion you receive the help, when you need, ask for help, follow the instructions while receiving help, Faith!
3. At one point teaching comes to end, but for learning, there is no end, go up and up the learning trend, Unending process!

2 PRACTICE

1. Practice what you receive and learn, your own experience you must earn, practice, practice and perfectness; earn. Perseverance!
2. Be determined and loose not heart, with avoiding errors learning is art, with reinforcing right steps it is perfect art. Self Help!
3. There is no failure when you do try, try, try, try and try, try, try, It is actually doing, there is no try. Success route!

3 THINK TO IMPROVE

1. When you practice improve things, added value improvement brings, improving is flying higher on wings. Transformation!
2. Think to improve and innovation do, innovation is generating ideas too, for ideas listen to intuition inside you. Creativity!
3. About different aspects you must think, different ideas with logic you link, the idea solution, then, you can drink. Analysis!

I. STANDING

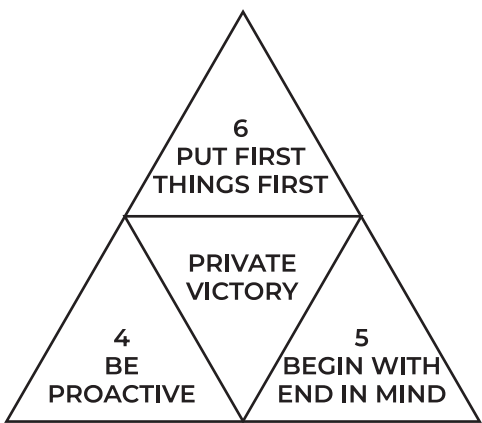
1. Little little things you learn to win, make it a habit to attempt and win, thank the helpers wherever you win. Winning Habit!
2. On your own legs now you stand, on your own now you understand, evaluate then where you stand, Self Appraisal!
3. Contribute while learning at dependence stage, make every learning a gate to new age, this way move forward to independence stage. Progress!

SELF CONFIDENCE IS KEY
TO LEARNING VICTORY.

II

INDEPENDENCE

In confident areas,
depend on Self.



DARING

II ACHIEVING

1. In confident areas independence just, in critical times be volunteer first, when hands are strong extension must. Courage!
2. Every youth can be independent one, he would like to be the progressing one, with chain of achievements progress; won. Advance forward!
3. Depend on self when you move, as determined achiever work you give, as peak performer your worth you prove. Dynamic Force!

4 BE PROACTIVE

1. In achieving process initiative first, on your own choice moving is best, be like a young cub, face life's test. Extending Arms!
2. Develop a personal vision, mark your goal, to reach that, play a missionary role, missionary zeal is to offer your whole. Propelling self!
3. Be proactive, act before fact, being reactive is acting after fact, to anticipate and inculcate tact. Being on Spot!

5 BEGIN WITH END IN MIND

1. From beginning keep goal in mind, take responsibility with action and mind, mentally work it out till clarity shined. Mind preparation!
2. With goal in mind; planning you do, for sources and resources; preparation too, count money, materials, methods, minutes too. Ever readiness!
3. Think problems that you may face, think of solutions at the same pace, time is moving and you are in a race. Personal leadership!

6 PUT FIRST THINGS FIRST

1. Set priorities in matters all, to attend priorities be on call, as per importance roll the ball. Need attention!
2. Limited resources, funds, energy, time, for vital items allocate every time, avoid frills and save your own time. Resource Direction!
3. As per priority manage things, For contributing areas allocate things, In loosing areas, study and ration things. Last things last!

II. DARING

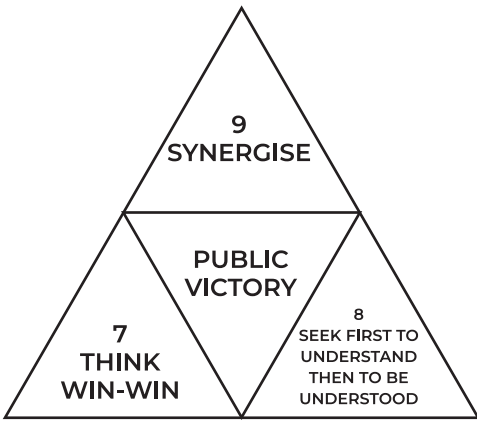
1. Greater and greater achievements you win, make it a habit to optimally win, evaluate results when you loose or win. Winning well!
2. On your own achievements now you stand, strengths and weaknesses now you understand, for value addition you take a stand. Self worth!
3. Be best and humble at achieving independence stage, make every achievement an entry to new age, this way move up to interdependence stage. Development!

