

Tips
for
**CREATING YOUR
OWN RAINBOW**



Copyright © R. Palaniappan 2007

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

Published by:



Certified to MS ISO 9002
Registration No. AR 1395

Specialist Management Resources Sdn Bhd (Co. no. 385604-V)

Suite 2A - 23 - 1, Plaza Sentral, Jalan Stesen Sentral 5,
KL Sentral, 50470 Kuala Lumpur, Malaysia

Tel : 603 - 2279 9199

Fax : 603 - 2279 9099

Email: drpalan@smrhrd.com

Website: www.smrhub.com

Perpustakaan Negara Malaysia Cataloguing - in - Publication Data:

R. Palaniappan (R. Palan Ph.D.)

Tips for Creating Your Own Rainbow

ISBN No: 983-425869-0

Printed by:

E Print Communication

C-5-2, Sri Intan 1, Batu 5, Jalan Ipoh

52000 Kuala Lumpur

Tel / Fax: 03-7490 4744

Email: eprintcom@gmail.com

Introduction

This quick and easy to read *Tips on Creating Your Own Rainbow* is not necessarily a 'how-to' book. It is a synthesis of the ideas from the book *Creating Your Own Rainbow*. Following the success of *Creating Your Own Rainbow*, there has been a request for a simple book that highlights the main ideas it. Well, this book is just that.

Tips for Creating Your Own Rainbow is classified into three sections: Introduction, the Seven Components of the Rainbow, and a Summary. Each tip has a quote followed by an explanation. The explanation is short, simple and precise.

The aim is to provoke you to think and take action for personal development. I have read time and again that the best way to help people learn and perform is by sharing the message in a simple way. You have the ideal opportunity to share this simple message with your family and friends. You can help them create their own Rainbows.

On seeing the simplicity of this book, some may think that it might have been easy to write. But, to me it has been a difficult though wonderful and transforming experience. The writing has been only possible because of the pivotal people in my life and the time I spent in the quiet and peace of Bahrain, made possible by my clients.

I am grateful to them and to you for encouraging me to write again and again.

R. Palan Ph.D.



Special Thanks

I must give special thanks to my young nephew Arasu
(in the Tamil language, Arasu means King)
for teaching me so much about life. A nineteen year old may
seem an unlikely teacher to a person like me but his occasional
questions from the time he was a toddler has bolted me from my
fixed ways of thinking. He shares, cares and teaches people in so
many different ways. Patient, thoughtful and sincere, he is a
friend who gives me authentic feedback. I have seen his
interactions with my children and I have seen his presence
making a qualitative difference in their lives.

This book is due to his constant questions seeking clarity
and meaning about making a difference to people.
The beauty is that he does not realise it, as his questions are a
part of his way of life. He touches people in so many different
ways. Age certainly is no barrier to making a difference
to others or to being a Rainbow Creator.



A large, light gray decorative flourish consisting of several elegant, swirling lines that starts from the bottom left and curves upwards and to the right, ending near the top right corner of the page.

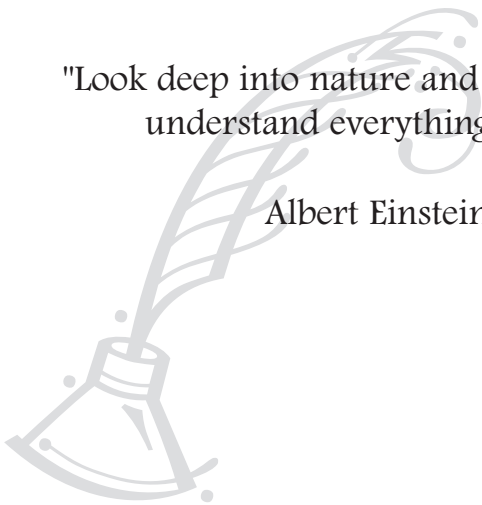
Part One

Creating Your Own Rainbow
~ Introduction



"Look deep into nature and then you will
understand everything better."

Albert Einstein



We can learn so much from the Rainbow.
Nature's wonder, the Rainbow has so
much to offer us.

Let us relate the Rainbow to Life. As a metaphor,
the Rainbow actively reflects life.
It represents beauty, hope, optimism and success.

It is within each one of us to
create our own Rainbow.

Look within yourself to create your own Rainbow.

2

"Happiness is the meaning and purpose
of life, the whole aim
and end of human existence."

Aristotle

The seven colours of a Rainbow can be related to seven Life Management steps. We can use an acronym to understand the seven steps. Integrating the seven steps into your life leads you towards happiness.

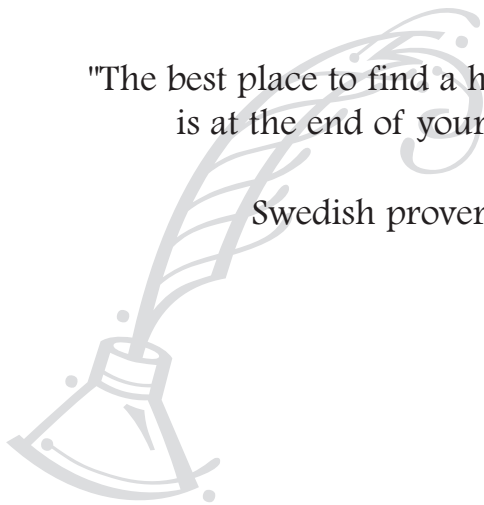
- R** ~ Recognising You Can Make a Difference
- A** ~ Authentic Change
- I** ~ Invoking Your Determination
- N** ~ Never Giving Up on Yourself
~ Self Image and Self Suggestions
- B** ~ Belief in Desire and Enthusiasm
- O** ~ Optimal Leadership and Adventure
- W** ~ Willing Love and Encouragement

Follow the Seven Steps to Create Your Own Rainbow.

