

THE DIVINEOLOGY RELIGION
PRESENTS

SETBACKS,
GETBACKS &
THE PAYBACK

BY RAJESH KALAN

License

This is an authorized free edition from www.obooko.com

Although you don't have to pay for this e-book, the author's intellectual property rights remain fully protected by international Copyright law. You are to use this digital copy strictly for your personal enjoyment only: it must not be redistributed commercially or offered for sale in any form. If you paid for this free edition, or to gain access to it, we suggest you demand an immediate refund or report the transaction to the author.

Copyright © 2018 Copyright holder: Rajesh Kalan. All rights reserved.

Cover image provided by Canva a big thanks to you all. Visit them for great free covers. www.canva.com

This is a free resource from the *Divineology Religion*. We hope you enjoyed reading it and if you would like any further information regarding *Divineology "A Divine New Life Theology"* please feel free to email us at the address given at the end of the book. We will gladly email you a copy of *"Humanetics"* which will explain *Divineology* in full to you. We thank you for taking the time to read this and wish you love and prosperity in your life, those dear to you and all those of which you are still to encounter.

Table of Contents

Introduction

PART 1

The Setbacks

Doubt

Complicate

Obstacles

Loss

Hopelessness

Apathy

Self-Hatred

The Comfort Zone

PART 2

The Getbacks

Certainty

Change

Simplify

Adapt

Self-Love

Courage

Compassion

Selflessness

Hope

Wisdom

Part 3

The Payback

Conclusion

Introduction

If we look at our lives we will find that there are many forces at play and these forces would normally decide in which direction our lives are propelled, if you had to take stock of your life now, are you where want to be right now or do you wish you were further along? There's one thing I want you to understand now, it's never too late to get where you want to be, you can get where you want to be as long as you are willing to put in the time and sacrifice needed to achieve whatever it is that you want to achieve.

There is one great thing that we have been endowed with and that is free will. What is free will? Let's break this down so we can get a better understanding of it. The word free will means the power of acting without the constraint of necessity or fate or to act at one's own discretion. Did you notice how that started off "the power of acting" now with who does that power lie and when is that power available? That power lies with you and it is available whenever you want to tap into it. The wonderful gift of free will should never be wasted, it should always be used to see us make decisions that enrich our lives and not rob us of opportunities that would have been essential to our progression.

You see now the Power lies with you, use it wisely and see yourself reach new heights that you never dreamed of. We are blessed us with so many wonderful blessings, have you taken the time to acknowledge these blessings if you haven't do it now and you will be showered with one blessing more on top of the next. A simple thing like waking up in the morning is such an amazing blessing, it allows you another day of life in which you can make your life so exciting and to change the life of someone else, so be appreciative of all the many blessings no matter how big or small.

What we are going to do in this book is look at what holds people back and what you can use to get past that and see yourself on a new path to self-enrichment and that will lead to life enrichment. All blessings be upon you and everyone in your life.

Part 1

The Setbacks

A *SETBACK* is defined as a “reversal or check in progress”. As we know reverse means to go backwards, as people we only want what’s best for us and normally the best lies in what’s ahead, its termed progression, you can never progress by moving backwards. Does time ever stand still? No never, it moves in one direction and that’s forward. I want you start to develop that train of thought now that you want to see yourself move forward and achieve. What I’m going to do hear is list the Setbacks give a brief description of it and in part 2 we are going to look at how to get passed them, so please read them carefully if one or more pertains to you note it very carefully, you have to acknowledge what is wrong before you can start to deal with it, just know you are never alone, just look inside and see that you are always stronger than you are and that with a little help you can overcome anything. Let’s now look at the Setbacks they are as follows:

Doubt

What is doubt? It is a feeling of uncertainty or lack of conviction. When there is uncertainty there can be no certainty. If we lack conviction which is a firmly held belief what belief is in play now? It is important to have a belief system in place, a system that defines you and then in turn defines how you live your life; you should be firm yet malleable, only allowing things in that benefit you and not hinder any growth or progression in your life. Doubt destabilizes your belief system, it creates uncertainty and worst of all it steals time, because the longer you take to decide on something the more time has passed and if you are not careful here at times it could be a lot of valuable time that would have passed. So if you are a person in whom doubt has taken root we are going to uproot it.