SELF RELIANCE IS KEY TO
PRIVATE VICTORY

III

INTER DEPENDENCE

In common areas, depend
on Group (includes you!).



SHARING

III CONTRIBUTING

1. In common areas inter-dependence must, inculcate colleagues and be comrades just, interlink the hands as cooperation is best. Teamwork!
2. Every adult is interdependent one, with team members he prefers to be one, like chains on a ring, load sharing done. Mutual strength!
3. Understand team mates when you share, as a dependable colleague; task you care, be a top contributor, ups and downs you bear. Joint Endeavour!

7 THINK WIN-WIN

1. Cloth is strong when strong each strand, union is strength join hand in hand, to multiply strength united we stand. You for Unity!
2. Give and receive is key to win-win, see other's strength and help him to win, add your strength for a double win. We for Victory!
3. Take over not and over take not, undertake to bring out best of the lot, underrate not and share the light spot. W for Win!!

8 SEEK FIRST TO UNDERSTAND

1. **THEN TO BE UNDERSTOOD**
First let partner present his view, understand that and present your view, re-view both views to see real view.
2. Interchange!
You become that what you think, think you are He, his way you think, of both thoughts then you make a link.
3. Exchange!
What you understand communicate back, for any corrections request feed-back, with empathy his feelings you back. Harmony!

9 SYNERGISE

1. Make every relationship real partnership, then sail together in partner-ship, when you row together it is a powerful ship. Synergy!
2. Four hands Good, better two brains, in oneness of partnership creativity rains, encourage each other, fountain never drains. Think tank!
3. Trust is the anchor of partnership, with unending trust stable is ship, be a trustee and it is single-soul-ship. Oneness!

III. SHARING

1. Larger and larger contributions you win, make it a habit to mutually win, share the success whenever you win. Winning together!
2. Well along with others now you stand, your team members now you understand, for community good take common stand. Self Contribution!
3. Shine with others in interdependence stage, make every success common way to new age, this way reach to supporting stage. Growth!

SELF OFFERING IS KEY TO
PUBLIC VICTORY.

IV

SUPPORTING

For overall victory,
support Each



CARING

IV TRAINING

1. In expertise areas teaching best, when learners come, give your best, give guidance, knowledge, assure first. Encourage!
2. Every person can be supporting one, beginners learn from that one, like rings for chain supporting done. Giving a hand!
3. Love the learners while you teach, as a considerate teacher, hearts you reach, as an example, practice what you preach. Inspiration!

10 THINK OVERALL

1. Think overall; consider the whole, for perceiving full picture play your role, see from equator, also from pole. Over-seeing!
2. Effect of overall on parts you see, role of parts on overall you see, for appropriate roles proponent be. Super-vision!
3. For overall quality priority you give, for all-over equality importance you give, For each and all attention you give. Equal-sight!

11 BEGIN WITH OTHER'S NEEDS

1. Begin with other's needs when you train, their strengths and gaps see again and again, find areas of maximum possible gain. Situational inputs!
2. Consider person not by age, but evaluate him by his stage, relate to person as per stage. Appropriateness!
3. Prime importance is not your needs, as per other's needs tune your deeds, your needs are weeds and theirs are seeds. Perspective!

12 ENJOY OTHER'S SUCCESS

1. Enjoy whenever people do win, by sharing the joy and bliss of every win, as supporter you win when others do win. Winning Final round!
2. Be in the back ground in victory march, let the winners dance and forward march, let others enter first through welcome arch. Being in background!
3. Do not be in picture when award comes, let others receive when reward comes, prepare them for next round to face whatever comes. Being on the ground!