3

"The best place to find a helping hand
is at the end of your arm."

Swedish proverb



Rainbow Chasers assume that pots of gold are out there somewhere waiting to be found.

They look for the "if only" escape routes.

Rainbow Creators know that the treasure lies within them.

They focus on life management principles.

Move away from "if only" situations.

Become a Rainbow Creator.

4

"Nature does not care about
our mathematical difficulties.
It integrates empirically."

Albert Einstein

Let me describe the four distinct features
of the Rainbow

Blending

Rainbow Creators blend the seven life management principles seamlessly into their lives.

The Inner and Outer Bows

Rainbow Creators are governed by their inner selves and not by materialistic needs only.

Prism

Rainbow Creators take feedback. They seek a prism to reflect to them areas in need of improvement.

Completeness

Rainbow Creators demonstrate that life is not about success in a narrow perspective, but about completeness and wholeness in life.

**Integrate the four distinct features of the
Rainbow into your life.**



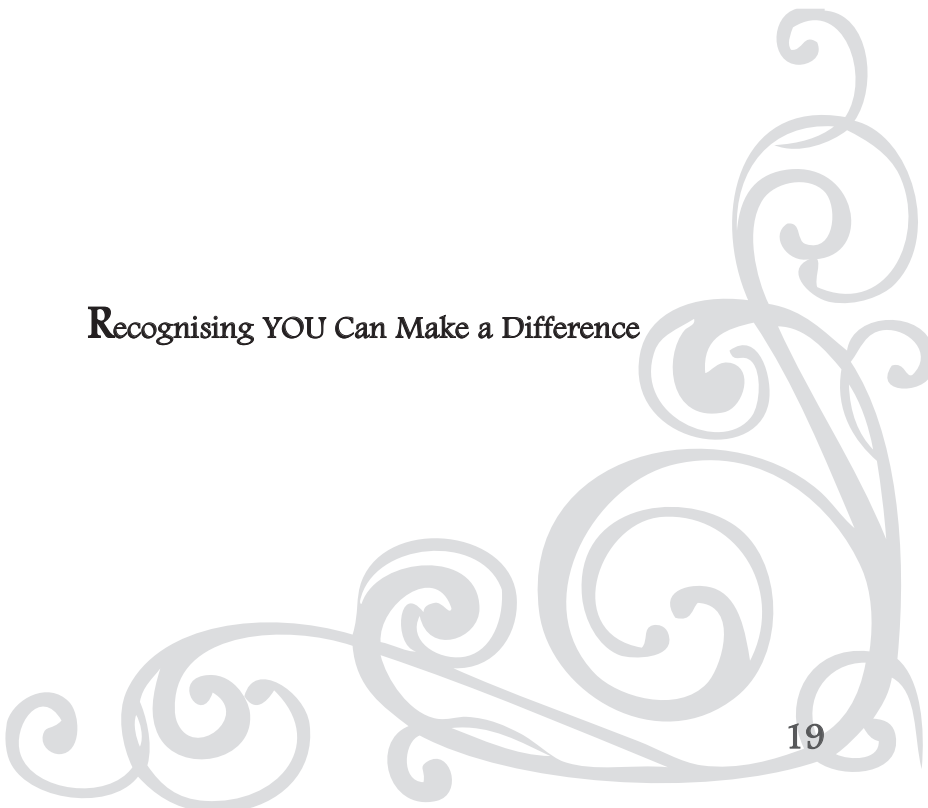
A large, light gray decorative flourish consisting of multiple swirling, scroll-like patterns that originates from the bottom right and extends towards the top right of the page.

Part Two

The Seven Life Management Steps



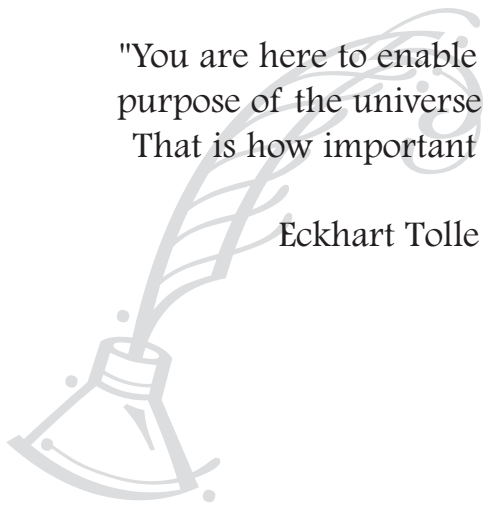
Recognising YOU Can Make a Difference



5

"You are here to enable the divine
purpose of the universe to unfold.
That is how important you are!"

Eckhart Tolle



There was a beggar who had been sitting by the side of the road for many years. On seeing a stranger pass by, the beggar asked, "Spare me some change?"

The stranger's response was, "I have nothing to give you. But what is that you are sitting on?"

"Nothing, it is just an old box that I have been sitting on for all these years."

"Ever looked inside?" asked the stranger. The exasperated beggar replied, "What's the point, there is nothing inside there." The stranger insisted "Have a look inside."

The beggar hesitantly opened the lid and to his utter joy, he found the box was filled with gold.

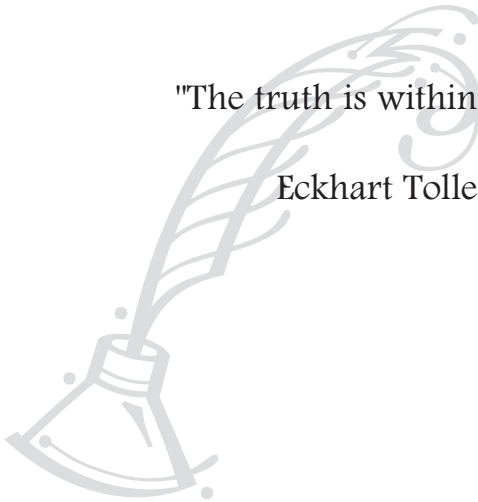
Look inside, not outside the box, as in the parable.
Look inside Yourself.