Complicate

Complicate means to make something more complicated. When we look at what complicated means it means involving a lot of different parts or in a way that is difficult to understand. Did you see how quickly that escalated, we went from complicate to complicated. That's what happens when life gets complicated from one thing it goes to many things and before you know it, it's become like a tangled ball of string, where it starts and where it ends is unknown because there's too much there and the more you try to untangle it the more tangled it seems to get until eventually the frustration causes you to abandon everything. One thing you never do in this life is give up on yourself never ever forget that.

Obstacles

An obstacle is something that blocks ones way. I know for many of us obstacles come in many ways and forms and it's all person related. If we look at people we will find people who can overcome obstacles very easy and sadly we come across people who obstacles just prevent them from moving forward in any direction, just think about it, which one are you? Always remember the size of the obstacle lies in the size which you will attach to it, ever heard the saying never make a mountain out of a mole hill, that is what many people do and don't get me wrong, they can't help it, dealing with what is before them is so much bigger than what it seems, it's a case of perception determining the current reality. I want you now to look at your life and list the obstacles that are preventing your progression, be very honest here and leave nothing out.

Loss

I don't have to explain what this word means, we all have experienced loss in some way or the other, it could have been the loss of someone very dear to us or the loss of something that meant a great deal to us and either way it could have left a great void inside of us and for some that loss can cause them not to go on in life. My heart truly goes out to all who have lost anyone close and dear to them I know what that is all about I lost my mom and dad in close succession and I know what that can do to a person.

In life the more we hold onto someone or something the more attached to it we become, it becomes part of us and for some people it defines them, so when that loss occurs we have not only lost that person or attachment we have lost a part of us and that is where the severity of the loss affects us in ways we never imagined possible. Always remember that everything that lives on this Earth must die, it's been the cycle of life since life was gifted to this world, I know saying this doesn't make it easier but having this concept in my mind has made accepting loss much easier. I too am going to die one day and I have told those I love not be saddened by my death but to be happy knowing that I lived a good life and to remember me, they must always remember the good times we had and no matter what happened good or bad I always stood by them.

Hopelessness

It is a feeling or state of despair, a loss of hope. What is Hope? Hope is a feeling of expectation and a desire for a particular thing to happen. When we lose hope we lose that feeling of expectation and desire. Hope is the fuel that powers our lives as we face each day with the expectation that something good is going to happen or come of it. What causes people to lose hope, its circumstances? When we are faced with circumstances that offer no resolution in sight, we lose hope because we see ourselves caught in the grips of circumstance in which only misery prevails. I want you to remember this no matter how long the night seems the Sun is always going to rise the next morning bringing with it light that has taken the place of the darkness. Use this analogy in your life, when things get bad and I mean at its worse always tell yourself it won't last forever and you will get through this because like the Sun rises so too will hope on your life.

Apathy

This is the lack of interest, enthusiasm and concern. Here we have the loss of three very important things all at once, interest, enthusiasm and concern. Let's look at each of those words in more detail. What is Interest? It is the feeling of wanting to know or learn about something or someone. What is enthusiasm? It is intense and eager enjoyment, interest or approval. Did you notice how enthusiasm encompasses interest? What is concern? It is a matter of interest or importance to someone. Did you see how just one word has so much attached to it. Look at those meanings again and you will see how three things of such importance are lost at once. For many this could bring their very life to a complete halt. One thing we must do here is ask ourselves this "how important is this life to us and are we willing to fight to make it something instead of nothing?" How did you answer?