IV. CARING

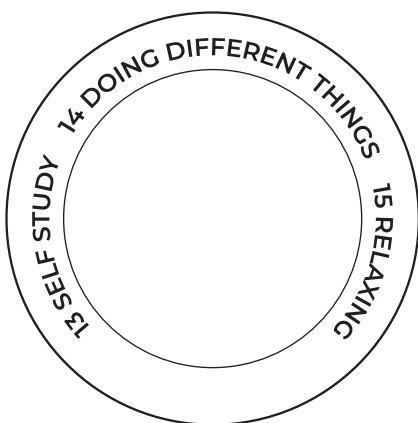
1. Total success of the life you win, make it a habit to help others to win, celebrate in joy when others do win. Winning the Life!
2. As caring contributor now you stand, the spirit of humanity you understand, for everyone's good take principled stand. Overall Victory!
3. Let others win with your leverage, with overall success enjoy your age, this way be in the supporting stage. Ultimate leader!

SELF HARMONY IS KEY
IN OVERALL VICTORY.

V

SHARPENING THE SAW

To keep fit, sharpen
the Saw.



SHINING

V RENEWAL

1. For self vitality renewal must, take care of body and mind first, with sound mind and body; things are best. Keeping fit!
2. Every person can be ever fit one, with fitness all victories are won, when saw is sharp, best cutting is done. Strong hands!
3. Be with nature freshness earn, to be contributor to nature, lessons you learn, for air to be fresh, carbons don't burn. Environment!

13 SELF-STUDY

1. To keep mind sharp, self-study best, To read best of books take interest, But study deeply and don't read just. Mind energy!
2. Knowledge is past, absorb it fast, information is present, collect the vast, ideas are future, solutions will last. Beyond three!
3. Reading not enough, writing must, with deep thinking, writing is best, after thinking, for imagination let mind rest. Fountain!

14 DOING DIFFERENT THINGS

1. Expand Horizons by doing different things, new abilities new learning brings, generate new by connecting different things. Multi-dimensions!
2. Do not do same and same every day, break the routine by going a new way, changing subjects is relaxing way. Multi-skills!
3. At different situations play different roles, play learning, achieving, leading, training roles, do not be a follower, create new goals. Multi-faceted!

15 RELAXING

1. Relax, take it easy be at rest, Let not life be a fast tempest, Enjoy home like a bird in nest. Tension-less-ness!
2. Play games indoor and outdoor too, in body and mind free be you, go outdoors, lots of walking you do. Happiness!
3. Take holidays and go bit around ye, Enjoy sun, rain, snow and sea, in rainbows, water falls, skies, beauty you see. Nature friendly!

V. RECHARGING

1. Renewal in life you ever win, make it a habit to sportively win, nature's energy you take in. Winning Nature!
2. As energetic re-newer now you stand, the world's energy you understand, to relate harmoniously take a stand. Self Renewal!
3. Make everyday a re-charging stage, make exciting every outage, this way be young, avoid to age. Reaching out!

SELF-GRINDING IS KEY
FOR SHARPENING THE SAW

VI

SIPHONING THE SEA

Be in-charge, by siphoning
the Sea.



BEING

VI REACHING IN

1. Inside everyone is self energy sea, reaching in, best any one can be, turning-in-sight one can see. Self-potential!
2. "Kingdom of heaven" is inside us, that is untapped unknown plus, it is a boon and own bonus. Self-source!
3. In-spiration springs by surrendering to self, silence, contemplation for being with self, meditation is for being the joy of self. Self-course!

16 SILENCE

1. For being within, is silence cave, in silence, energy all can save, in-light shines in darkness of cave. Silent-energy!
2. In-listening possible when outside closed, In-tuition is clear when in-closed, In-tention is in harmony when enclosed. Silent seeing!
3. Stopping, reading, writing and speech, inside GOD is within the reach, if one is within, In-God will teach. Silent-learning!

17 CONTEMPLATION

1. Contemplation is tempering the thought, with concentrated thought, clarity brought, with thinking fire, doubts becomes naught. Heat!
2. In-timate ideas with subjective thought, ultimate clarity with objective thought, with focus on who, where, when, how, why, what. Sound!
3. After thinking, when thinking stopped, with relaxed silence when it is topped, illumination sparks and in-flow tapped. Light!

18 MEDITATION

1. Sitting alone in solitary place, with external contacts out of trace, one can be free in inside space. Solitude!
2. Closing eyes, focusing sharp mind "eye", seeing body-sensations with witnessing "eye", being equanimous one can disintegrate "I". "I" titude!
3. With equanimity reactions are nil, pure and supreme is reactionless will, with willing well for all, self-tranquil. Altitude!

