

How to Unleash your Full Potential?

Dear Friends, We all have the potential for a Perfect Life. We all have the potential to achieve great things and live a life filled with joy, accomplishment and pure bliss. In some of us, this potential is slumbering deep inside, waiting only to be unleashed and tested. The most noble of pursuits is to awaken this Potential.

But the question is How to unleash your Full Potential?

The answer is very simple, just by knowing your Full Potential and methods of unleashing it; you can unleash your full Potential. Before proceeding further, Please Read this statement.

Each Human Being Has Same Potential

Do you agree with the above statement?

I know it's hard to agree with the above statement because we don't see this. Not everybody in a class gets the highest marks.

We see is....

- There are few who top the class
- There are few who top the school
- There are few who top the university Why?
- Why few on this planet have the privilege to enjoy everything?
- Why few are the blessed one on this earth?

If above is the reality then how can we say that each human being has the same potential?

True friend, but Let me define the Potential first.

What is Potential?

Potential (P): It's my ability that

- I can understand everything (Knowledge)
- I can learn everything (Skill)
- I can do everything (Attitude)
- I can get everything (Achievement)

Potential (P) =capacity=ability=kshamta (all has the same meaning Whenever we use Potential we mean the above).

Now friend, if Each Human has same Potential, then what goes wrong? Why we seems different?

We are going to answer this.

Off course we are potentially similar and the differences we see can be understood. We see Differences Because of

- Different Grasping States (G)
- Different States Of Expression (E)

Although we are different in grasping power (G) and Expressive Power (E), but potentially we are identical (same).

Example: Suppose a Teacher is teaching A to Z in a class of 50 students. There are few who can grasp all A to Z, there will be few who can grasp up to P, there will be few who can grasp up to A only. So In our grasping we are different.

Similarly if same teacher ask the students to Express what he/she has taught. There will be few who can express everything, few will express up to G, even few will say they have understood but they can't express.

So Friends, we are different in our grasping and expression but potentially we all are alike.

Grasping (G) =pick up=Absorbing =patrata all have the same meaning. Expression (E) =articulation=demonstration= manifestation= yogyata all have the same meaning **Grasping and Expression is also called as performance.**

So we are different in our **Performance** but **Potentially** we all are similar.

Generally people are not able to make distinction between potential and performance and on the basis of performance they rate their potential that's why many geniuses like **Charles Darwin, Thomas Edison, Abraham Lincoln, and Albert Einstein** in their initial years considered by others as below average but they always believed in their potential. In fact potentially we are all born Genius, whether we believe it or not. Often we disbelief our Potential on the basis of our performance and because we disbelief our potential that's why we fail to unleash our potential.

So friends, to unleash your full potential, **Always Believe Your Potential**. Always say that:

- I can understand everything
- I can learn everything
- I can do everything
- I can get everything

Whenever you say “I can”, it shows you believe your potential, whenever you say “I can’t”, it shows you disbelief your potential.

Now I know few question must be tickling in your mind.

Can we increase our Performance? i.e. Grasping (G) and Expression (E)?

The answer is YES

Up to how much?

Up to our potential (P)

HOW?

How we can increase our Performance Grasping (G) and Expression Power (E)?

Very simple, Actually There is a relation between our Grasping Power (G) and Expression Power (E)

Grasping (G) AND Expression (E)

There are **two Formulas** that explains the relation between our G & E.

Formula-1: Every body has some Grasping (G); every body has some E

We all have learned, understood, grasped and are capable of expressing ourselves to some extent. We can all start from right where we are.

Formula-2: Grasping (G) is directly proportional to Expression (E)

No body has zero G. So whatever we had grasped (understood or learned) as we go to express it our **Grasping (G)** increases. As the **Grasping (G)** increases we can understand and learn more, which increases our Expression (E).



As the Expression (E) increases we can do more and get more, which in turn increases our grasping (G).

In this way the cycle goes on. And we reached to our maximum potential. The only hindrance to this route is any kind of fear, pressure, hesitation, shyness or constriction (Self limiting belief). This hindrance hinders our expression in turn, hinders our grasping which hinders our growth.

So friends to unleash your full potential, follow this:

- Always believe your Potential, that “you can”
- Cultivate the Habit of
 1. Making others to understand whatever you have understood
 2. Making others to learn the skill you have
 3. Help others to Do whatever you are capable of doing
 4. Help others to get what you have achieved.

AND DEFINITELY YOU ARE GOING TO UNLEASHED YOUR FULL POTENTIAL.

Remember Friends

- You were born with potential
- You were born with goodness and trust
- You were born with ideals and dreams
- You were born with greatness
- You were born with wings
- You are not meant for crawling, so don't
- You have wings. Learn to use them and fly

By: NTC Team

Note: Hope you liked the content, we value your feedback.

In case of any query or suggestion feel free to write on email: info@ntc-india.co.in