Self - Hatred

This is an intense dislike of one's self. Wow did you see that? Intense dislike of one's self. That must be one of the worst things in life hating yourself. What would cause this? There are so many things, the way we look, the things we can't do, the background we come from, the way people make us feel, the way we are treated by others and the shortcomings we have in life are just a few to mention. We will find it's always others who will induce the feeling of self-hatred. We must ask ourselves this do what others expect of us or what they think of us or how they perceive us mean that much that without their approval or validation it could lead to such self-hate. You can't attach a worth to yourself because you are priceless, you are one of a kind, you are just an amazing you, there's no one else like you so why let others dictate your worth and value to yourself?

The Comfort Zone

What is the Comfort Zone you might ask well it is the state a person reaches where they are content with where they are and they see no need for any further progression or advancement. What the person doesn't realize here is that while everything around them is changing and adapting to what is taking place, they are stagnant and in time they are going to be left way behind. At times for many people here, trying to play catch up may be very hard because so much time has passed by and they have so much to catch up with. I'm saying this again like time, life does not stand still its ever changing and evolving and as people we need to change and adapt accordingly in order to stay abreast of things. Look around you, you will see motor vehicle companies make new models all the time, so too does television manufacturers and why do they do this, they know innovation leads to market domination. If anyone manufacturer never advanced themselves they would shut down because their competition would outperform them in every sector of the market, you see they re-invent themselves all the time. So to in nature we will find that animals and insects adapt to they ever changing environments and this increases their survivability. So to as people we must never sit back and let life pass us by instead let us adapt to life and always be the best we can be.

Part 2

The Get backs

In part 1 we looked at what held us back now in part 2 we are going to look at what's going to get us back on track and see us progress. I know it seems it seems I mention the word progression so much, but as people it's so important that we progress, it takes us to where we want to be and allows us to enjoy life on so many levels. Always remember we are part of something so much bigger and we must take our place in the greater scheme of things. Love and blessings to as you continue with this section.

Certainty

When I looked up the meaning of the word certainty I got three meanings and all were just so fascinating to me, I'm sure you are going to like them to, read them a few times if you like. The first was "firm conviction that something is the case", second was "the quality of being reliably true" and the third was "a general air of confidence". Now that was wow to me how amazing was that? When you have certainty about your life, the things you do and the way you want your life to progress it leaves no room for doubt and uncertainty. Let me say that again no room for doubt and uncertainty. Now what causes us to be certain, it's having the confidence in ourselves that what we are doing is going to benefit us and if we persevere we are sure to reap the rewards of what we want to achieve. Never second guess yourself and never allow others to do that also, instead show them that you stand by what you believe in and that you are certain that your actions will achieve the results you desire for yourself and that you are someone worthy of emulation. So from today no more doubt, start everything one step at a time and if you lacked self-confidence with every step that you take build it up lie you building a house one brick at a time but in the end you are going to have that dream home, it's all in your hands, your mighty hands which are endowed, so shape your destiny, you are after all the master of it.

Change

Change is described as “make or become different”. When we make something we create something you see it’s us taking the time and effort to be different. If you look at your life now do you feel that you need to make a change? The best way to see if a change is needed is to look at yourself and see if anything is required to make you a better person or to make you improve your relationships with those you come into contact with or with those that you will encounter. You see change is a transformation from what is holding you back to what will enrich your life and that is not only on a monetary scale but on a social and spiritual level too. For any change to take place you must admit that an improvement is required. Admission is very important; it unlocks the door to what will be the start of your transformation process.

Next you must want that change to take place, look deep inside you for this and admit that this is for your betterment and what you will endure will be worth what you will be going through to enact that change that you want. Next commit, this is the most important part, once you start you don’t stop see it through till the end knowing that this for you and to make you a better person. Change that creates a new you is always the best change and never forget this as we grow, we mature and this maturity lets us see ourselves and life in a whole new perspective, so when you see the need for a change don’t be stubborn and set in your ways, be humble and allow that change to transform you into someone that is constantly improving and who wants to be a better person. Remember change knows no boundaries, so don’t limit yourself, as people we only have limits set by ourselves, so transcend any limitations in your life, just know this you are never alone in this journey of life, so turn to those around you or to your fellow brothers and sisters and together we will walk this journey of through life a great one.