VI. OPTIMALITY

- Investing not less spending not more, Eating not less eating not more. Accepting not less wanting not more, Sleeping not less sleeping not more. Working not less resting not more, Speaking not less speaking not more, Listening more and more. Feeling not less feeling not more, Thinking not less, thinking not more. Relating not less relating not more, Writing not less writing not more, Managing not less managing not more, Leading not less leading not more. Beyond like-dislike more and more, Being compassionate more and more, Contributing more more and more, Loving all beings more and more. Improving on own more and more, Being with Harmony opening in door, one will pass through ultimate door.

SURRENDERING IS THE WAY TO
SIPHON IN-SEA

VII

COSMIC VIEW

Practice principles to experience principal view.

1. **DEPENDENCE :**
1 RECEIVING : Principles of Devotion
2 PRACTICING : Principles of Perseverance
3 IMPROVING : Principles of Innovation
LEARNING VICTORY : SELF CONFIDENCE STANDING
2. **INDEPENDENCE :**
1 BE PROACTIVE : Principles of Personal Vision
2 BEGIN WITH END IN MIND : Principles of Personal Leadership
3 PUT FIRST THINGS FIRST : Principles of Personal Management
PRIVATE VICTORY : SELF RELIANCE DARING
3. **INTERDEPENDENCE :**
1 THINK WIN/WIN : Principles of Interpersonal Leadership
2 SEEK TO FIRST UNDERSTAND THEN TO BE UNDERSTOOD : Principles of Empathic Communication
3 SYNERGISE : Principles of Creative Co-operation
PUBLIC VICTORY : MUTUAL WIN SHARING
4. **SUPPORTING :**
1 THINK OVERALL : Principles of equality
2 BEGIN WITH OTHERS' NEEDS : Principles of GIVE & GIVE
3 ENJOYING OTHERS' SUCCESS : Principles of being in background
OVERALL VICTORY : OTHERS' WIN CARING
5. **SHARPENING THE SAW**
1 SELF STUDY : Principles of Understanding
2 DOING DIFFERENT THINGS : Principles of Expanding Horizons
3 RELAXING : Principles of Recreation and Self Renewal
RECHARGING : RECEIVING NATURE'S ENERGY GRINDING
6. **REACHING SELF SIPHONING THE SEA :**
1 SILENCE : Principles of Conservation of Energy
2 CONTEMPLATION : Principles of Tempering the Energy
3 MEDITATION : Principles of Topping Internal Energy
IN CHARGING : EXPERIENCING SELF ENERGY BEING

THIS IS THAT
THIS (LIFE JOURNEY) IS THAT (COSMIC WAY).

