



DEPENDENCE TO FREEDOM

NARAYANA

**DEDICATED
TO
LEARNER, ACHIEVER, SHARER
AND
TEACHER
WITHIN EACH ONE OF US.**

SHARING THE EXPERIENCE

Having read and re-read both the original and the translation, I get lifted to extremely meaningful understanding of the overall goals of life. I am sure every reader will also experience this.

My heartfelt congratulations to Prabhakar for achieving such great heights of excellence in Marathi. No one can think that it is a translation.

This book is the fountain of wisdom enriched with thoughts of great Indian Culture and Civilisation.

K C SHROFF

Bombay,
October, 24, 1991.

OBSERVATIONS

I was very happy to go through "BHAVANUVAD" of Shri Narayanbhai's Book, "DEPENDENCE TO FREEDOM" in excellent and inspiring Marathi by Shri P D Thosar. The book of Shri Narayana, drawing inspiration and based on Stephen Covey's "7 habits of highly effective people", is a great collaborative effort living upto the interpretation of the date of 22nd Feb.'91 as "UBHAY DIN".

The journey from "External Success" (Factors) to "Internal Success" (Factors) is very interesting. Mr. Covey has built a very sound (Western) model, Mr. Narayana has given it an interesting oriental touch.

I am sure the book will be of great value to anyone interested in success, whatever be his model of success and whatever be the phase at which he may be in life. To anyone who has read this book, the journey to & destiny of success will have a deeper satisfying meaning.

A C SIIROFF

Bombay,
October 28, 1991.

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

These are the pebbles of the learning and experience of Shri Narayana. We at 'EVERDAY' realize the gradual renaissance it has brought in our lives and this is our 'Guru Dakshina' for that great cause of re-inventing the Indian Culture. Trust that this will benefit you as much as it has benefitted us.

With Best Compliments from:

K. I. VAGHANI
C.E.O.

Everyday for Everyone

AJAY CORRUGATING & PLASTICS PVT. LTD.
443, G I D C IND. ESTATE, WAGHODIA. DIST BARODA

COVEY
LEADERSHIP
CENTER

June 25, 1991

G. Narayana
Excel Industries Limited
184/87, Swami Vivekanand Road
Jogeshwari, Mumbai 400 102.

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.

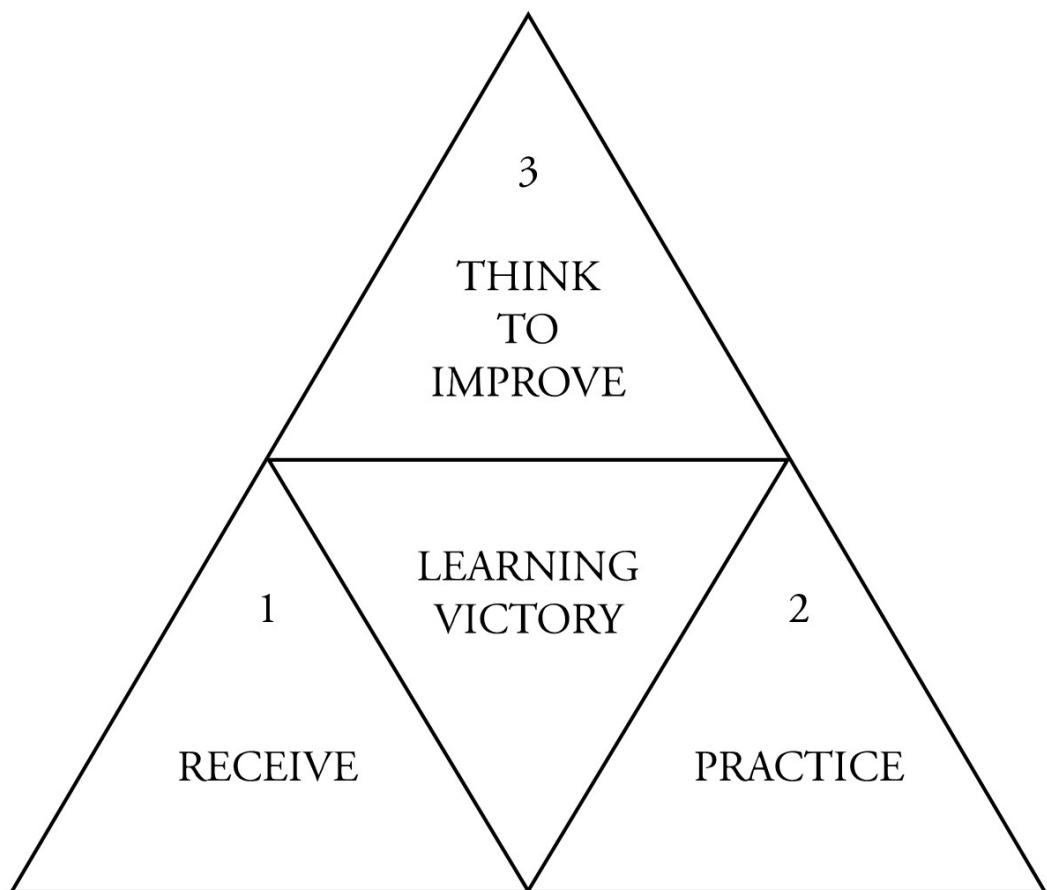
I wish you well and hope you have great success in all of your righteous endeavors.

