

Debut author | Lenses of Life | Exploring Life's Diverse Perspectives

Let me start with a story. Back when I was in school, and even during my bachelor's, I sometimes sat on the last bench. Not because I was a typical “last bencher,” but because it gave me space to think. And trust me, I used to think... a lot.

I would look around and ask myself, “Yaar, I’m talented... I’m creative... and luckily, a little beautiful too.” But still, I wondered, “Why do I feel jealous of others? Why do I feel like I’m not enough? Why does everything inside me feel blurry, even when, from the outside, life seems fine?”

That question kept bothering me.

Even when I won prizes or got good marks, there was always this voice in my head saying, “But look at them... they’re better than you.”

And honestly, no one ever taught us how to deal with this kind of inner confusion.

No one told me how to clear that blurry feeling inside.

But over time, life taught me. And I realized—maybe the world isn’t blurry. Maybe it’s just my lens that needs cleaning, adjusting, or changing.

That’s how my book **“Lenses of Life”** was born. Not from perfect answers, but from my imperfect questions.

It all began with my doubts and confusion. And please don’t judge me for this, but at first, I didn’t accept the lessons of the Gita so easily. I had doubts about almost every verse.

For example, when Krishna says, “*Don’t focus on the fruit of your actions, just do your work,*” I used to ask, “But how is that possible? If we don’t think about the results, where will we get the motivation to work in the first place?”

So, it was these kinds of questions that led me to discover different lenses to look at life. Interestingly, every answer I found turned into a new question. And that’s how this whole journey unfolded—step by step.

Today, I want to share those lenses with you. Not as an author giving you advice, but as a girl who has been through the same doubts, the same overthinking, and the same mental mess that maybe you have felt too.

Think of your life like a camera. The world outside doesn’t change—but the way you adjust your lens does.

Sometimes we zoom in too much on the problems. Sometimes we blur out the good things.

But what if you could adjust your lens—and see life from a new perspective?

Let’s start exploring these lenses, one by one.

The Lens of Positive Thinking

Almost every self-help book talk about positive thinking.

Books like *The Power of Your Subconscious Mind*, *The Secret*, *The Power of Positive Thinking*, *Think and Grow Rich*, *The Alchemist*, and my favourite, *Who Will Cry When You*

Die. All these books tell us that positive thinking can change our life. If we keep repeating positive affirmations, we can manifest anything we want.

Honestly, I tried it. And yes—it's really hard to teach your mind in the beginning. But it's not impossible.

At first, I was only focusing on positive thinking and hard work. But I soon realized—that's not enough. There are other factors we need to consider too.

You can't be positive all the time. There's a law of nature—every positive action has an equal and opposite reaction. Every positive thought comes with a negative one, and vice versa.

At first, I tried to force myself to switch away from negative thoughts—just like the books say. But I couldn't do it. Then I read something random on Instagram: *"If a song keeps playing in your head, try to sing or listen to the end of that song. Then your mind will stop repeating it."* So, I applied that idea to my thoughts. Instead of fighting them, I accepted them. I asked myself, *"What's the positive side of this? Maybe it's a lesson. Maybe it's growth."* And from there, I found the second lens: **The Lens of Acceptance**

Acceptance doesn't mean giving up. It means acknowledging reality without fighting against it. We all know the saying: *"Instead of asking, 'Why me? Say try me'"*

Well, I changed it a bit. Instead of asking, "Why this?" I asked, "What is this?"

I worked with this mindset for some time, but eventually, I got tired too. I started overthinking: "How long can I just accept everything? I can't sit here forever accepting life. I have to face it." And that's where I found the next lens: **The Lens of Confrontation.**

So, through these kinds of questions and answers, I kept discovering different lenses and perspectives.

This continued with **The Lens of Patience, The Lens of Inspiration, The Lens of Communication, The Lens of Ignoring, The Lens of Priorities**, and many more—until I finally reached the last one, which I won't tell you. Go and read my book:

Lenses of Life: Exploring Life's Diverse Perspectives.

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