You can make a difference to yourself and to this world.

6

"The truth is within YOU."

Eckhart Tolle



As the popular saying goes, it takes half your life before you discover life is a 'do it yourself' project. It is only YOU who can make a difference to yourself.

Some people are exceptional because of their courage and their willingness to embrace inner change by asking challenging questions.

They show their readiness to listen and become capable of breaking out of inherited collective mind-patterns that have kept us in bondage to suffering for many years.

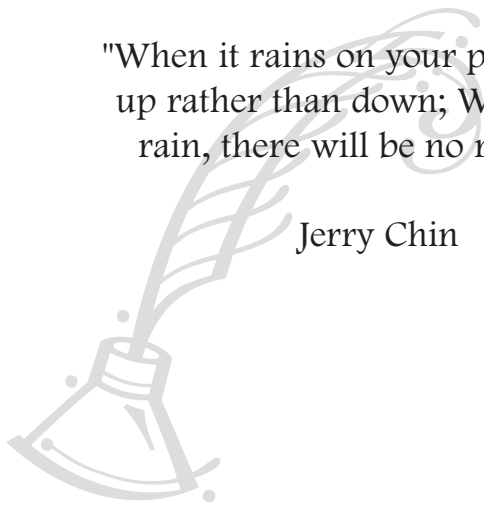
Each one of us have within ourselves the capability to create our own Rainbows so long as we are willing to discover the treasures within us.

Discover Yourself.

7

"When it rains on your parade, look
up rather than down; Without the
rain, there will be no rainbow."

Jerry Chin



Authentic and sincere motivational speakers and spiritual teachers ask you to be positive.

Whatever the arguments may be,
a positive attitude does everything for you that
negative thinking does not.

Do not be weighed by the past or fearful of the future.

**A positive attitude starts with experiencing the
current moment ~ the now!**

As a fellow speaker Franco said to me - every moment
missed with your kids is gone.
You are never going to get it back.

Look up and enjoy the moment. Be positive. Do not
miss the NOW!



Recognising You Can Make a Difference

Authentic Change

8

Authentic Change

"Everyone thinks of changing the
world but no one thinks of
changing himself."

Leo Tolstoy

Mahatma Gandhi said that you must be the change that you wish to see in this world. Change starts with you.

There is an old saying, "You can BS your friends and I will BS my friends but let us not BS each other."

It is important to be totally honest about ourselves even if it is frightening to admit certain things about yourself and your life.

As Dr Phillip C. McGraw says, "Unless and until you acknowledge and accept what needs to be changed, nothing will ever change."

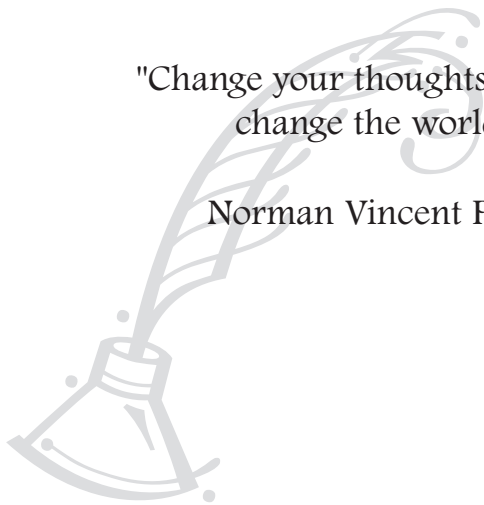
You must be personally truthful about yourself if you wish to maximise your life.

Connect with your authentic self and acknowledge what needs to be changed.

9

"Change your thoughts and you
change the world."

Norman Vincent Peale



Two questions arise when we talk about changes:

1. What can be changed?
2. What need not be changed?

Changing our value systems for short term gains is unacceptable. However, sometimes we have to change in order to grow. Such change is possible only when we connect with our authentic selves.

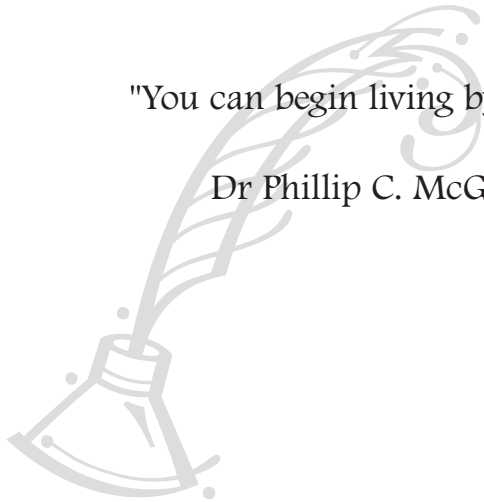
Our world will change when we begin to be responsible for ourselves.

Work on the changes that have to happen in your personal truth - your self concept
- in order to maximise your life.

10

"You can begin living by design."

Dr Phillip C. McGraw



Living by design is a challenge but not an impossible one.

