

ESSENCE

OF LIFE.

"DISCOVER THE JOY WITHIN"



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****Setting the Stage****

“In the quiet of a starlit night, as the world slumbers beneath a blanket of darkness, there exists a moment of reflection—a moment when the weight of our existence presses upon our hearts. In this quietude, I invite you to consider a truth that often eludes us in the hustle and bustle of life:”

Life is not a rehearsal; it is the grand opening night of an extraordinary play, and you are the star of the show. Each

*day, each breath, each
heartbeat is a one-time-only
performance, and the
curtains will eventually fall.*

*But how often do we find
ourselves distracted by the
minutiae, the trivial, and the
fleeting, while the grand
spectacle of existence unfolds
before us?*

*As we embark on this journey
together through the pages of
'Essence of Life,' I implore
you to cast aside the burdens
of worry and the shackles of
stress. It's time to awaken to
the brilliance of this one-time
chance, to embrace the joy*

*that awaits in the unscripted
moments, and to savor every
note of the magnificent
symphony of existence. Let us
explore the essence of life,
where its beauty lies not in
the destination, but in the
dance along the way.*

Introduction

In the heart of the rugged terrain of Balochistan, nestled amidst the timeless beauty of a small town named Pasni, my journey through life began. I am Arooj Mengal, known to many as Aryan Mengal, and my story unfolds from these humble beginnings. Life, in its infancy, was a tapestry woven with threads of joy, laughter, and endless adventures. The sands of Pasni held the memories of a carefree existence, where each day was a new chapter in the book of my youth. But life, as it often does, led me on an unexpected journey. In 2011, my family's path shifted,

and we found ourselves in the bustling city of Karachi, a world away from the simplicity of Pasni. I encountered new faces, forged new friendships, and slowly adapted to the rhythm of urban life. It seemed like just another chapter in my story, one that many of us experience as we grow and change.

However, the winds of change carried a profound turning point in 2017 when I lost my father in a tragic incident. His absence left a void that was impossible to fill, and I was thrust into a world that was suddenly devoid of the laughter and wisdom that had defined my life. I underwent a transformation that I could never

have foreseen. The carefree and joyful soul I once was, the one who reveled in life's pleasures, began to see the world through different eyes.

As life unfolded, I traversed a path fraught with challenges and experiences that tested my resilience. I witnessed the ebb and flow of relationships, the fragility of love, and the stark realities that can shape one's existence. I lost cherished friends, drifted away from relatives, and even parted ways with a love that had defined my youth. Through these trials, the essence of life gradually revealed itself to me.

This book is a product of those experiences and the profound

lessons they brought. It is a culmination of my thoughts, my reflections, and my earnest wishes for all who read it. My hope is that you find it relatable and that, through my words, you gain a deeper understanding of the essence of life. I invite you to embark on this journey with me, as we explore the beauty that lies not just in the destination but in the twists and turns of the path itself.

Best of luck on your own journey, and may you discover the essence of life that brings you fulfillment and joy.

Chapter 1: Life Is Not About Being Serious

"Life is not about being serious," I would often hear my father say when I was a carefree child running through the sandy streets of Pasni. Those words, like echoes from the past, have resonated with me ever since. In the simplicity of our small coastal town, I witnessed a community that understood the art of living. There, laughter filled the air, and joy was a currency more valuable than gold. Life, in all its grandeur, was a celebration.

But then came the move to Karachi, the bustling metropolis

that promised opportunities and a new life. The world changed around me, and I changed with it. It was as though the sand dunes of Pasni had shifted, revealing a landscape both unfamiliar and daunting. I adapted to the routines and expectations of city life, chasing ambitions and seeking validation.

For years, I navigated the currents of this fast-paced existence, much like many of us do. Days turned into weeks, weeks into years, and soon it felt as if life had become a relentless race. Amidst the noise and chaos, I lost sight of the wisdom my father had imparted.

Then, 2017 arrived—a year that would leave an indelible mark on my soul. It was the year I lost my father in a tragic incident, and my world was turned upside down. The man who had been my pillar of strength, my guide, was suddenly gone. In that moment of profound loss, life's fragility became painfully clear. I found myself standing at the crossroads of grief and introspection.