Sincerely,
Stephen R. Covey

I DEPENDENCE

**In ignorant areas, depend on
knowers.**

DEPENDENCE



STANDING

I.0 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 dependant 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!

I.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!

I.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 to try,
try, try, try and try, try, try
it is actually doing, there is no try
Success route!

I.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.00 STANDING

1. Little little things you learn to win
make it 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!

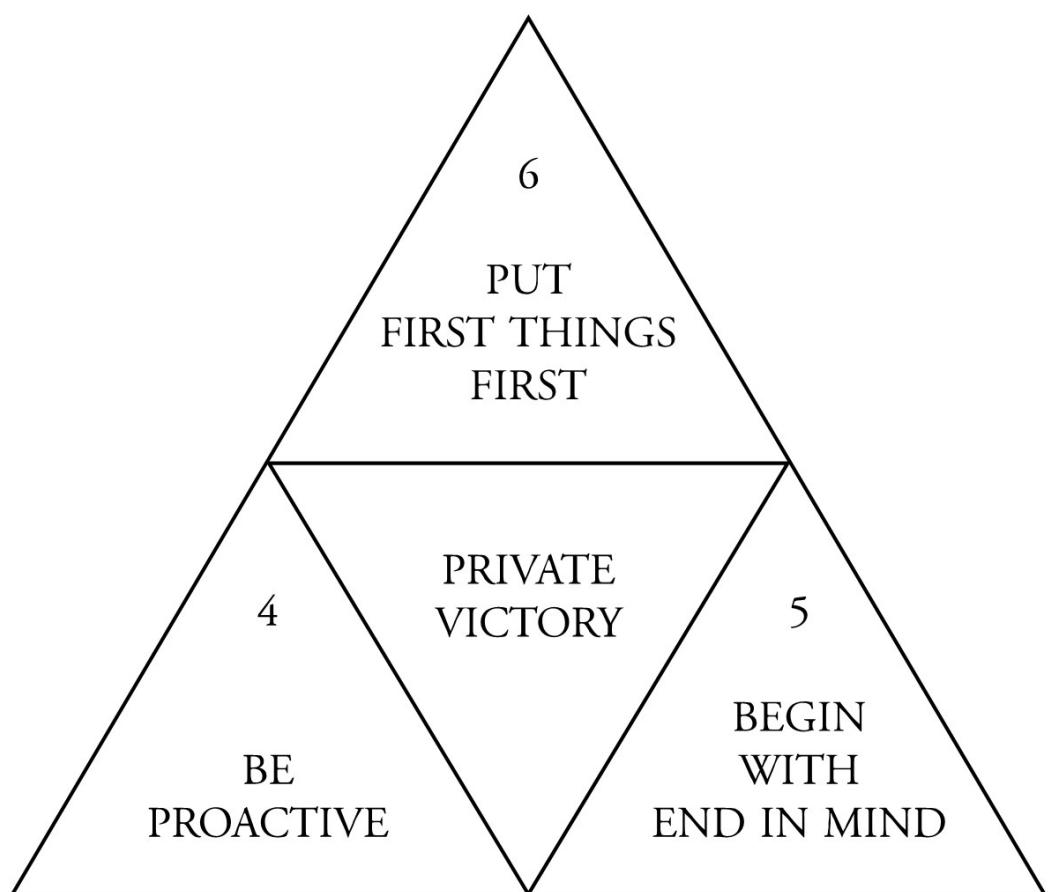
**SELF CONFIDENCE IS KEY TO
LEARNING VICTORY.**

II

INDEPENDENCE

In confident areas, depend on self.

INDEPENDENCE



DARING

II.0 ACHIEVING

1. In confident areas independence just in critical times be valunteer first when hands are strong extension must Courage!
2. Every youth can be independant 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 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 act 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 monery, materials, methods, minutes too
Ever readyness !
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
Lost things last !

II.00 DARING

1. Greater and greater achievements you win
make it habit to optimally win
evaluate results when you loose or win
Winning well !
2. On your own achievements now you stand
strengths 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 interdependence stage
Development !