We need to:

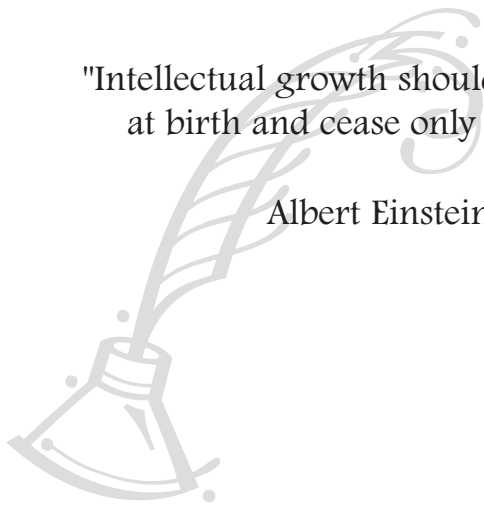
- look at our past experiences so that we are in control and are not controlled by them.
- be very clear about our purpose in life.
- identify clearly the composition of our authentic selves.
- define our skills and abilities.
- create a track to run on, whereby we can start creating our own rainbows.
- manage our fears proactively by dealing with them.

Grab the opportunity to live your life by design.

“

"Intellectual growth should commence
at birth and cease only at death."

Albert Einstein



It takes effort to create your own Rainbow.

You need to work on your knowledge and skills to become competent in whatever you want to do.

Change the thinking that you know it all.

Napoleon Hill remarked that if you have a concept and you can believe in it, you can achieve it. While dreaming is important, you need to back it up with your competence. Have your concept in place and ensure that you have the competency to execute it.

Be willing to learn. Unlearn, learn and relearn to stay relevant in your journey towards creating your Rainbow.



Recognising You Can Make a Difference

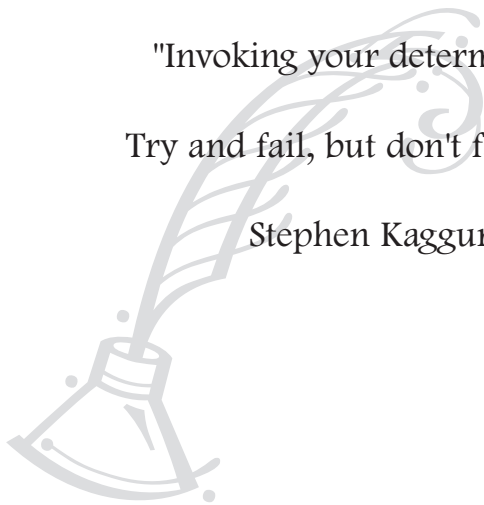
Authentic Change

Invoking Your Determination

12

"Invoking your determination
Try and fail, but don't fail to try."

Stephen Kaggura



The willingness to try is often the highlight of winners.

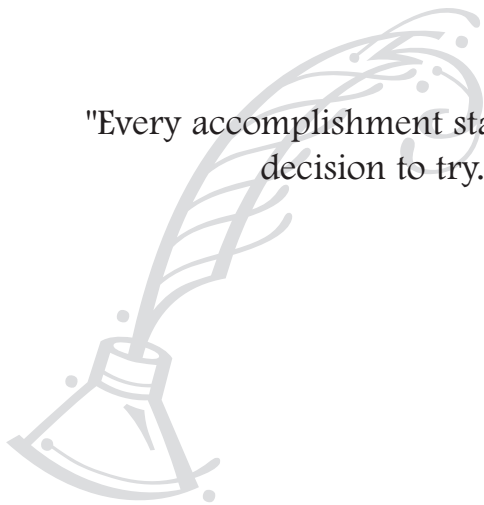
Not all of the great people who have made extraordinary contributions in life started out great. But they defied the odds to pursue something they thought was worth all their efforts.

Nobel Prize winner Muhammad Yunus and his Grameen Bank did not think about the Nobel Prize when they started out their microcredit revolution. They proved to the banking world that poor people, when taught to earn a living and given easy access to credit, will repay promptly. He tried and succeeded. He inspired many others to touch people's lives.

Try to do what you want to do. As Peter Drucker said, "Only one thing can happen, you may fail, but you will learn from it. You will be wiser from it."

13

"Every accomplishment starts with the
decision to try."



The ultimate test of a person is not what they do when they have everything, but what they do when they have nothing but themselves.

Courage, persistence and work ethics set Rainbow Creators apart from Rainbow Chasers.

President Nelson Mandela spent a lifetime in his pursuit of a cause he truly believed in. The journey to liberate his country from the indignity of slavery and apartheid was one of determination.

What do you want to accomplish?
Are you willing to try?

Remember you get rewarded for what you DO,
not what you KNOW.
Get started now.



Recognising You Can Make a Difference

Authentic Change

Invoing Your Determination

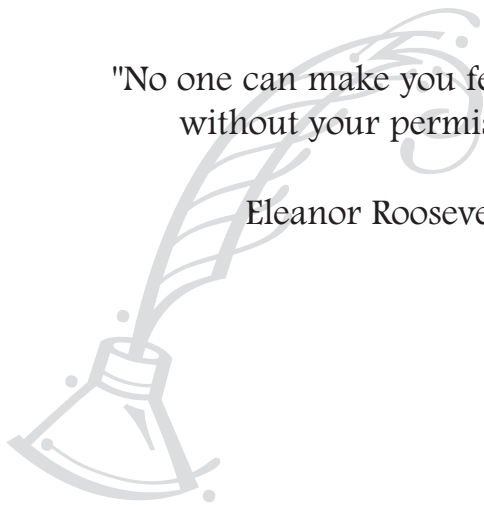
Never Giving Up on Yourself

~ Self Image and Self Suggestions

14

"No one can make you feel inferior
without your permission."

Eleanor Roosevelt



Having faith in ourselves and being positive in the way we see ourselves is a prerequisite for success.

The world is full of talented people but only a few achieve their dreams. This can be attributed to the fact that very few of us have sufficient confidence in our abilities.