As the days passed and the pain slowly receded, I began to realize that life was too precious to be spent in perpetual seriousness. My father's words echoed in my heart, urging me to embrace the beauty of existence once more. It was then that I started to sit

*quietly, away from the noise of
the world, and reflect.*

*I looked back on my life—the
highs and lows, the moments of
laughter, and the tears shed. I
questioned the significance of the
worries that had consumed me
for so long. Did those moments
of stress, those sleepless nights,
and the fretting over trivial
matters truly matter in the grand
scheme of things? The answer, as
time would reveal, was a
resounding no.*

*Life is a transient, fleeting gift,
and we are its fortunate
recipients. We do not know the
exact duration of our stay on this
magnificent stage, and in the*

grand cosmic tapestry, our individual struggles and sorrows are but brief notes in the symphony of time.

So, why do we carry the weight of seriousness on our shoulders?

Why do we squander our precious energy on trivialities and burdens that will inevitably change and fade away? Life is not a destination; it is a journey, an unfolding story, and each day is a page turned.

As I sat in solitude, pondering the essence of life, I realized that the secret lay in going with the flow of life. It meant surrendering to the river of existence, trusting its currents, and allowing it to carry us toward new experiences, joys,

*and opportunities. It meant living
with a heart unburdened by
unnecessary worry and a spirit
that danced to the rhythm of life.*

*In the pages that follow, I invite
you to explore with me the
wisdom I gained through my own
journey. Together, we will
embark on a quest to understand
the essence of life, to rediscover
the joy that lies within us, and to
learn the art of not being too
serious. As we navigate the
chapters of this book, may you
find inspiration, reflection, and
the courage to embrace life with
open arms.*

***Welcome to a world where the
worries of today become the
echoes of yesterday, and the***

*laughter of tomorrow awaits in
the wings. Welcome to 'Essence
of Life.'*

Chapter 2: A Shift in Perspective

In the midst of the bustling university campus, surrounded by the chatter of students rushing to their classes, a simple conversation unfolded one day—a conversation that would stay with me, serving as a profound lesson in how we perceive the world around us.

As my friends and I gathered during a break, the topic of university life naturally arose. It was a familiar conversation, one that took place in countless campus corners, dorm rooms, and cafeterias around the world. Each of us, wrapped in our

unique experiences, had a different story to tell.

One of my friends, let's call him Alex, was approached by another friend who inquired about how his university life was going. Alex's response, however, was unexpected. He launched into a tirade about all the things that were wrong with our university—the faculty, the departments, the classes, the management, even the state of the washrooms. It seemed that nothing was spared from his criticism.

When Alex finally paused to catch his breath, my other friend, whom we'll call Sam, was asked the same question. Sam's response was starkly different.

He didn't just complain about the university; instead, he began to speak about it in a way that made me stop and listen intently. Sam shared the challenges, yes, but he also illuminated the positive aspects of our educational institution.

"You see," Sam said with a serene smile, "it's not all bad. Our faculty might have their quirks, but they are incredibly knowledgeable and dedicated. Our departments, while not perfect, offer a wealth of opportunities for growth. Even the occasional chaos in our classes can lead to unexpected moments of learning. And as for the washrooms, well, we can

always write a suggestion for improvement."

Sam didn't stop there. He continued by offering thoughtful solutions to some of the issues we faced. He suggested that instead of merely complaining, we could engage in constructive dialogues with faculty and management. He spoke of organizing events and activities that could enhance our university experience. Sam's words were not just a critique; they were a testament to his open-mindedness and his willingness to see beyond the surface.

In that moment, I couldn't help but contrast the two responses. Alex's complaints, though valid

in some instances, seemed to amplify the negative aspects of our university life, casting a shadow over our experiences. In contrast, Sam's perspective was a breath of fresh air. He acknowledged the challenges but refused to let them define his perception of our university. Instead, he sought to illuminate the hidden gems and saw each obstacle as an opportunity for growth.

And therein lies the essence of this chapter—the power of perspective. What we see in life is often a reflection of what we want to see. Alex, by focusing solely on the negative, had become consumed by it, leaving little room for the positive. Sam,

on the other hand, embraced a more balanced perspective. He acknowledged the issues but chose to view them as stepping stones to improvement.

The truth is, life is rarely black and white. It is a tapestry of colors and shades, woven from both challenges and triumphs. What we choose to focus on can dramatically impact our experiences. If we view life through a narrow lens, fixating on its imperfections, we risk missing the beauty that lies just beyond our field of vision.