COVEY
LEADERSHIP
CENTER

June 25, 1991

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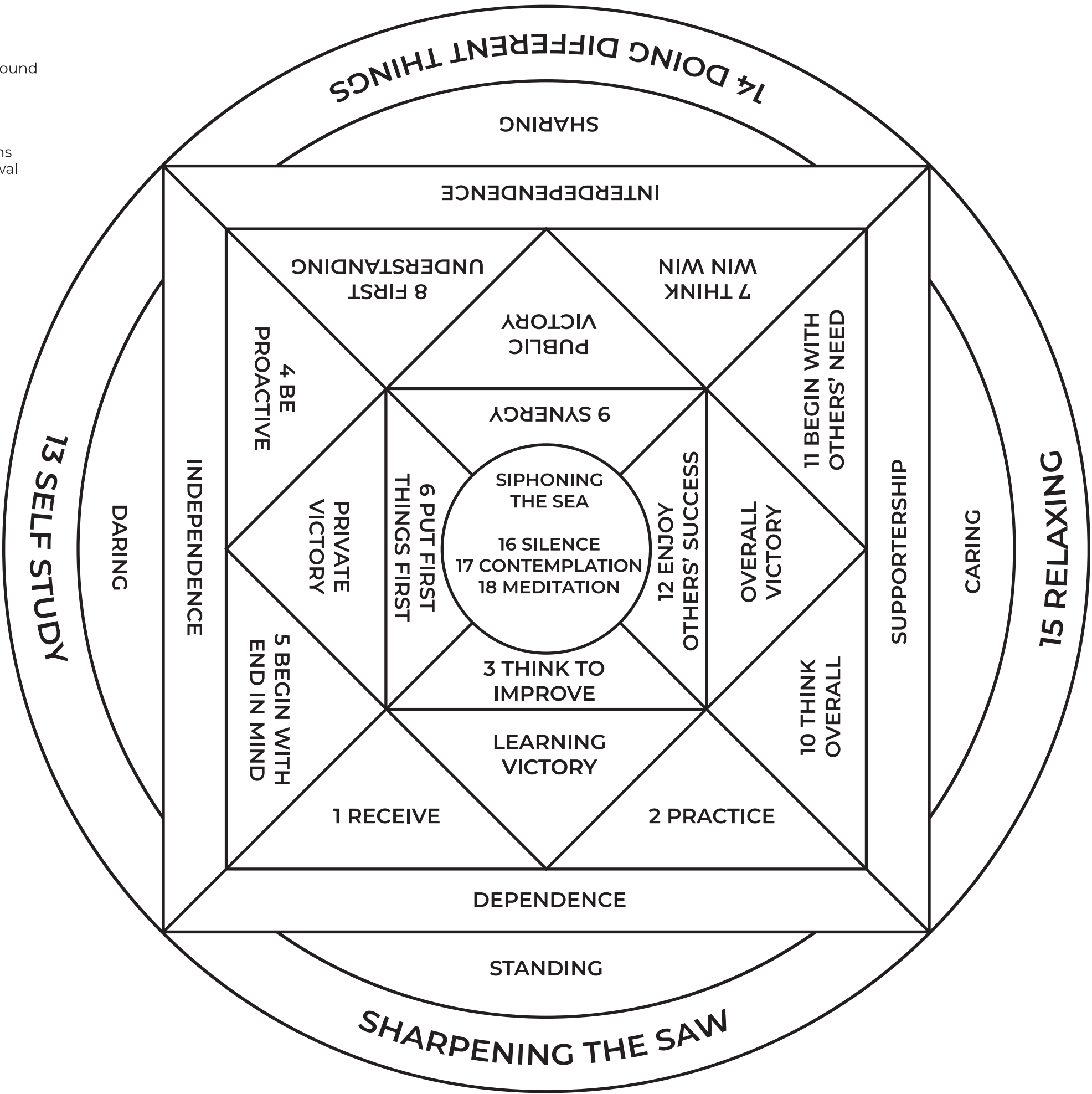
Dear Narayana,

I want to thank you for your letter dated June 12, 1991. I appreciate your feedback on the Seven Habits and also enjoyed the manuscript. You are most creative and thoughtful.

I wish you well and hope you have great success in all of your righteous endeavors.

Sincerely,
Stephen R. Covey

COSMIC VIEW



DEPENDENCE TO FREEDOM

G. Narayana

Dedicated to learner, achiever, sharer
and teacher within each one of us.

THANKS AND THOUGHTS

First my heartfelt and sincere gratitudes to Master Thinker and refreshingly Innovative Author Mr. Stephen R. Covey whose wonderful book "7 Habits of Highly Effective People" was presented with love by Shri Ashok V. Patel.

The ideas, thoughts, concepts of "Dependence to Freedom" and principles are extension, modulation, presentation, re-presentation of ideas, thoughts, concepts and principles of "7 Habits of Highly Effective People". Mr. Covey has illustrated and offered 7 habits for journey from dependence to independence to interdependence and also the self renewal.

These 7 steps or paths are 3 steps for successful independence, 3 steps for successful interdependence and the "sharpening the saw" which is self renewal. While this is excellent and highly useful, the "dependence" (on Masters) becomes essential in case of ignorant areas and "supporting" (other side of dependence) of learners in expertise areas is equally important area.

Further "sharpening the saw" is self renewal and newly added path of "siphoning the sea" is emphasis on the internal energy available to each person. Both external and internal energy are considered by Mr. Covey. However, "Siphoning the sea" gives special attention to inner energy.

Thus 3 steps of successful dependence and 3 steps of successful supporting alongwith principles of "Siphoning the sea" are by me. While the structure and concept frames of original 7 phases are that of Mr Covey, the entire inner content of chapters is mine.

The presentation in poems came naturally and the whole work is the tribute to Mr. Covey and to the readers, many of the new ideas are from the eastern Indian culture and it was a wonderful experience to join "brains" with Mr. Covey.

G. NARAYANA

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