

# Managing Outer Atmosphere: An Art

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**Abstract:** This paper emphasizes on developing a psychological atmosphere, which assists you to become proactive towards success. An individual can exhibit A-one approach through his or her actions, if he/she learns to manage atmosphere around them. Our outer atmosphere plays a significant part in developing our attitude, our actions and our mindset. This paper puts light on workable idea to implement and developing a positive atmosphere for one's growth. It compares and discusses effect of small, petty and suppressive environment vs all supportive atmosphere. Towards conclusion, it defines significance of having positive environment, developed by big and open-minded people around us.

**Keywords:** *Mind food, positive atmosphere, visualization, Progressive Idea, business challenges, open mind, business master, acceptability*

## 1. Introduction:

“It is important to design your surroundings to make good choices. Also, changing yourself begins with changing your environment”, Melissa Chu quoted in an article written on inc.com. Similarly, it is of utmost important to regulate and manage the atmosphere around you. This atmosphere consists of conditions and people around you, which develop your thought process and eventually your actions. Sometimes, this atmosphere is supportive and sometimes suppressive, as well. To have cent percent supportive and encouraging atmosphere is an ideal

condition, which is difficult to achieve. However, attainment and development of Near Perfect Positive Atmosphere (NPPA) over the period of time is achievable. Noted author Dr David Swartz paid tribute to mind power, when he said, “Your mind is an amazing mechanism”. When your mind works one way, it can make a small scale farmer to a home minister of a large country. However, same mind operating in a different manner can degrade a designated prince into a clown in the same country. Mind has that power to achieve NPPA and take you to greater success and vice versa. The physical body is the product of what it is fed. This applies to mind, as well. To achieve NPPA, it is of utmost importance – what we feed to our mind and what we avoid. Some of the tools to achieve NPPA are discussed in this paper to get success.



Figure:Positive Atmosphere

## 2. Revamping of One's Mind

It is a superficial thinking to assume that stupendous accomplishment is out of our reach or reserved for a selected few. There could be many reasons for this thinking. Lack of exposure, lack of skills and appropriate mindset to solve issues, effect of stifling force, etc. Effect of stifling and repressive forces is gradual, but profound. It generates psychological fear, shuns one's ambition and produces mediocrity and failure. Negative, jealous and mediocre people create repressive force, where further growth and development become difficult. There are ways to combat this repressive force and to come out of this:

### 2.1 Observe Mr. Failure Vs Mr. Success – As a Case Study

Failure People (FP) like others to remain failure and to join their failure group. This gives them satisfaction and feel of victory. FP always shun progressive ideas and bully people, who want to proceed in their life and career. A good way to handle FP is to neglect their suggestions and advice but view them as a personal experiment.

The better way is to consider FP as a prototype of the failure class and to analyze the reason of their failure. Observe and study action, approach and mindset of FP; and where they reach with such approach. FP surrenders to the challenges. They are convinced that they are born to remain average and destined for an average or failed life. They are easy to find as they become master in rationalizing their status and explaining to others how 'content' and 'blissful' they are. At any given point, around 90 plus percent of people around us fall into this category.

Working in quite an opposite way to their advice, approach and action can produce success. Successful people (SP) operate on such mind mechanism. They refuse to surrender and keep fighting against challenges. SP exude confidence, enthusiasm and positivity through their approach. Rather than managed by the outer environment around them, they fight and fight really hard to succeed. At any given point, less than 4 percent of people around us fall into this category. Martin Luther King, Helen Keller, Mahatma Gandhi, etc are real-life examples.

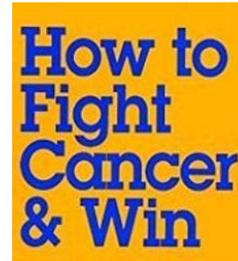


Figure : Fight Cancer with Visualization

### Power of Visualization

As per regular beliefs, it is impossible to remain positive in negative conditions and it is half-truth. If you are attached with negative family members or close relatives, it is difficult to break all relations for attaining positivity. When you are trapped with life-threatening disease, positive visualization supported with actions helps you to create NPPA and can save your life.

Suppose you are diagnosed with cancer. There is petty, empathetic and negative atmosphere around you. Your immediate family and friends visit you regularly, as if you are going to die in 3-4 months. You have started to visualize yourself as a complete healthy and cancer-free person. For next 2 months, you are living with optimistic people around you. You laugh a lot and see 3-4 comedy movie to keep your mood happy.

Your reports after 2 months surprise doctors, as they find the effect of cancer almost diminishing and you are on way to complete recovery. When we study this case in the light of psychology, it doesn't find anything unusual. As per science of psychology, you have visualized and attracted positive conditions in your life and you take action in line with your visualization. This positivity from outer environment assists you to fight and overcome your physical disease.



Figure : Are Your Circle Positive Enough?

### Surround Yourself with Positive & Big People, Who Think Big

Your environment has unmatched power than you can imagine. It has the power to influence what people think about you. Be very clear about this fact. You are judged by the company (your circle of friends and acquaints) you skip and the company you keep. Company of people – positive or negative, has a profound effect on us. You can attract negative perception about yourself in other people's mind. How? Just associate yourself with negative minded, petty thinkers. You can attract totally reverse effect by associating with positive, big thinkers. It is a famous proverb that says, 'Dogs of a tether walk together'. Your fellow coworkers, family members are not all same or positive. Some have negative, some have neutral and some have an assertive attitude. Some works for consistent growth, some works just for money. Some take action as per what is said by the boss. Others are more mature. They understand 'reading between lines' and act that way.