**SELF RELIANCE IS KEY TO
PRIVATE VICTORY.**

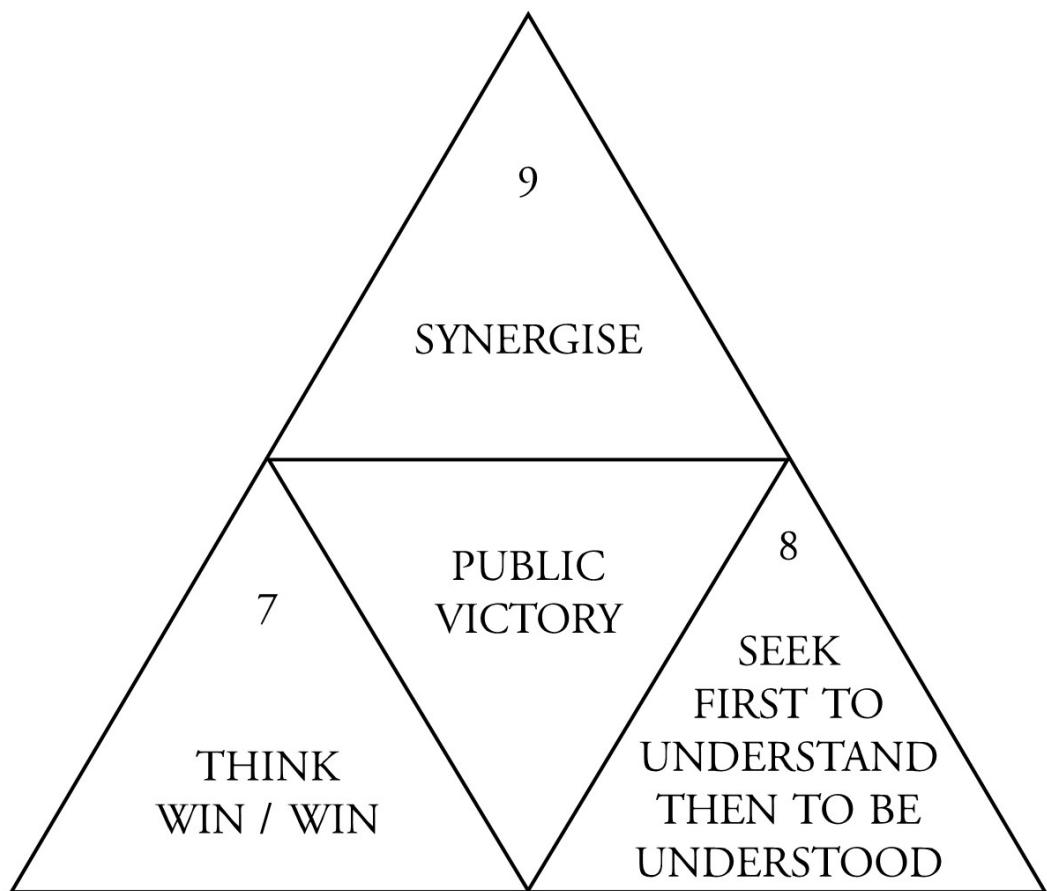
III

INTER DEPENDENCE

**In common areas, depend on
Group.***

(*Group includes you !)

INTER DEPENDENCE



SHARING

III.0 CONTRIBUTING

1. In common areas inter dependence must inculcate colleagues and be Comrades just interlink the hands as cooperation is best Team work !
2. Every adult is interdependant 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 share be a top contributor, up 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 strand
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 lot
underrate not and share light spot
W for WIN !!

8. SEEK FIRST TO UNDERSTAND THEN TO BE UNDERSTOOD

1. First let partner present his view
understand that and present your view
re-view both views see real view
Interchange !
2. You become that what you think
think you are He, his way you think
of both thoughts then you make a link
Exchange !
3. What you understand communicate back
for any corrections request feed back
with empathetic feeling 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 powerful ship
Synergy !
2. Four hands good, better two brains
in idea partnership creativity rains,
encourage each other, fountain never drains
Think tank !
3. Trust is the anchor sheet of partner ship
with unending trust stable is ship
be a trustee and it is single-soul-ship
Oneness !

III.00 SHARING

1. Larger and larger contribution you win
make it 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 independence stage
make every success common way to new age
this way reach to supporting stage
Growth !