As we move forward in this exploration of the essence of life, I invite you to ponder this simple yet profound truth: Change your

perspective, and you change the world around you. By altering how we see the world, we can transform it, making it a place where challenges become opportunities, where difficulties become stepping stones, and where the seemingly ordinary reveals its extraordinary beauty.

In the chapters that follow, we will delve deeper into this transformative power of perspective. We will explore the art of seeing the world anew, embracing its complexities, and finding joy in the most unexpected places. Together, we will embark on a journey toward a richer, more fulfilling

*existence—a life lived with open
eyes and an open heart.*

***Welcome to a world where the
lens of perspective holds the key
to unlocking life's limitless
wonders. Welcome to 'Essence
of Life.***

Chapter 3: The Art of Solitude

In a world that often celebrates companionship, the warmth of friends, and the embrace of family, the idea of solitude may, at first, seem counterintuitive.

Yet, it is precisely in those moments of being alone that we can uncover profound insights about ourselves and the world around us.

Don't misunderstand me; the presence of loved ones is a treasure beyond measure. There is joy in shared laughter, solace in shared tears, and an inexplicable comfort in knowing that you are never truly alone.

*But, if you ever find yourself
doubting the significance of
solitary moments, I implore you
to consider this: Sometimes, the
most important conversations we
have are the ones we hold with
ourselves.*

*As I journey through life, I have
come to appreciate the profound
value of solitude. I have
witnessed how, in the absence of
external distractions, our inner
thoughts and feelings rise to the
surface, waiting to be explored
and understood. It is in the quiet
of solitude that we can hear the
whispers of our own hearts.*

*My journey into the world of
solitude began with a simple
decision—to gift myself one free*

day each month. On this day, I would set aside my obligations, disconnect from the world, and immerse myself in my own thoughts. It became a sacred time of self-discovery, introspection, and rejuvenation.

One such day stands out in my memory—a day when I embarked on an eight-hour bus journey from my hometown to the bustling city. The bus was crowded with strangers, and there was little to do except watch the world pass by from my window seat.

As the miles rolled on, I allowed myself to slip into a state of contemplation. I gazed out at the

passing landscapes, noticing the beauty in the mundane—a farmer toiling in the fields, children playing by the roadside, and the changing hues of the sky as the sun dipped below the horizon. I observed the fellow passengers, each with their own stories, their own worries, and their own dreams.

But it wasn't just the external world that I explored; it was the world within me that came alive during that journey. I revisited memories, sifted through emotions, and unearthed unanswered questions that had been buried deep within. It was as though the confines of the bus became a sanctuary for my

*thoughts and a canvas for my
introspection.*

*During those eight hours, I
realized that solitude was not just
about being alone; it was about
embracing the opportunity to be
present with oneself. It was a
time to reflect on my past
experiences, to learn from my
mistakes, and to understand the
motivations behind my actions
and choices.*

*One of the most significant
revelations during that journey
was the understanding of my past
love and the pain it had caused. I
had carried the weight of
betrayal and heartbreak for so
long, but in the solitude of that*

bus, I began to see the situation from a new perspective. I empathized with the choices my ex-love had made and grasped the reasons behind her actions. It was a moment of profound forgiveness and release.

The eight hours on that bus changed me in ways I could not have predicted. It opened my eyes to the power of solitude, of introspection, and of embracing one's own thoughts and emotions. I returned from that journey not as the person who had embarked on it, but as someone renewed and reinvigorated.

From that day forward, I have made it a practice to dedicate time to myself regularly. These moments of solitude have become a sanctuary for reflection, a laboratory for creativity, and a portal to self-discovery. They have allowed me to explore my inner landscapes, nurture my creativity, and find answers to questions that lingered in the shadows.

Solitude is not about isolation; it is about self-connection. It is about being comfortable with your own company and embracing the wisdom that resides within you. It is about allowing the world to fade into the background so that you can

*converse with the depths of your
own soul.*

*As we continue our exploration
of the essence of life, I invite you
to consider the value of solitude
in your own journey. Whether it's
a few moments of quiet reflection
each day or a dedicated day of
self-discovery each month, may
you find the art of solitude as
enriching and transformative as I
have.*

***Welcome to a world where the
conversations you hold with
yourself are as profound as the
ones you have with others.
Welcome to 'Essence of Life.***

Chapter 4: Embracing Impermanence

Life is a river, flowing ceaselessly, carrying us along its ever-changing course. Its waters are never still, and neither are the circumstances that surround us. Yet, for much of our lives, we cling to the illusion of permanence, holding tightly to what we believe is stable and everlasting.