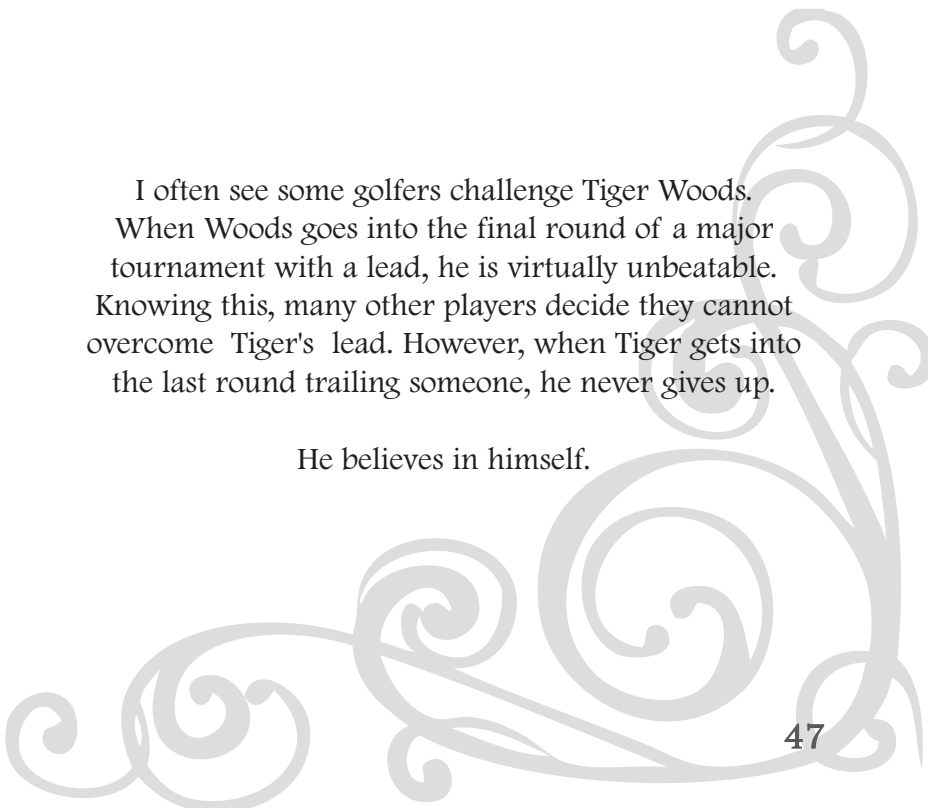
Only you can make yourself inferior; no one else can.

Build faith in yourself; look positively upon yourself.

15

Believe in yourself.



A large, light gray decorative graphic consisting of several elegant, swirling lines that spiral and curve across the bottom and right side of the page, framing the text.

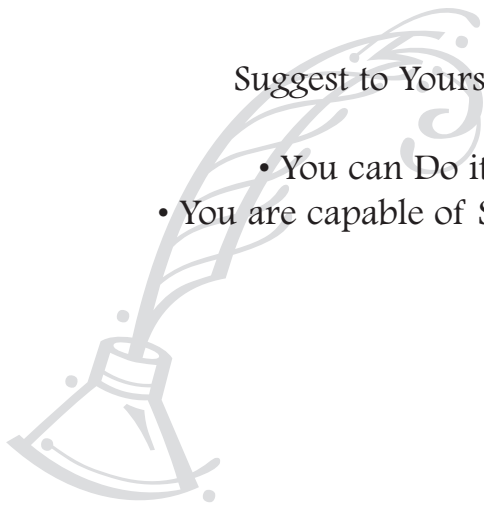
I often see some golfers challenge Tiger Woods. When Woods goes into the final round of a major tournament with a lead, he is virtually unbeatable. Knowing this, many other players decide they cannot overcome Tiger's lead. However, when Tiger gets into the last round trailing someone, he never gives up.

He believes in himself.

16

Suggest to Yourself

- You can Do it.
- You are capable of Success.

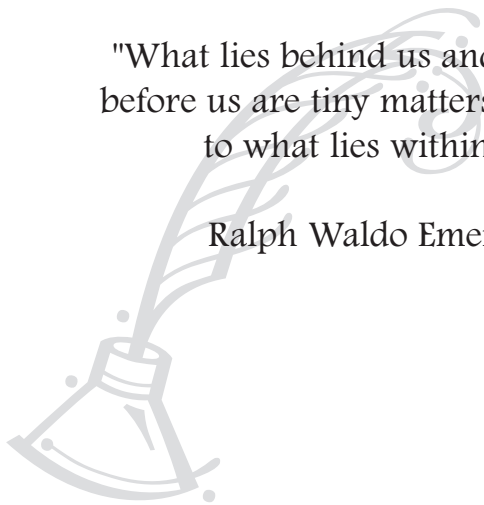


Psychologists attribute the first placing and the second placing in a tournament to self-image. W. Clement Stone not only talks about the importance of self-image but also about the power of auto suggestions to reinforce your faith in yourself.

17

"What lies behind us and what lies
before us are tiny matters compared
to what lies within us."

Ralph Waldo Emerson



Dr Maxwell Maltz, the author of *Psycho Cybernetics* described the concept of self-image poignantly. His job as a plastic surgeon was to make people look better. However, to his surprise, many of his patients who looked remarkably better reported no change personally.

Only then did it dawn on Dr. Maltz that though they looked different, they did not feel different about themselves.

We are the masters of our destinies. We have the power within us to create our own Rainbows.

Auto suggestions can be used to influence the subconscious mind.

Recognise the power of YOU and develop a positive auto suggestions programme to create your own Rainbow.