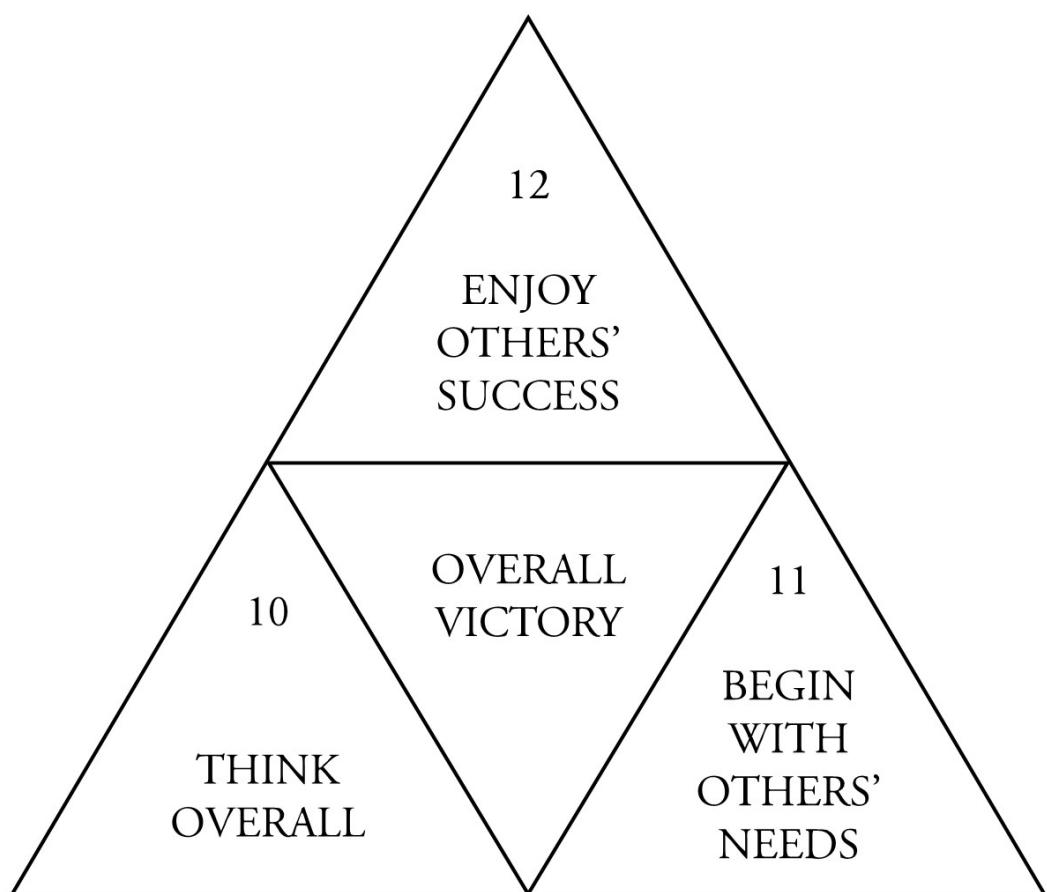
**SELF OFFERING IS KEY TO
PUBLIC VICTORY.**

IV

SUPPORTING

For overall victory, support each

SUPPORTING



CARING

IV.0 TRAINING

1. In expertise areas teaching best
when learners come give your best
give guidance, knowledge, assure first
Encourage !
2. Every elder can be supporting one
beginners learn from that one
like ring for chains supporting done
Giving a hand !
3. Lover 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 preceiving full picture play your role
see from equator, also from pole
Over seeing !
2. The effect of overall on parts you see
the role of parts on overall you see
for appropriate roles proponent be
super-vision !
3. For overall quality priority, give
for allover equality importance; give
For each and all attention you give
Equi-sight.

11. BEGIN WITH OTHERS' NEEDS

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

12. ENJOY OTHERS' SUCCESS

1. Enjoy whenever people do win
by sharing the joy bliss of every win
as supporter you win when others do win
Winning Final round !
2. Be in the background 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.00 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 in your supporting stage
with overall success enjoy your age
this way be in the supporting stage
Ultimate leader !