It took the loss of my father to drive home a profound truth: nothing in this world, nothing in our lives, is truly permanent. From the grandest mountains to the tiniest grains of sand, from the deepest loves to the fiercest

*ambitions, everything is touched
by the impermanence of time.*

*In the aftermath of that loss, I
found myself grappling with the
overwhelming weight of grief. I
pondered the countless moments
I would never share with my
father again, the advice I would
never receive, and the laughter
that would forever echo in my
memories. It was during these
moments of introspection that I
began to understand the fragility
of life.*

*As I grieved, I couldn't help but
notice the patterns around me,
patterns that seemed to transcend
my personal experience. I saw
friends who had been*

*inseparable for years suddenly
drift apart. I witnessed
relationships that had once
burned brightly fizzle out into the
cold embers of memory. I
observed the rise and fall of
businesses, the ebb and flow of
fortunes, and the ever-changing
tides of emotion.*

*It became evident to me that
many of us, especially in our
formative years, carried the
weight of the world on our
shoulders. From ages 16 to 25,
we often believe that the
problems we face are
insurmountable, that the
challenges before us are
everlasting. We worry about
exams, about relationships,
about what the future holds. We*

lose sleep over broken hearts and shattered dreams. We stress about the present and fear the uncertainties of tomorrow. But here's the truth: Nothing in that period of life, or in any period, is permanent. Friends come and go. Relationships evolve. Careers take unexpected turns. Failures are but stepping stones to success. Broken hearts mend and open to new loves. The storms of life pass, making way for brighter days.

If I were to ask you to look back at yourself just a few years ago, can you not see how much you've grown? Can you not see the challenges you've overcome, the lessons you've learned, and the

wisdom you've gained? Life is a relentless teacher, and it has a way of reshaping us, molding us, and preparing us for what lies ahead.

The point is this: the worries that consume us today, the problems that weigh us down, are not permanent fixtures in our lives. Just as we have evolved and changed in the past, so too will our circumstances. The heartbreaks, the setbacks, the failures—they are but chapters in a much larger story, chapters that eventually give way to new beginnings.

So why worry about the impermanent? Why lose sleep

*over situations that are transient
by nature? Why let the anxieties
of today overshadow the
possibilities of tomorrow?*

*Embracing impermanence means
recognizing that change is not
our enemy; it is our ally. It
means understanding that, in the
grand tapestry of life, our current
struggles are but threads, and the
bigger picture is far more
magnificent than we can
imagine.*

*As we journey deeper into the
essence of life, I invite you to
consider the liberating power of
this truth. It's a reminder that, in
the grand scheme of things, our
worries are but ripples in the*

*river of existence. They may stir
the waters for a moment, but they
will always give way to the ever-
flowing current.*

***Welcome to a world where the
impermanence of life is a source
of liberation, where the
challenges of today are the
stepping stones of tomorrow.
Welcome to 'Essence of Life.'***

Chapter 5: The Gift of Selfless Giving

In the intricate tapestry of human interactions, there exists a thread of selflessness—a thread that, when woven with care and intention, can create moments of profound beauty. It's the thread of giving without expecting in return, a practice that has the power to enrich both the giver and the recipient.

My journey into the realm of selfless giving began with a simple realization: favors extended from the heart, with no strings attached, possess a unique and enduring value. It's a lesson that I've learned through

*both moments of generosity and,
at times, the harder lessons of
discernment.*

*From a young age, I was taught
the importance of helping others,
of extending a hand to those in
need. My parents instilled in me
the belief that kindness was a
currency more precious than
gold, that the act of giving could
light up someone's world. And
so, I embraced the idea of
selfless giving with an open
heart.*

*Over the years, I've had the
privilege of offering favors and
support to friends, family, and
even strangers. It was a practice
that brought me immeasurable*

joy. The smiles on their faces, the gratitude in their eyes, were rewards that far exceeded any material gain.