Simplify

The word simplify means “make something simpler or easier to do or understand” As people sadly we can tend to make things far worse than what they are. Also we can make something appear much larger than it is. You see when human nature is confronted with events or situations that it cannot understand or deal with it escalates those situations to levels that it cannot be dealt with, that is a coping mechanism that eases our conscience that what we are facing is beyond our capabilities. Depending on your emotional tolerance the levels of escalation can rise significantly here. Have you ever seen someone who had their car scratched or slightly dented, if you have you will notice that a lot of people here will carry on as though the whole car was damaged, I know it’s an expensive piece of equipment but is that sort of response really required? No its not, wouldn’t a better response be to check that you are not hurt and that the other is not hurt and then seek a mutually beneficial way to solve the problem instead of losing your temper.

Even in family situations instead of solving something amicably we let things escalate to levels that can potentially damage family relations. Now how do we go about to simplify? Firstly don’t get angry, stop, look at the situation and take in as much information as you can, remember knowledge is power and the more information you have the better your perspective can be on what is transpiring. Secondly, look at who is involved and what the impact of the current situation is having on yourself or those concerned; always be compassionate and willing to listen. Thirdly, look at what the impact of the situation is going to be on you and what part you can play to make the situation more tangible. Fourthly together look at a solution that would be beneficial to you both, always be willing to compromise if the need arises, let us not let things escalate to violence that has never solved any problems but instead have made situations much worse. The simpler we make things the easier it is to deal with for everyone, so follow those steps, simplify and don’t complicate.

Adapt

The word adapt means “make something suitable for a new use or purpose” Read that again new use or purpose, those are powerful words. If we look around us life evolves on a continuous basis, situations change, people change, look at us as we have continued our journey in this life we have changed to. But why do things change? It’s not very hard to answer that, life has to change in order for us to become better and for us to supersede the current limits that we are at. If we don’t adapt we will be left behind or sometimes we can die.

Picture this, someone who does bodybuilding, you will see someone who is normal and then with time they will transform into someone totally different, having a body that is so admired, but that didn’t come easy, it took lots of hard work and pain to achieve that. You see adapting requires sacrifice and at times having to change a little of you to become someone new. You can never stay as you are and expect to excel in life, life does not work that way, changes around you are there to make you stronger and to make you achieve on levels you never dreamed of, so look around you constantly, see what’s happening, see where you are, and what is required of you to adapt to what’s happening around you. Change with the times and don’t get left behind, mould yourself for that new purpose and make your new use something that sees you always be ahead of what is happening around you.

Self – Love

What is love? If we look it up it says “a strong feeling of affection” If it was that simple life would be so much easier but love is so varying and it ignites such an array of emotions within us. If I asked you to give me five bucks and you didn’t have it, could you give it to me, no you can’t, you see that little exercise was used to show you that you can only give what you have. When you say “I Love You” to someone do you love yourself so much that you can impart some of that love to someone else? You see if you don’t love yourself you can never love someone else and when you say “I Love You” to someone else it then truly means nothing, they are words with no emotions attached to it.

You have to first love yourself before you can impart that love. If you ever heard the song “The Greatest Love of All” you will hear in that song that “learning to love yourself is the greatest love of all” Do you truly love yourself? If you don’t I want you to change that right now, I want you to look at everything that makes you not love yourself, put that aside and say to yourself that you are worthy and that you have a self-worth that transcends all the riches in this world, if anyone has made you feel unworthy then you don’t need people like that in your life, associate with people who inspire you, elevate you and who constantly show you that you are appreciated. Look in the mirror every day and be happy with what you see, smile from your heart and say “I’m the most special person in the world there is nobody else like me” Say that over and over again and start everyday with that. You see once you build up that self – love, you can in turn impart that love to all those around you and spread the great love that you have and change the life of someone who has not known love in their lives. Love yourself and in so doing you will have love for everything in your life.