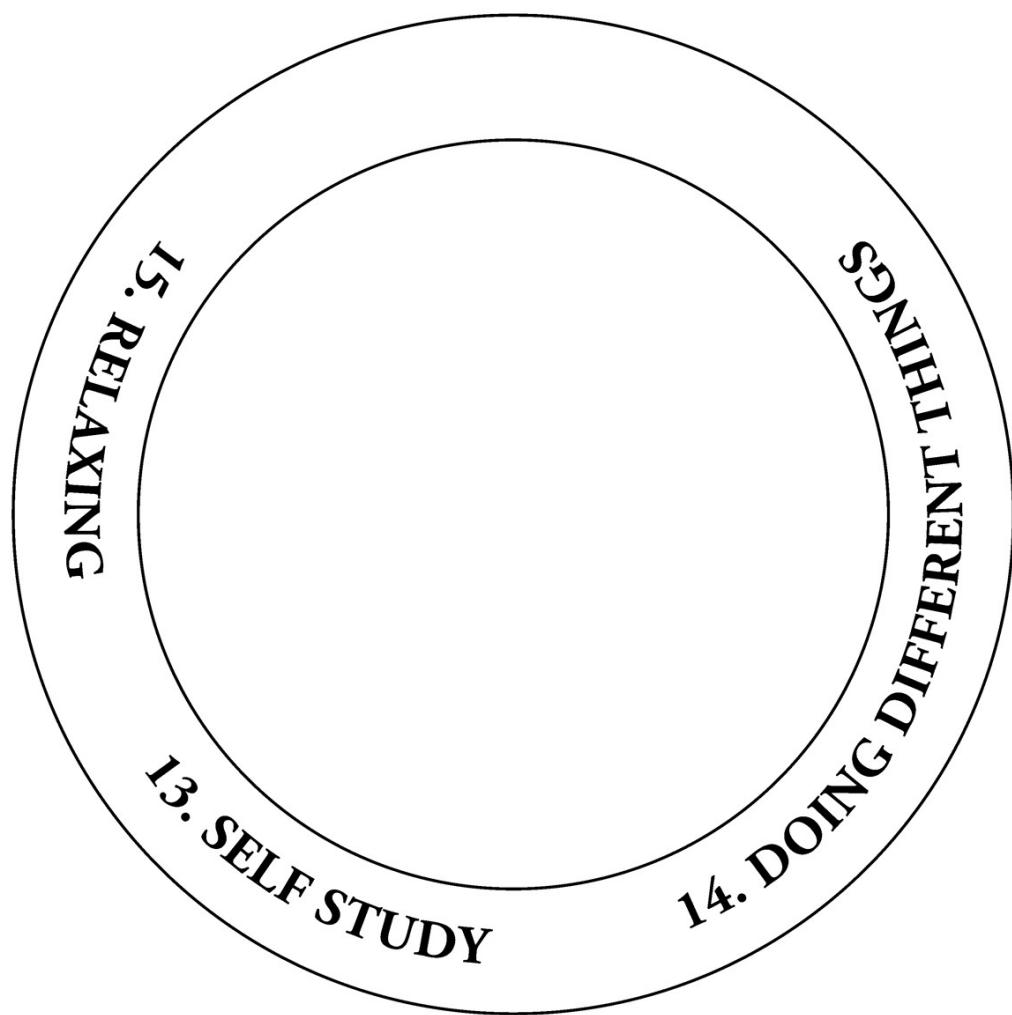
**SELF HARMONY IS KEY IN
OVERALL VICTORY**

V

SHARPENING THE SAW

**TO KEEP FIT, SHARPEN THE
SAW.**

SHARPENING THE SAW



V. RENEWAL

1. For self vitality renewal must
take care of body and mind first
with sound body mind 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 first
information is present collect that next
ideas are future, innovation is best
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 going 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 outdoor too
in body and mind free be you
go outdoors lot 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 !

**SELF GRINDING IS KEY FOR
SHARPENING THE SAW.**

V.00 RECHARGING

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

VI.

SIPHONING THE SEA

**BE IN-CHARGE BY SIPHONING
THE SEA.**

SIPHONING THE SEA



BEING

VI.0 REACHING IN

1. Inside everyone is self energy sea
reaching-in best any one can be
turning-in-sight all 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 withiin 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-tension 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 become naught Heat !
2. In-timate ideas with subjective thought ultimate clarity with objective thought with focus on who, where, when, how, why and 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 a 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 equinomous one can disintegrate “I”
“I”ttitude !
3. With equinomity reactions are nil
pure and supreme is reactionless will
with willing well for all self; tranquil
Altitude !

VI.00 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
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.