Yet, it was during these acts of selflessness that I also learned another valuable lesson: not everyone deserves our unwavering loyalty. While selfless giving is a noble practice, it should be tempered with discernment. It's a reminder that not everyone we encounter in life will appreciate our kindness, and not every favor should be granted blindly. Sometimes, in our eagerness to help, we may find ourselves extending favors to those who take them for granted or, worse

*yet, exploit our generosity. It's an
unfortunate reality of human
nature that not everyone shares
our principles or values.*

*I remember a particular instance
where my willingness to give was
met with insensitivity. I had gone
out of my way to assist someone
who, it turned out, had little
regard for the effort and kindness
extended. It was a painful
experience, one that made me
question my belief in selfless
giving.*

*However, it was also a moment
of clarity. It taught me that while
selflessness is a virtue,
discernment is equally essential.
Not everyone will cherish the
gifts of our time, energy, and*

compassion. It's a truth that should not deter us from giving but should guide us toward making wise choices about where and when to invest our resources. The essence of selfless giving is not found in seeking validation or reciprocity; it resides in the act itself. It's the feeling of warmth that blooms within when we extend a hand, the knowledge that we have made a positive impact, regardless of the response.

The joy of selfless giving lies in knowing that we have the power to brighten someone's day, to alleviate their burden, and to make the world a little kinder. It's in recognizing that we have

*the capacity to create ripples of
goodness that can spread far
beyond our initial act.*

*As we delve deeper into the
essence of life, I invite you to
consider the gift of selfless
giving. Embrace it with an open
heart, but do so with
discernment. Give not to receive,
but because the act itself is a
source of joy and fulfillment. And
remember, not everyone will
treasure your kindness, but that
should never dim the radiance of
your giving spirit.*

***Welcome to a world where the
beauty of selfless giving lies not
in what we receive in return, but
in the love and kindness we***

extend, unconditionally.
Welcome to 'Essence of Life.'

Chapter 6: The Gift of Lifelong Friendships

In the intricate tapestry of our lives, there is a thread that, when woven with care and intention, forms the most exquisite patterns. It is the thread of friendship—a connection that transcends time and circumstance, a bond that becomes a pillar of strength.

Friends are the essential gift of life, the treasures that make our journey not only bearable but also profoundly joyful. They are the ones who walk beside us, who share our laughter and wipe away our tears, who understand the language of our hearts.

My belief in the power of friendship has only grown stronger over the years. While I may have a small circle of friends, each one holds a unique place in my heart, and one stands out above all—the one I call Muhammad Fahad. Our friendship traces back to the days of 10th standard, and it has grown and deepened over the past 5 to 6 years.

Fahad is not just a friend; he is a confidant, a companion, and a source of unwavering support.

He has witnessed me at my highest highs and my lowest lows. He has seen me laugh until tears streamed down my face and held me as I wept in moments of

despair. Fahad possesses an innate ability to understand my every mood and behavior, even when words are left unspoken.

It's friends like Fahad who illuminate the path of our lives. They offer a steady hand when we stumble, lend a listening ear when we need to be heard, and provide a shoulder to lean on when the world feels heavy. Their presence is a source of comfort and a reminder that we are never alone.

But while a loyal and understanding friend is a priceless treasure, it's also important to recognize that friendships come in various

forms and serve different purposes. Some friends may be constants in our lives, while others may appear at specific moments, leaving an indelible mark.

When I entered university, I had the privilege of crossing paths with individuals who would become extraordinary friends. They were the kind of friends who indirectly taught me the essence of life and joy. Through shared experiences, laughter, and even the occasional heartache, they enriched my life in ways I could never have anticipated.

These friends, each unique in their own way, added vibrant colors to the canvas of my life.

They introduced me to new perspectives, encouraged me to embrace the beauty of diversity, and shared their own dreams, aspirations, and wisdom.

Together, we embarked on adventures, navigated challenges, and celebrated the simple joys of existence.

In the grand story of our lives, friends are not just characters; they are the co-authors. They help us write the chapters, infuse them with meaning, and remind us that the journey is as important as the destination. They are the ones who make life's

*struggles bearable and its joys
even sweeter.*

*As we journey deeper into the
essence of life, I invite you to
celebrate the gift of lifelong
friendships. Whether you have a
few close friends or a multitude
of acquaintances, recognize that
each connection adds depth and
richness to your existence.*

*May you cherish your confidants
and treasure the moments
shared. And may you always
have at least one or two friends
with whom you share a bond so
unbreakable that it defies time
and circumstance.*

*Welcome to a world where
friends are not just companions;
they are pillars of support,
laughter, and love. Welcome to
'Essence of Life.'*

Chapter 7: The Foundation of Family

In the intricate web of relationships that weave the fabric of our lives, one thread stands unrivaled in its strength and importance—the thread of family. They are the ones who were there from the very beginning, the ones who embraced us with love and warmth, the ones who molded us, guided us, and held us through the storms of life.

