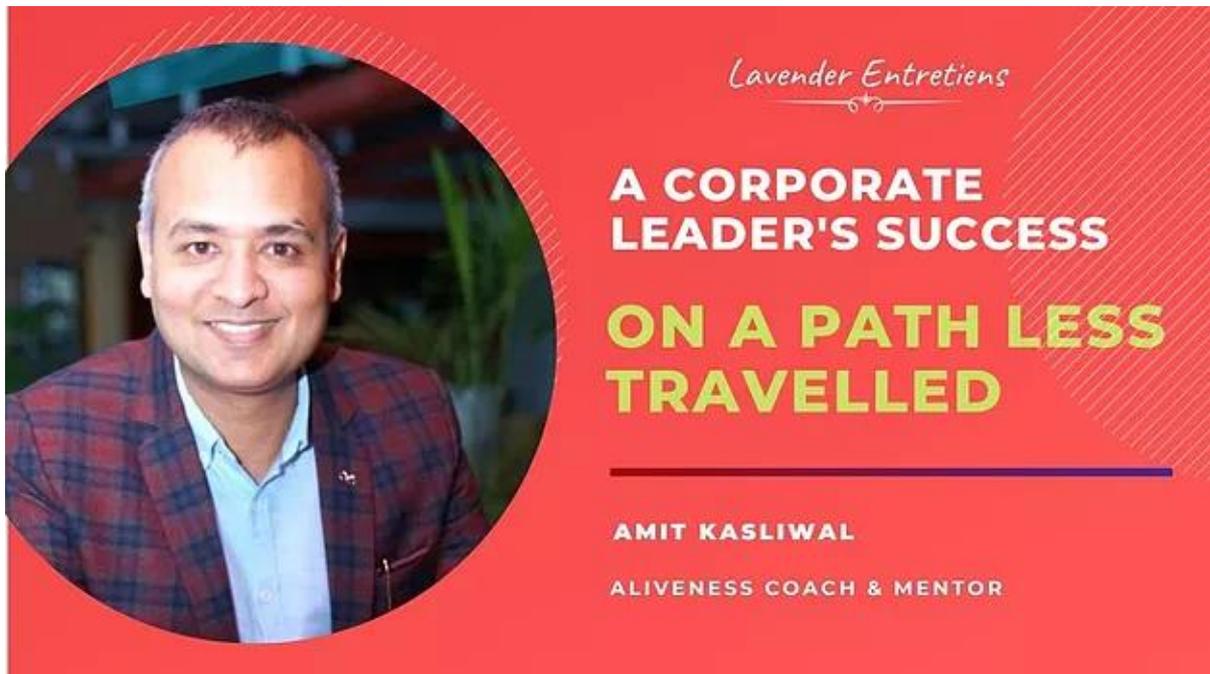


Making the Sun Shine Brighter

Lavender Entretiens | Shivangi Ruperee | October , 2020



Mr Amit Kasliwal, the former Head of Corporate Sales for India at the **Ford Motor Company** and an **INSEAD** alumnus, spent several years, travelling the nooks and corners of India and the world where he interacted with thousands of youth, business partners, corporate executives, CEO's, entrepreneurs and monks before he transitioned into an incredible aliveness coach & mentor. Since 2015, he has captivated the thoughts of millions of individuals and has garnered over 50 thousand regular followers on his own platform.

Mr Amit Kasliwal's journey reflects his resolute will & courage to create a difference in the world. In an intriguing conversation, he spoke with Lavender Entretiens about the lesser-known aspects of his life.

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**Growth & Creativity always lies in the unknown space.
We need to believe in the unknown**

What motivated you to take up a strikingly different path in your career & become an aliveness coach & mentor?

We largely get hypnotised in our lives and whatever we see around us, we start to believe it like the only reality - we start to take the same steps, we start to follow the same path, take the same actions and look for the same results. When I was doing my MBA, I somehow ignored my inner instincts which were towards human psychology, I was good at understanding people but rather than choosing to pursue a career in HR, I got carried away towards sales & marketing. During 2014, I realised I was living the autopilot life, I had everything - a designation, a great company and money but felt a need to reflect deeper. I realised where my passion lied and wanted to pursue a career in it, fortunately, as I networked, I received a lot of opportunities to share my learnings. It's all about consistently staying on the journey without worrying about the outcome, sticking to the process and the number of hours you invest in sharpening your mastery makes all the difference.

Which factors during your corporate journey reinforced your belief towards the need of motivating others?

I have noticed that the majority of the people in the corporate world today are living in the past, around the talents & capabilities they possessed and are stuck whereas there are also those leaders who are practising aliveness & are continuously improving themselves, are successful in collaborating naturally, are breaking silos and are overcoming their blind spots. There is certainly a huge amount of talent but there is also a need for assistance in developing completeness & valuing diversity. Growth & creativity always lies in the unknown space and we need to believe in the unknown.

What would you suggest a person, who knows his or her aim but doesn't know how to make it a reality?

Future doesn't really exist, we only have a moment in front of us. It's all about becoming and living it by truly feeling it deep within our soul because when you really feel it, you create a memory which is the first step towards making it a reality. This will help an individual be attracted to the thoughts of what one wants to become and these thoughts would generate the idea of some actions which in turn will result in outcomes. These outcomes help in generating newer emotions of inspiration as one sees their life moving towards their goal. Aliveness and consistent habits make a person evolve to become better each day and inspire others with their positive energy as well.

How would you advise professionals to develop on their strengths, which could help them take a leap of faith when required?

An individual should seek the suggestions of people they trust & ask them their strengths as well as their areas of improvement. After which, a person can work on these and become complete but at the same time, it's extremely important to truly accept someone's praise & believe in yourself. Handling criticism becomes really important here as well and to become an achiever we need to use it to aid our growth. Many times the way that feedback is shared can be harsh but we need to develop a consciousness of filtering it out to complement our own trajectory without letting our emotions get impacted. Perspectives have power.

Your message to those who are going through uncertainty

Live life like an adventure, convert the uncertainty into enthusiasm & zest, live it in a flow. Don't try to predict the future , don't be worried about the outcomes. Focus on purposeful actions, focus on habits & focus on enjoying the process. Do your best & keep yourself away from the distractions. Let the uncertainty be there in your life & embrace it because otherwise if everything becomes certain then life becomes boring.