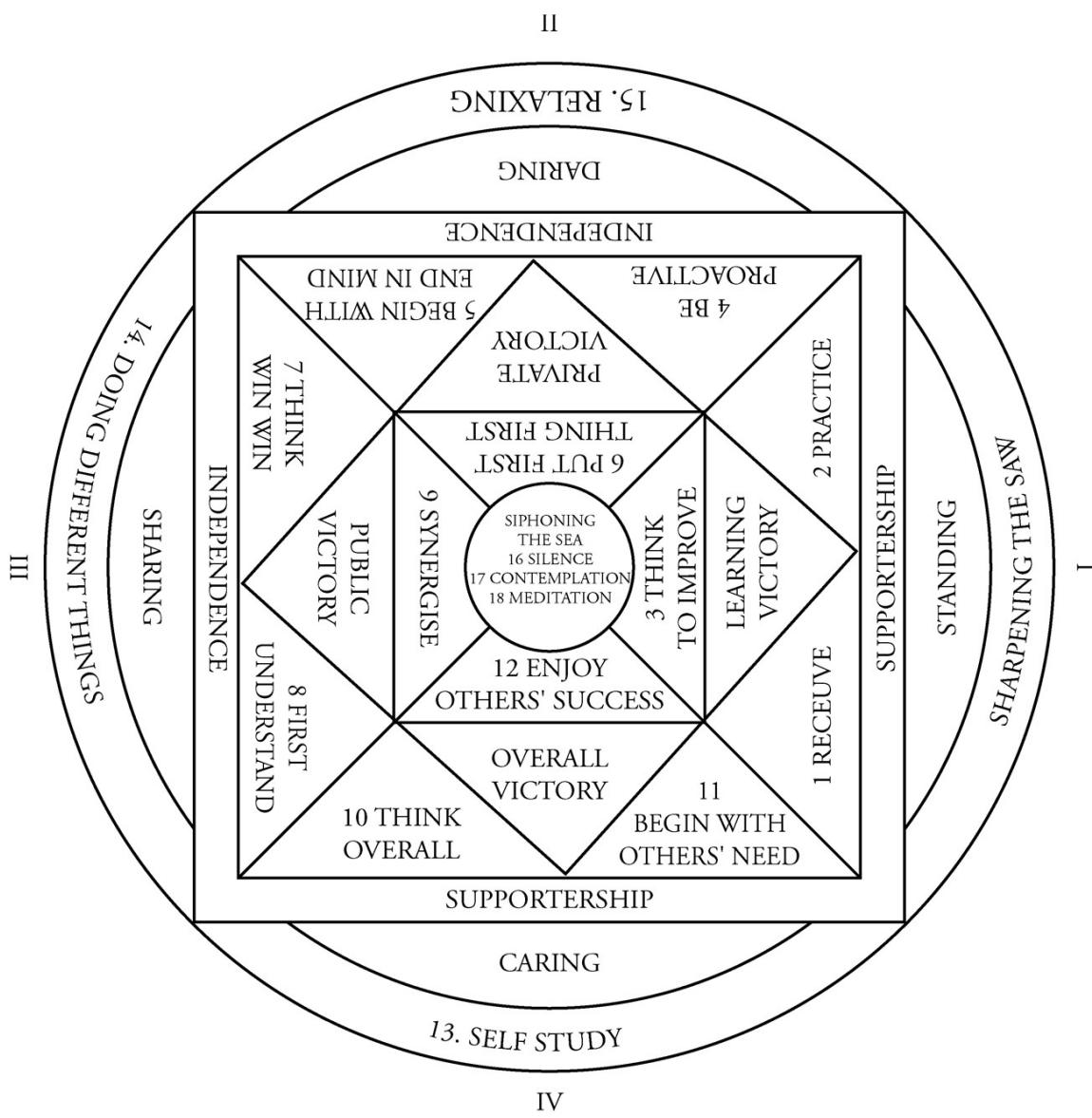
**SURRENDERING IS THE WAY TO
SIPHON IN-SEA**

VII.

COSMIC VIEW

**PRACTICE PRINCIPLES TO
EXPERIENCE PRINCIPAL VIEW**

COSMIC VISION



1. DEPENDENCE :

1. RECEIVING
Principles of Devotion.
2. PRACTISING
Principles of Preseverence
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 International Leadership
2. SEEK TO FIRST UNDERSTAND,
THEN TO BE UNDERSTOOD
Principles of Empathic Communication
3. SYNERGISE
Principles 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-ENERGY GRINDING