Family is not just a word; it is a sanctuary, a haven of unconditional love and unwavering support. Our parents, in particular, are the

silent heroes of our lives. They love us deeply, often without ever explicitly saying it. They care for us in ways we may not fully comprehend until much later.

I can recall my own youthful days—a time when I was a mischievous, curious, and at times, a rebellious child. I questioned the world around me, I tested boundaries, and I often found myself in trouble. My father, in his wisdom, sought to guide me down a path of discipline, decency, and good manners.

But I was stubborn, and I continued on my own path, undeterred by his attempts to

steer me in the right direction. It was during these times that I often found myself on the receiving end of stern lessons, delivered with the palm of his hand. At that moment, I could not understand the love and concern that fueled his actions.

My young mind interpreted his discipline as an attempt to stifle my spirit, to mold me into a shape that suited his expectations. It was only after the loss of my father that I began to unravel the depth of his love and the intentions behind his actions.

My father was not trying to extinguish my curiosity or silence my voice; he was striving to

*shape me into a responsible,
decent, and upright individual.
His love was silent but profound.
It was an unspoken devotion to
my well-being and my future.
It took losing him to truly
understand the sacrifices and the
unspoken love that parents
shower upon their children. It
was a revelation that made me
appreciate the importance of
family like never before.*

*Family, and particularly parents,
are the pillars upon which we
build the foundations of our lives.
They sacrifice their own needs,
desires, and dreams to pave the
way for ours. They provide us
with guidance, support, and*

*unwavering love, often without
expecting anything in return.*

*The love of a mother is a force
that can move mountains. It is a
love that knows no bounds, that
perseveres through the trials of
life, and that remains a constant
source of strength and solace.*

*My own mother, after the loss of
my father, became the anchor of
my life. Her support, her
encouragement, and her
unwavering belief in my potential
were the driving forces that
propelled me forward. She
became my rock, a source of
boundless love and guidance.*

And yet, in today's fast-paced world, I often observe the younger generation's misunderstanding of the significance of family. Many view their family as an obstacle to their enjoyment or a burden to bear. They fail to recognize the immense love and support that their parents offer, often at great personal sacrifice.

To the youth of today, I offer this simple but profound message: Love your family, cherish your parents, and appreciate the sacrifices they make for your well-being. Understand that their guidance and discipline are borne out of love, not control. Recognize that family is not a

*hindrance to your enjoyment of
life, but rather, the very
foundation upon which your joy
is built.*

*As we continue our exploration
of the essence of life, I invite you
to reflect on the immeasurable
gift that is family. They are the
ones who were with you from the
beginning, who have shaped your
journey, and who continue to
stand by your side, offering love,
support, and the strength to face
life's challenges.*

***Welcome to a world where
family is not an obstacle but a
sanctuary, where their love and
support are the pillars upon***

which your life is built.
Welcome to 'Essence of Life.'

Chapter 8: Embracing Gratitude, Letting Go of Complaints

In the hustle and bustle of modern life, it's all too easy to fall into the trap of constant complaint. We gripe about our jobs, our relationships, our finances, and the seemingly endless stream of inconveniences that cross our paths. But have we ever paused to consider the remarkable abundance that surrounds us? Have we taken a moment to acknowledge the privileges we often take for granted?

*Gratitude is a powerful force,
one that can transform our*

perception of the world and our place within it. It's a force that I've come to embrace after reflecting on the plight of those less fortunate, those who face daily challenges that most of us can barely imagine.

There are people in this world who do not have the luxury of a roof over their heads. They sleep under the open sky, their only shelter the stars. Some do not possess a pair of shoes to shield their feet from the harsh ground beneath them. Others lack the basic necessity of clothing to ward off the elements. And for too many, the simple act of securing a single meal remains an elusive dream.

But it doesn't end there. There are those who face even greater challenges, who bear the burden of physical disabilities or health conditions that rob them of the abilities most of us take for granted. They live each day with courage, determination, and a profound sense of resilience.