Courage

The word courage means “the ability to do something that frightens one, bravery” If you had to look at your life now what frightens you? There are too many to mention here because these are people related. As people we have things that frighten us, things that hinder us in achieving what we want to achieve. I want you to take a pen and list what frightens you. Then I want you to think about how that is affecting your life and how that has stopped you from living the life that you want. Think very carefully. I know for some of you this might be very emotional and if you must cry do it, let those emotions out, and don’t keep it bottled in. You see courage is having the ability to take that first step that will lead you to your destination of liberation. It’s taking that all important first step. I want you now to look at all the benefits that lie in wait for you, look at how your life is going to be transformed if you just make a small change, just look at lighting dynamite, it takes a simple spark to ignite a flame and that flame lights the fuse and that sets off a huge explosion. You see small steps to a big end. Let courage light the fuse to your big bang. Here are a few courage sayings for you:

“It takes courage to grow up and become who you really are”

“Success is not final, failure is not fatal, it’s the courage to continue that counts”

“Courage is simply the willingness to be afraid and act any way”

You see that don’t let being afraid stop you, act and see your life change in a way that you never thought of. Like I always say you are never alone if want email me, I will gladly set out to help you or seek those around you and let that support structure aid you on your journey in life and let courage become the tool that changes your life from one of hesitation and fear to one of bravery and courage. Take that step and liberate your life.

Compassion

Compassion is having sympathetic pity and concern for the sufferings and misfortunes of others. If we look at the world today we will see people tend to be very heartless, we see people less fortunate than ourselves we can become very judgmental, when we see people in pain we see them as weak just because it doesn't affect us in the same way, we tend to turn a blind eye to the suffering of others. Isn't that so cruel, whatever happened to our humanity, whatever happened to our compassion. Over time we as people have changed, some of that change has been good and some bad. I find that many people around me who have made it financially tend to look down on people. One thing they say a lot is that no one gave them anything and they have achieved what they have through hard work so why must they give anything to anyone, if they can do it so to can others.

If only life was that simple, people are sadly born into different walks of life and that walk can be a very lonely walk, having no one to turn to or no one to console them. For many people they put on a smile but inside they are crying, they are so hurt that no one cares. I want you to take the time look at yourself and if you are in a situation where you can help someone I want you to do it, you will find here in many cases it won't require you spending money but just you giving of your time to show someone that you care and that someone loves them. You see that compassion you have will go long way to healing someone who is hurt, has a broken heart or who has felt for such a long time that they are alone in this world with no one to turn to. You see for you to receive your blessings you have to give and there's nothing greater than giving of yourself. So next time you see someone suffering, in pain or just in need of a listening ear show them the compassion that you have and help heal them, show them that someone still cares. Who knows someday you might need that and that very person that you showed compassion will be there for you.

Selflessness

The word selflessness means “concern more with the needs and wishes of others than with one’s own” When last have you put the needs of others above your own? Did that question surprise you, while thinking about it now is it difficult to answer that question or are you a person who can smile and answer that? If we look around us we will see that there are so many people and good causes that just require a little of our time and when we give of our time we give of ourselves. When did you take the time to do something that enriched the life of someone less fortunate than you? Imagine what would happen if we all just took a little time to do something for those who require it, what a huge impact that would have on their lives and the satisfaction it would give us to know that we turned tears to a smile.

In today’s world we are so wrapped up in what’s happening in our lives that we forget what is around us. So I want you take the time, look at how blessed you are, the nice house you live in, the nice car that you drive, that full refrigerator you have and everything that provides you with the comforts that makes life great and realize that there are so many people out there who have nothing and would do anything just to have a little of what you have. Appreciate the things in your life, never take anything for granted. Now I want you to take a little of your time and use it to make a difference in someone else’s life, give of yourself and see someone smile show them that despite their circumstances people still care, that they matter and that they mean something. So be selfless and change the life of someone and in turn your life will be changed to.