6. RECHARGING SELF - SIPHONING THE SEA

1. SILENCE

Principles of Conservation of Energy

2. CONTEMPLATION

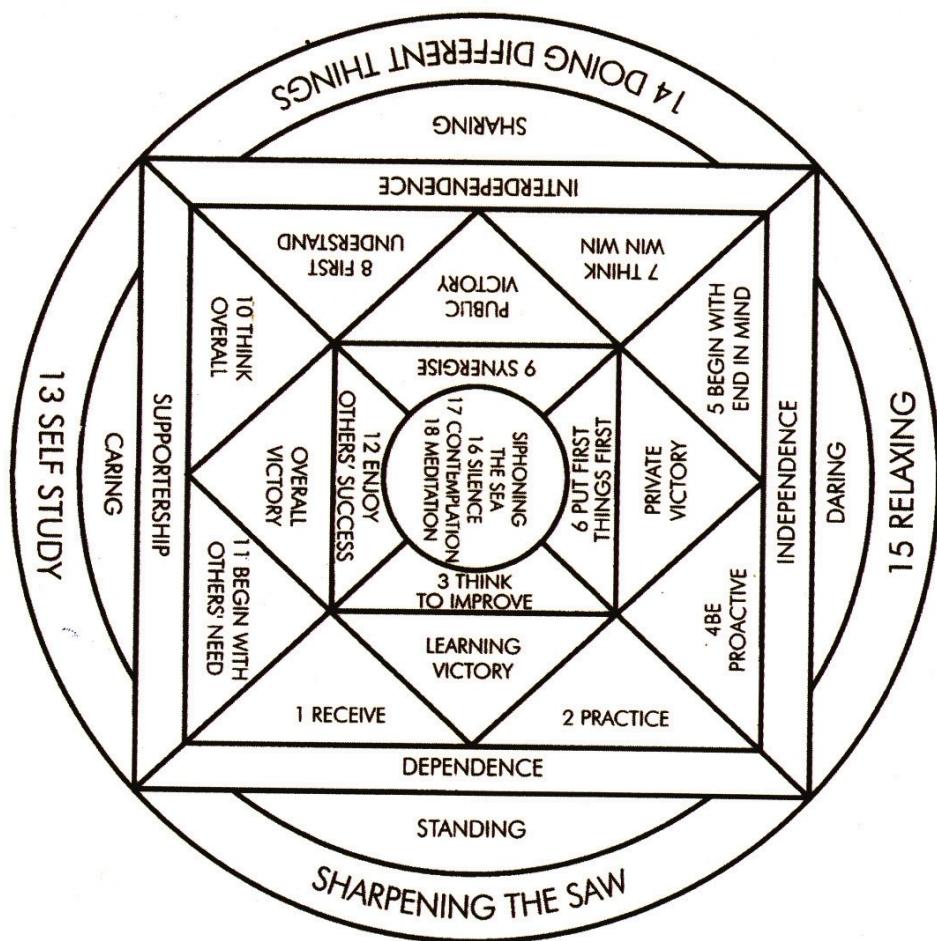
Principles of Tempering the Energy

3. MEDITATION

Principles of Tapping Internal Energy

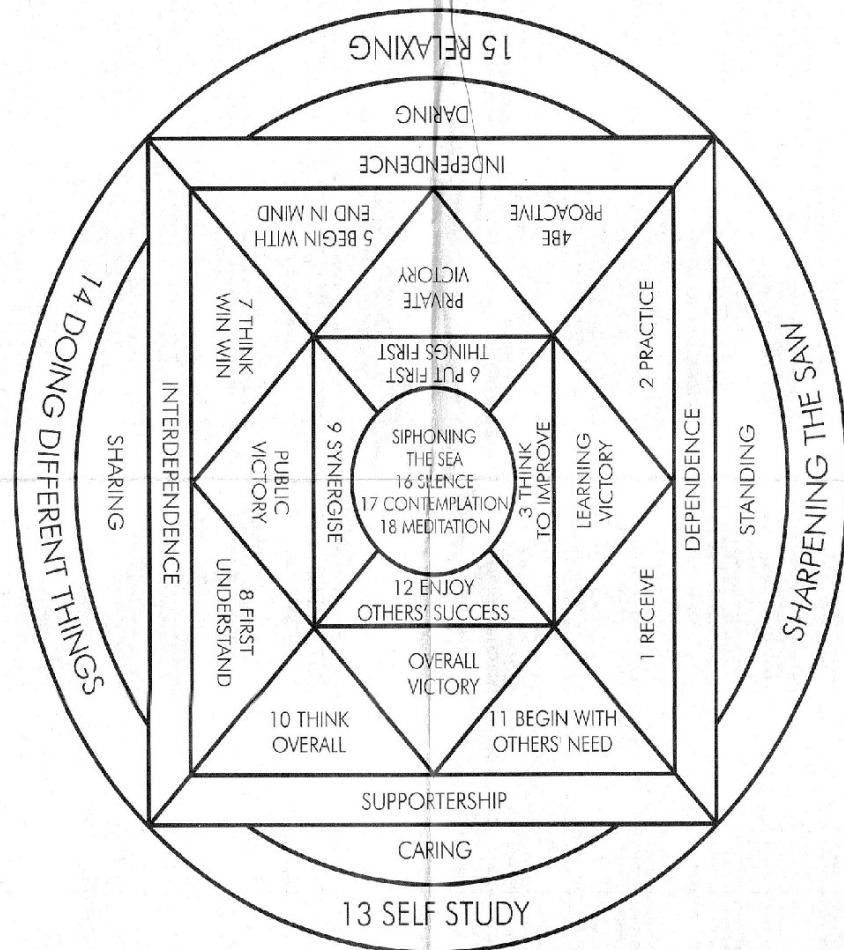
IN-CHARGING : EXPERIENCING SELF ENERGY BEING