In the face of such realities, our complaints and grievances often appear trivial and self-indulgent.

How can we, who have the privilege of a home, food, clothing, and the gift of sight, complain about the inconveniences of our lives? How can we grumble about the challenges that come our way

*when others are contending with
far greater burdens?*

*It's time to shift our perspective.
It's time to release the weight of
complaints and embrace the
liberating power of gratitude. We
are surrounded by abundance, by
opportunities, and by the
potential for growth and
transformation.*

*Rather than bemoaning our
circumstances, let us take stock
of the blessings we possess. Let
us be grateful for the roof over
our heads, the warmth of
clothing on our backs, the
nourishment that sustains us, and
the vision that allows us to
witness the beauty of the world.*

*Let us be mindful of the
boundless potential within us, the
dreams that await realization,
and the possibilities that lie on
the horizon.*

*Complaining is a futile endeavor,
a drain on our energy and a
barrier to our progress. It's time
to cease the ceaseless griping
and start taking action. Instead
of dwelling on our discontent, let
us work diligently toward
improving our financial
conditions, nurturing our
dreams, and achieving the
financial freedom we desire.
Let us transform our complaints
into fuel for growth, our
grievances into opportunities for
change. Let us embrace gratitude*

*as a daily practice, a reminder of
the abundance that surrounds us,
and a catalyst for a more
fulfilling life.*

*As we journey deeper into the
essence of life, I invite you to join
me in this transformation. Let us
cast aside complaints and
embrace the profound sense of
gratitude that can enrich our
lives. Let us remember those who
face greater challenges and use
their strength as inspiration to
overcome our own.*

***Welcome to a world where
gratitude is the key to unlocking
a life of fulfillment and
abundance. Welcome to
'Essence of Life.'***

Chapter 9: Learning from Life's Many Stories

Each person carries within them a story, a narrative shaped by the tapestry of their experiences, challenges, and triumphs. These stories, when shared and listened to, become invaluable sources of knowledge and wisdom. They offer us glimpses into the vast spectrum of human existence and provide us with opportunities to learn and grow.

I've always held a deep fascination for the lives and stories of those around me. I find joy in sitting with people from diverse backgrounds, in hearing

*their tales of adventure, love,
struggle, and transformation.
For in those stories, I discover
the keys to unlocking the
mysteries of life.*

*There is a unique power in the
act of observation, in the art of
listening. It is a power that
allows us to gain knowledge and
experience without necessarily
treading the same paths or
making the same mistakes. It is a
power that enables us to
understand people's situations
and circumstances, to
comprehend their motivations
and desires.*

*Through the lens of observation,
I have honed the ability to*

perceive not just what is said, but what remains unsaid. I can decipher the unspoken thoughts, the hidden dreams, and the silent struggles that individuals carry within them. It is a skill that has not only enriched my own life but has also allowed me to connect with others on a deeper level.

One of the great fallacies of life is the belief that we must personally make every mistake in order to learn and grow. While personal experience is undoubtedly a powerful teacher, it is not the only one. We can accelerate our growth and understanding by paying attention to the experiences of

those who have walked different paths.

Listening to the stories of others opens doors to new perspectives, alternative approaches, and innovative solutions. It allows us to learn from their successes and their missteps. It encourages us to expand our horizons, to embrace diversity, and to appreciate the richness of the human tapestry.

So, I urge you to be open, to be wide in your receptivity to the stories and experiences of others.

Do not limit your learning to your own life's journey. Instead, become a collector of stories, a seeker of wisdom, and a student

*of the diverse school of human
existence.*

*It is not important that you must
first make a mistake and then
learn from it. You should and
must always be open to learning
from the mistakes and triumphs
of others. Through observation
and reflection, we can discover
new ways of doing things,
uncover hidden truths, and gain
insights that lead to our own
personal growth.*

*As we delve deeper into the
essence of life, I invite you to
embrace the profound power of
observation, to listen with an
open heart and a curious mind,
and to learn from life's many*

stories. Let the experiences of others become your guides, your mentors, and your sources of inspiration.

Welcome to a world where the stories of others are not just tales but valuable repositories of knowledge. Welcome to 'Essence of Life.'

Chapter 10: The Essence of Life: A Journey of Reflection

As we near the end of our journey through the pages of this book, I invite you to pause and reflect on the profound lessons and experiences we've explored together. Each chapter has offered a glimpse into the essence of life, unveiling the secrets to a more fulfilling and meaningful existence.