Hope

Hope is “a feeling of expectation and desire for a particular thing to happen” Hope gives us the faith of knowing that we can overcome everything. We all live by hope it’s a beautiful feeling of expectation but the expectation of good that we want in our lives. If we lose hope we can lose our will to live. You know once we were born our journey on the road to this life started. It is a journey upon which decisions determine the outcome and direction of our lives. But along with those decisions we need the faith that we know what we are doing is right and the hope that the outcome will work in our favor. We wake up face today and what tomorrow brings is unknown to us, but hope empowers us with the optimism that the next day will be a good one.

Hope fuels the expectation and desire in us all the time and no matter how bad things get, we live in the hope that things will turn around and become better. Hope is so important in our lives without it we would be lost and our outlook on life would be a continuously pessimistic one. I want you to take that hope that you have, it doesn’t matter if it’s a little hope or a lot of hope, I want you to channel it in a positive way, if things are going bad work with the mindset that it’s going to get better, if life is good look at life getting greater, work it on a scale of positive elevation and make your hope for life to be so good that you don’t allow the weeds of despair and hopelessness take root in your life. Make your hope contagious let everyone see your positive outlook and be infected by it, you can inspire all those around you just by showing them that through the optimistic hope that you have, every day in your life is a day in which the Sun shines so brightly.

Wisdom

Wisdom is “the quality of having experience, knowledge and good judgment, the quality of being wise” Wisdom is so important it allows us to make good judgments through the experiences we go through and the knowledge that we acquire during the journey of life. Being wise always puts us at an advantage as we make decisions that are beneficial to our well-being and allows us never to willfully harm ourselves or others. One of the best ways to acquire wisdom is to consult with those who are older and ask advice on how things should be done or handled and the reason for this is that they have been around a long time and have learnt very important lessons in life and what the best solutions were in those lessons.

Another way of acquiring wisdom is learning from the lessons in our lives what good decisions we made what bad decisions we made and how we overcame things to improve our knowledge and better our judgment. Life is a continuous learning experience and we must learn in order to improve, grow and be the best we can be. If you have learnt from life and you see a situation in which you can help someone, do it, imparting your wisdom can have a big impact on someone else’s life and improve your wisdom all the time. So take the time to learn from experiences, continuously grow your knowledge base and let the judgments you make show you the wisdom you have acquired as you grow and continue walk this journey of life.

Part 3

The Payback

I've mentioned this before and I'm going to do it again. The Payback is about you giving back, it's about you making a difference in the lives of all who will need it. Look at how much you have to be thankful for, all that you have been blessed with and then just think today someone won't have anything to eat, they will have no home to go to, they don't have any family and they don't have any one just to show them a smile or some compassion.

Yet so many us take that for granted or we don't acknowledge what we truly have. There's a saying you don't truly know what you have until it's gone. Imagine you lost your home, didn't have anything to eat, had no one to show a you a little smile, how would you feel right now? Not good at all that I can tell you, so take the time and payback do something good for someone, just something small for a start and that small could have a big impact on someone's life. Consider it a good life debt that you have to pay but realize that payment will take tears away and make someone smile and let them know that people do care and that they can build new hope knowing that the next day to come will be one of good expectation.

Conclusion

Blessings to you, I hope life continues to bless you and guide you as you continue on your journey of life. Remember life is so precious it should always be treasured and treated with the respect that it deserves.

Remember there's nothing greater than giving of yourself, as you have received give unto others, let you become a blessing to all you encounter during your life's journey. The true value of any person lies in the manner in which they treat other people. So what's your true value?

As you go about your daily lives just offer a stranger or someone you know a little smile, a smile can warm the heart in so many ways.

If you would like to contact please feel free to do so anytime my details are as follows Email:

tdltheology@gmail.com

Yours Divinely
Rajesh Kalan