Recognising You Can Make a Difference

Authentic Change

Invoing Your Determination

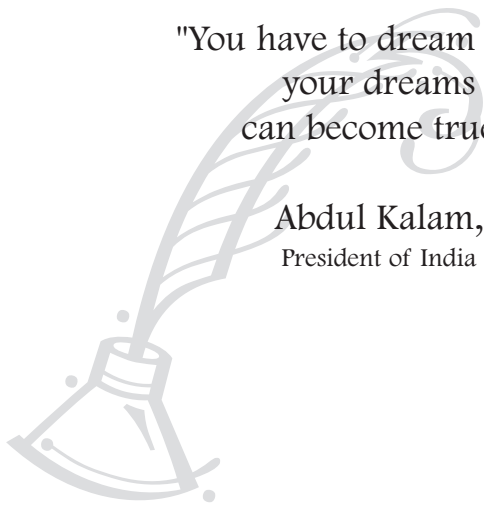
Never Giving Up on Yourself
~ Self Image and Self Suggestions

Belief in Desire and Enthusiasm

18

"You have to dream before
your dreams
can become true."

Abdul Kalam,
President of India



As a famous Indian poet Kannadasan remarked,
dreams are the foundations for achieving
the impossible.

The Wright brothers dreamed of flying when they
saw birds soaring in the sky; scientists dreamed of
the radio when they realised the power of echo.

Steve Jobs dreamed of putting an Apple computer in
every home. He created the huge success of iPod by
dreaming of music downloads that are legal.

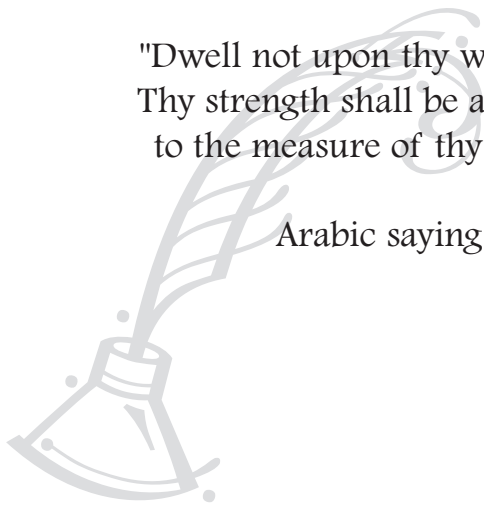
Without dreams, there is no progress.
Dream about what you want to do.

That is essential for Rainbow Creators.

19

"Dwell not upon thy weariness;
Thy strength shall be according
to the measure of thy desire."

Arabic saying



You can succeed at almost everything as long as
you have the desire.

The planted seed does not grow into a beautiful
flower overnight. You need to nourish it to make it
grow over a period of time.

Successful sports persons nourish their dreams by
"watering their seeds" for the best part of their lives to
achieve success.

As Napoleon Hill has said, "The starting point of
all success is desire."

Enthusiasm is often said to be excitement with
inspiration, reinforced by motivation and creativity.

Think through the purpose of your life.
Reinforce yourself with the power of self suggestions.
Create desire and enthusiasm for
creating your own Rainbow.



Recognising You Can Make a Difference

Authentic Change

Invoking Your Determination

Never Giving Up on Yourself
~ Self Image and Self Suggestions

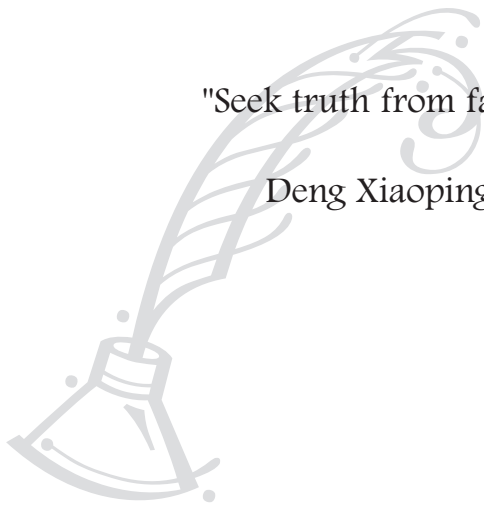
Belief in Desire and Enthusiasm

Optimal Leadership and Adventure

20

"Seek truth from facts."

Deng Xiaoping



Leaders mentor their followers by developing their ability to DO, to go beyond merely stating what they know.

In the film *Lord of the Rings*, there is a dialogue that only a few can foresee where their road will lead them before they come to its end.

Leadership unlocks the abilities and helps people reach their potential.

Leaders help their followers to understand the future and visualise goals clearly. They help others create their own Rainbows without being imposing.

They are great role models.

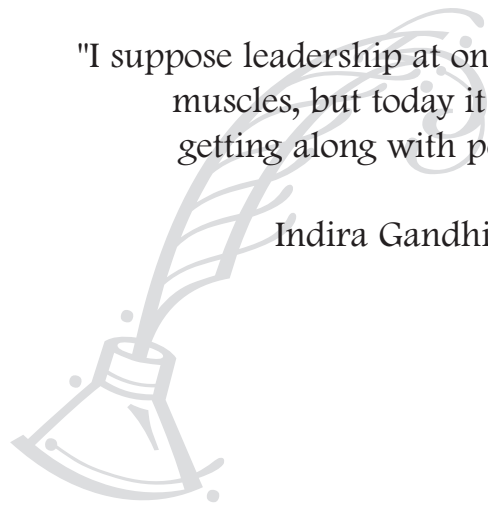
Leaders are adventurers.
They take joy in developing people.

Develop the people around you to
create their own Rainbows.

21

"I suppose leadership at one time meant muscles, but today it means getting along with people."

Indira Gandhi



Leadership is not about might any longer.

Great leaders have an extraordinary emotional connection with people.

As Kouzes and Posner pointed out in their Leadership Practices Inventory, leadership is getting every person to be extraordinary. Leadership can be learned.