COSMIC VIEW



COSMIC VIEW

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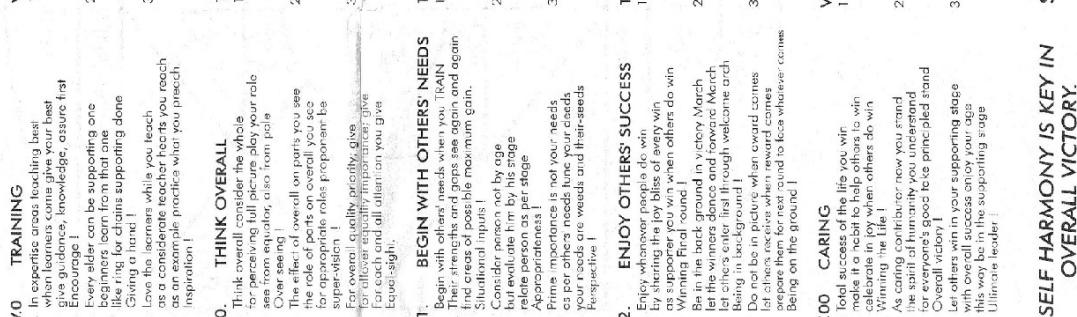
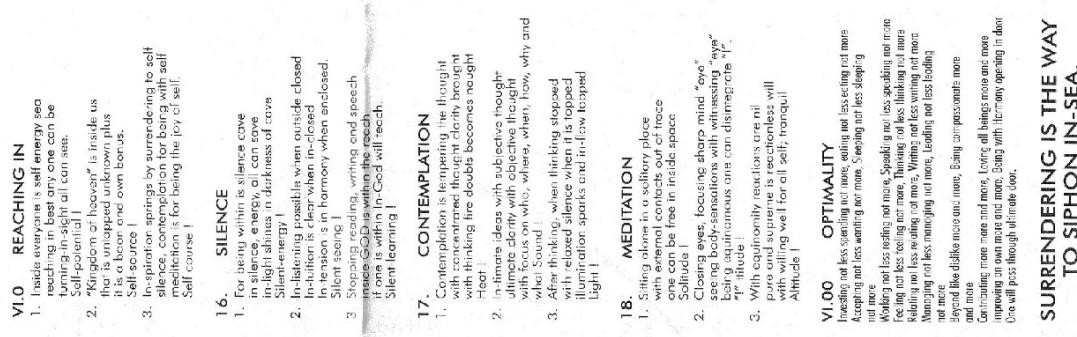
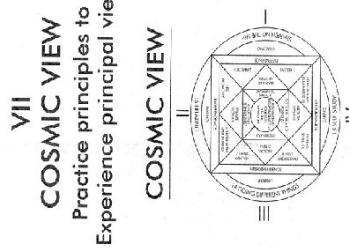
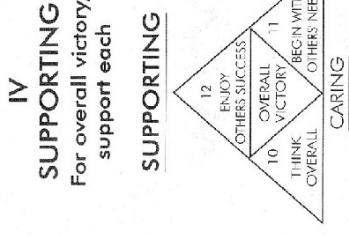
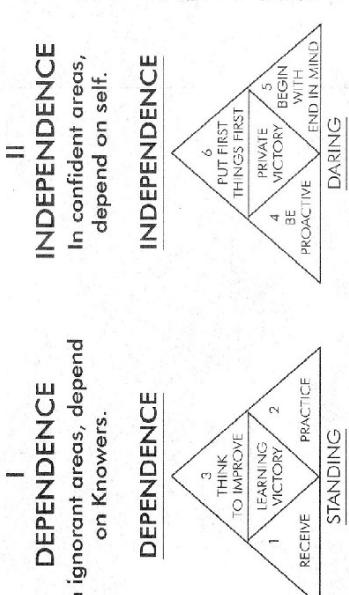
With Best Compliments from:

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Everyday for Everyone

AJAY CORRUGATING & PLASTICS PVT. LTD.

443, G.I.D.C. ESTATE, WAGHODIA, DIST. BURDIA



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

SURRENDERING IS THE WAY
TO SIPHON IN-SEA.

SELF HARMONY IS KEY
TO OVERALL VICTORY.

SELF OFFERING IS KEY
TO PUBLIC VICTORY.

SELF RELIANCE IS KEY
TO PRIVATE VICTORY.

SELF CONFIDENCE IS KEY
TO LEARNING VICTORY.

PRIVATE VICTORY : PRIVATE DARING
PUBLIC VICTORY : PUBLIC DARING
PRIVATE VICTORY : PRIVATE WIN SHARING
PUBLIC VICTORY : PUBLIC WIN SHARING

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PUBLIC VICTORY : PUBLIC WIN SHARING
PRIVATE VICTORY : PRIVATE WIN CARING
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THAT IS THIS

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