In Chapter 1, "Life is Not About Being Serious," we discovered that life is a precious gift, a one-time chance to embrace joy and opportunities. We learned that worrying and stressing over

*trivial matters rob us of the
beauty that surrounds us.*

*Chapter 2, "Seeing the World
Differently," encouraged us to
shift our perspectives and accept
the world as it is, recognizing
that our unique outlook shapes
our reality.*

*In Chapter 3, "Learning to Listen
to Life," we found the value of
observing others' experiences
and gaining wisdom from their
journeys. We learned that we
need not always make our own
mistakes to learn valuable
lessons.*

*Chapter 4, "The Art of Solitude,"
highlighted the importance of*

*spending time alone,
understanding ourselves, and
harnessing our creativity. We
explored the transformative
power of self-reflection.*

*Chapter 5, "Nothing is
Permanent," reminded us that
life is ever-changing, and our
challenges and circumstances
are not permanent. We were
encouraged to let go of worries
and trust in the process.*

*Chapter 6, "Give Without
Expecting," taught us the value
of selfless giving and how
genuine kindness can bring joy
and fulfillment.*

*In Chapter 7, "The Foundation of
Family," we celebrated the*

unconditional love and support our families provide. We learned to appreciate the sacrifices of our parents and the importance of nurturing these bonds.

Chapter 8, "Embracing Gratitude, Letting Go of Complaints," encouraged us to shift our mindset from constant complaint to a profound sense of gratitude. We understood that complaints are futile, and gratitude is a catalyst for a more fulfilling life.

Chapter 9, "Learning from Life's Many Stories," invited us to become collectors of stories and seekers of wisdom. We learned the power of observation and the

*value of learning from the
experiences of others.*

*Now, as we stand on the
threshold of this final chapter,
"The Essence of Life: A Journey
of Reflection," I share with you
the belief that life is a test, a test
from our Creator. We are sent
into this world to experience, to
discern right from wrong, and to
learn how to live our lives in
accordance with the divine plan.*

*Through my own experiences and
reflections, I have come to
understand that the Almighty has
placed us here for a purpose.
Each one of us has a unique path
to follow, a unique destiny to
fulfill. Our time on this Earth is*

*limited, and we are bound by the
certainty of our mortality.*

*It is a journey fraught with
challenges, trials, and
tribulations. But it is also a
journey filled with moments of
profound beauty, love, and
growth. It is a journey where we
have the power to choose our
path, to shape our destinies, and
to embrace the essence of life.
As we reflect on the lessons and
experiences shared in this book, I
encourage you to embrace faith.*

*Have faith in yourself, in the
people around you, and in the
divine plan that guides us all.
Embrace your unique journey,
for it is a test of your character,*

*your resilience, and your
capacity for love.*

*Life is a gift, and it is our duty to
unwrap it with gratitude, to live
it with purpose, and to return it
to the Almighty with a heart full
of faith. As we conclude our
journey together, may you find
solace in the knowledge that you
possess the wisdom to navigate
the challenges of life, the
strength to endure its trials, and
the capacity to experience its
joys.*

***Welcome to the essence of life,
where every moment is an
opportunity, every experience is
a lesson, and every step is a
testament to your journey.***

IN 'ESSENCE OF LIFE,' ARYAN MENGAL INVITES YOU ON A TRANSFORMATIVE JOURNEY, WHERE THE BEAUTY OF LIFE UNFOLDS THROUGH THE LENS OF PERSONAL EXPERIENCES AND PROFOUND INSIGHTS. EXPLORE THE JOYS, CHALLENGES, AND LESSONS THAT DEFINE OUR EXISTENCE AS YOU DELVE INTO THIS INSPIRATIONAL AND THOUGHT-PROVOKING EXPLORATION.

AUTHOR'S BIO:

• ARYAN MENGAL, BORN AND RAISED IN THE PICTURESQUE TOWN OF PASNI, BALOCHISTAN, IS A PASSIONATE WRITER AND A SEEKER OF LIFE'S WISDOM. DRAWING FROM HIS OWN LIFE-CHANGING EXPERIENCES, ARYAN SHARES HIS UNIQUE PERSPECTIVE ON EMBRACING THE ESSENCE OF LIFE AND FINDING JOY IN EVERY MOMENT.

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