Emotional Intelligence is a requirement for us to connect with those around us.

In an interdependent world, the ability to work with others is a two way process.

Influencing others is an essential ingredient in the toolkit for Rainbow Creators.

Stephen Covey said: "Respect the absent."

As a leader be genuine and sincere in your relationships with others.



Recognising You Can Make a Difference

Authentic Change

Invoking Your Determination

Never Giving Up on Yourself
- Self Image and Self Suggestions

Belief in Desire and Enthusiasm

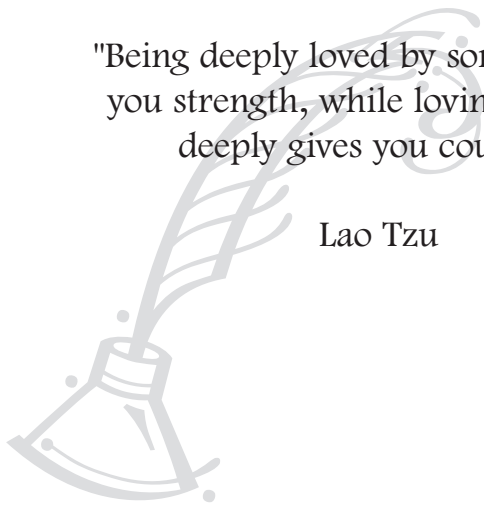
Optimal Leadership and Adventure

Willing Love and Encouragement

22

"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage."

Lao Tzu



His Holiness the XIV Dalai Lama remarked that compassion and love are not mere luxuries. As the source of both inner and external peace, they are fundamental to the continued survival of our species.

"Compassion is the radicalism of life."

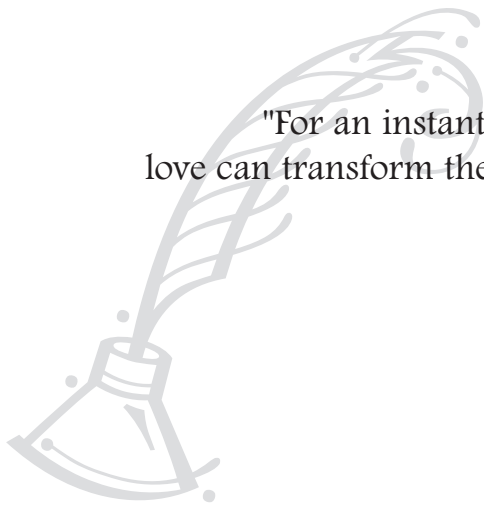
Unconditional love and encouragement helps bring out the best in people, as there are no rules. It is about loving people for what they are. Rainbow Creators are warm and giving, they are ever willing to spread happiness.

Loving relationships develop when they are nourished regularly. Zig Ziglar pointed out:
"To your kids, love is spelt as T I M E."

Nourish your relationships.
Love unconditionally and encourage others.

23

"For an instant,
love can transform the world."



Moments of compassion, encouragement, love help
transform the world.

They change our mental maps dramatically.

I like it best when a friend says,
"I like me BEST when I am with you."

That is being a Rainbow Creator.

For us to care for a few butterflies, we need to care
for a few caterpillars.

Become a Rainbow Creator who gives and receives
love and encouragement.





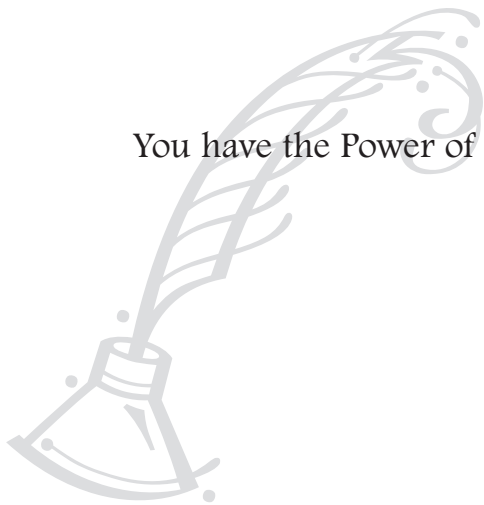
Part Three



**Creating Your Own Rainbow
~ Summary**

24

You have the Power of CHOICE.



"To choose," according to Eckhart Tolle, is a popular phrase. However, he says the phrase is inaccurate. Choice implies consciousness. Without consciousness, you have no choice. Real choice only begins when you disidentify from the mind and its conditioned patterns. Until then you think, feel or act in certain ways according to the conditioning of the mind. This is the reason the popular saying, "Forgive them, for they know not what they do."

"People get stuck in abusive relationships because their minds are conditioned by the past. The mind re-creates what it knows and is familiar with the pain. The pain that is familiar is better than the unknown."

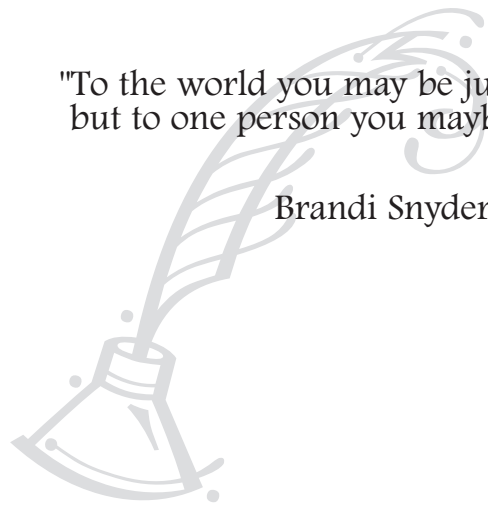
Teach such people the Power of Now and show them the meaning of presence. Only when they break through the conditioned past, will they have a choice. No one chooses pain. It happens because of their inability to dispel the past. When you break through the conditioned past, you will have a choice.