The reason self professionals like doctor, CA, dentist, interior decorator, etc prefer to work under someone 'great' in their profession is simple. Working under seasoned professional of your field exposes you to their astute skills and expertise. It gives you that conducive environment, which shapes your career path. As the start of career, you are more prone to be failure and negative. But, if you work under successful and skillful people; you get the right and positive environment. You can learn trick or two, to be a successful leader later. How and what you think is directly influenced by the group you are in. Then, it makes sense to choose the best group.

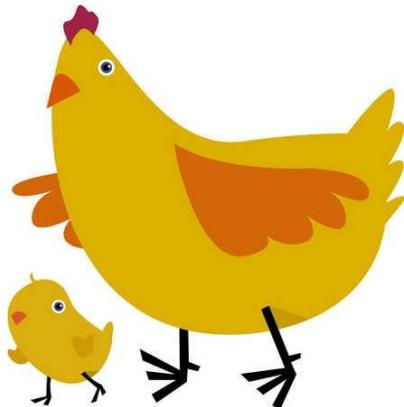


Figure : Small People vs Big People

### 3. Case Study : Perception of Big vs Small People About Progressive Idea

Do one experiment. When you wake up in the morning, see the news of rape, corruption, scandal, natural disaster, etc for at least 25minutes. Do this for 21 days. Analyze how you feel for your whole day. Now change your experiment. See the news of scientific breakthrough, sports achievement, and lecture from the spiritual leader for 25 minutes. Do this for at least 21days. Analyze how you feel for your whole day, wrt 1<sup>st</sup> experiment. Invariably, 2<sup>nd</sup> experiment will give you better feeling and motivation. This is the power of your mental environment and food you gave to your mind. Here is a case of Mr. MS and his idea of creating record in the field of photography.

MS is a college graduate with interest and passion in photography. He did 6 months photography course to gain knowledge and experience. He started his company with his 2 other friends, only to close down in next 200 days. He approached some mediocre people for suggestions. He was laughed upon for his idea. However, MS was determined in his goal and ambitions. He was highly motivated to do 'exceptionally well' in photography. He approached his big thinker professor, Mrs. Chopra. She suggested, 'Why don't you think about making a new record in photography?' Luckily, this idea struck his mind. He did research on wild life photography in Andaman – Nicobar Island. The record for the highest number of photos in an hour by a team stood at staggering 478. He checked about possibility of taking 700+ photographs in an hour. When he asked various wildlife lovers, explorers and photographers about this, everybody said it is unattainable. MS set his goal. He did extensive research on topography of island, wild animals, reptiles, their lifestyle, etc. He decided that he would visit Andaman and would shoot 786 photos in an hour with his team.

Then, preparation was started for this amazing piece of work. He contacted some big names in global wildlife photography through digital media. Some of those globally recognized photographers gave him some valuable suggestions to proceed. Now, analyze this case study. Petty, small people are everywhere and in majority. They will laugh at your idea and make fun of you. There are people like Mrs. Chopra and global photographer, who are big thinker and believe in big goals. They will analyze your intention and will support your ideas based on merit.

### 4. Approach The Master For Advice With A Open Mind

Successful people are believed to be too occupied to approach for a piece of advice. Other way, average people have all the time in the world. Former is wrong perception,

later is reality. Generally, successful people are humble and approachable. However, they respect their time and their suggestion. Mr. Harun is one such leader, worthy to take advice from. Harun is an executive director of an import-export firm. He is a master at managing people. Harun has developed an open and encouraging environment for his entire team. Anybody can 'approach' Harun; provided his availability for discussion and the gravity of the topic. His cabin is open for all the members.

Mr Zaidi still remember couple of incidents, where he needed Harun's time badly. However, Harun was in a fix with shortage of time. He suggested Zaidi to meet him around 7-7.30pm. Zaidi was amazed with Harun's dedication. He said to Zaidi, ' I saw your intention and interest for work. As your senior, it is my duty to guide you. It is nothing special about it. I like to give standard training for self-advancement to everyone in the company. However, any personal coaching is available to a person, who asks for it.' Harun is very humble, honest yet 'go-getter' man. He is always ready to help others. Like any other big-hearted, successful people he was always in hunt of finding and nurturing the the right talent for bigger assignment. Approaching your skillful masters for a piece of advice is a right way to develop NPPA for your and company's wellbeing.

if you are hesitant about following master's advice; The best thing is – don't go to them. There is a reason. Successful people and masters are generally smart one. They precisely know, who deserve their time and who don't.

In the brief, make the rule. When you seek sincere and true advice for advancement; take it from the master. Avoid and ignore the average people's fake advice. When it comes to take advice from others, think about going A1 class, the best and the most premium class.

## 5. Conclusions :

1. Like food for your body, food for your mind or food for thought is equally important. Flush out negative talk and idea from your mind and nourish it with assertive suggestion and environment.
2. Keep yourself surrounded with people, group having encouraging and big idea. Equally important is, consider failure people as case study to understand – what should be avoided to become a failure.
3. Use power of visualization to keep negative forces at bay. It helps you to remain focused and motivated in trying conditions.

4. Work with masters and thorough professionals in the initial phase of career. You may get less or no money, but get priceless experience to manage the show on your own.
5. Speak with big minded people about your new and highly ambitious idea. They will suggest you steps to nurture and develop it into successful project(s).
6. Always approach genuinely busy, real master to seek advice. They always find some time for people with genuine intention, who seek their advice.

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