Recognise that Presence is the key. The Now is the key.

25

"To the world you may be just one person,
but to one person you maybe the world."

Brandi Snyder



The ultimate pursuit of every person is to create their
own Rainbow.

Irrespective of what our work is, when we love our
work, we really stop working because we are so
passionate about what we do.

Small deeds done are much better
than great deeds planned.

So start today.

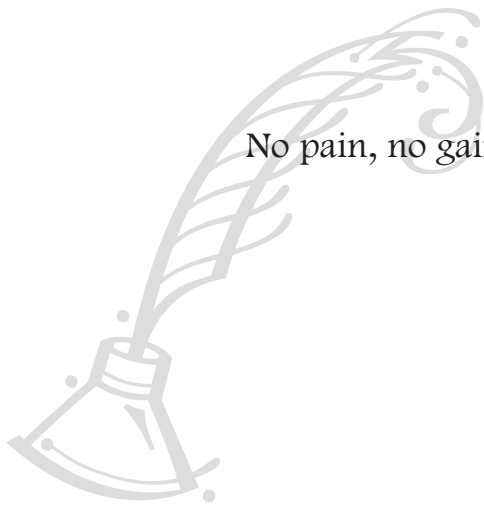
There is great joy when a baby walks; *Creating Your
Own Rainbow* is just like that,
learning to walk again.

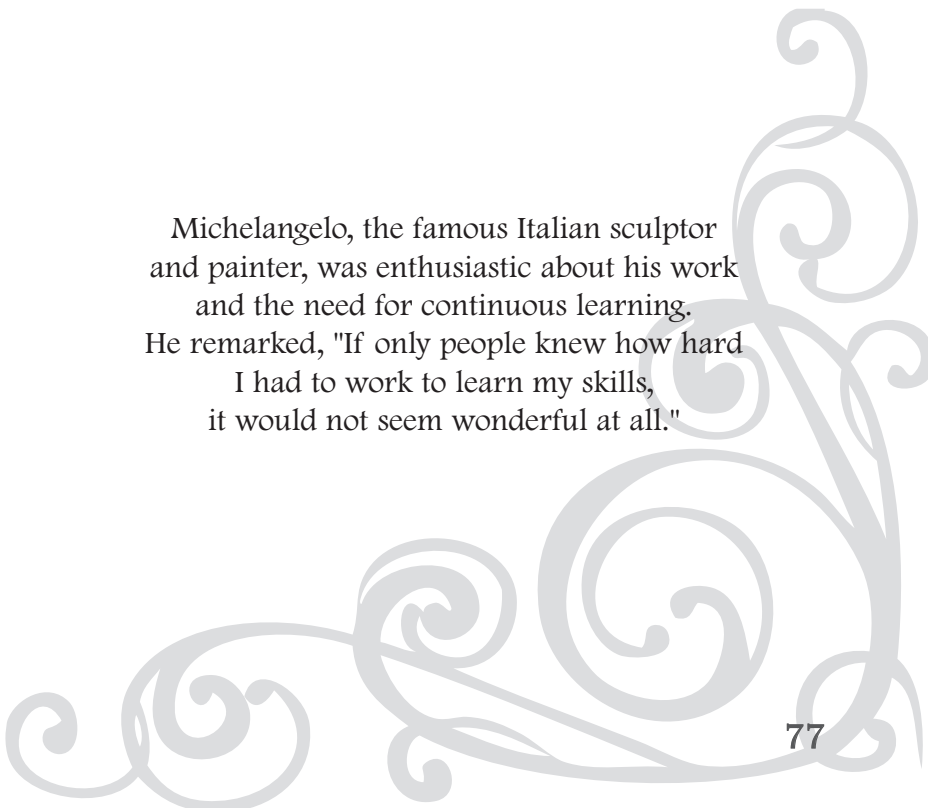
The only person who will know if you can make a
difference is YOU.

Be authentic and learn to walk.
Take charge of your destiny.

26

No pain, no gain.



A large, light gray decorative graphic consisting of several elegant, swirling lines that spiral outwards from the bottom right towards the top right, framing the text.

Michelangelo, the famous Italian sculptor and painter, was enthusiastic about his work and the need for continuous learning. He remarked, "If only people knew how hard I had to work to learn my skills, it would not seem wonderful at all."

Recommended Resources

1. The Power of Positive Thinking ~ Norman Vincent Peale
2. Think and Grow Rich ~ Napoleon Hill
3. The Power of Now ~ Eckhart Tolle
4. Success Through a Positive Mental Attitude
~ W. Clement Stone & Napoleon Hill
5. Self Matters ~ Dr Phillip C. McGraw
6. Seven Habits for Highly Effective People
~ Dr. Stephen Covey
7. The Monk who Sold His Ferrari ~ Robin Sharma
8. Creating Your Own Rainbow ~ Dr. Palan

R. Palan Ph.D.

Palan's passion to help people learn and perform over the last 25 years has led him to write extensively. The book *Creating Your Own Rainbow* was written at a particularly difficult time. He attributes his development to several mentors who were his Rainbow Creators.

His work has taken him to 32 countries. Though Palan continues to consult, train and deliver keynotes internationally, his current focus is on writing and developing his team.

Palan is now the Chairman & CEO of SMR Technologies Bhd, a company listed on the MESDAQ Market of the Kuala Lumpur Stock Exchange.

Dr Palan, his wife Kamu and their three children live in Kuala Lumpur, Malaysia for most part of the year. He also works out of Dubai, U.A.E. and Chicago/Boston, U.S.A.

Email: drpalan@smrhrd.com