

## Prateep v Philip

Digital technology can be used to deliver wisdom and not mere knowledge or information

# DIGITAL DELIVERY of Wisdom

For the body's sustenance, complex food substances are broken down into simple building blocks and energy sources. Similarly, when complex knowledge is broken down to its irreducible minimum, it is a simple digital code or in Alpha language, "Yes" and "No." If these assumptions are true, then, the code on which Equilibrium Thinking, a framework and tool developed and taught by me through my website ([www.eqthinking.com](http://www.eqthinking.com)), through my Audio CD and through workshops is the key to the human mind. That code or key is "be at it: beat it." With these two tools be at it (meaning "be positive") and beat it (meaning beat negative), a person can navigate all the complexities of the real world. It transforms one's emotions through enhanced emotional intelligence, one's will through enhanced persistence quotient and one's thoughts through reinforcing the positive and negating the negatives in his/her mind.

This thought process enabled Rajkumar Ramachandran, final year student of Vellore Institute of Technology to overcome his negative thoughts and excel in a series of four campus placement interviews to be selected in Tata Consultancy Service. Facing the odds of stiff competition, he happened to access the website [www.eqthinking.com](http://www.eqthinking.com) and agreed with the premise that mere positive thinking does not enable a person to overcome the power of the deeply ingrained negatives in human nature. He learnt the new programming language for the mind from the website and within a few days broken the power of his internal conditioning to fail and instead, succeeded in overcoming his fears and tension. He continued to excel and taught many of his classmates the new programming language in which

to talk to themselves. When their self talk changed, their thoughts changed, their emotions changed, their relationships changed for the better and their lives were transformed. That case study of a person who learnt my thought process without even meeting me convinced me of the ability of digital technology to reach millions of people across the globe.

A few years earlier one John Hanson, a former law enforcement officer in the USA sent me an email, stating that he had visited the above website and wanted an audio CD. Shortly, after he received the CD, he emailed some further questions. In the next mail, he stated that he had already experienced some changes in his mind and said that he could use it for combat conditioning of military troops.

A woman of Indian origin whose husband, a Vice President in Citicorp, N.Y. had survived narrowly the 9/11 attack sent me mail after being impressed by the content on the same website. She sent me feedback that it helped her overcome her post traumatic depression. Truly, eqthinking has proved to be IT with a difference-it is Insight Technology. It is also digital as it works on a dual code of yes and no-no.

All the above examples in addition to feedback received from live Powerpoint presentations in workshops including a Videoconferencing event in which more than a thousand IT workers of Infosys in all the Infy development centers heard me convinced me that digital technology can be used to deliver wisdom and not mere knowledge or information. Now, a mass campaign has been launched in Tamil Nadu to reach all students in high school and colleges across the state. An eleven minute audio CD on eqthinking is played and the students are asked to access the website for further information. The schools and colleges are also asked to form eqthinking clubs to encourage eqthinking among the millions of young people in India. What President Shri APJ Abdul Kalam rightly attempted but could not fully succeed, namely imparting a 2020 vision to India's youth can be done only through leveraging on digital technology over a period of time.

#### Reference websites

[www.eqthinking.com](http://www.eqthinking.com), [www.prateepphilip.com](http://www.prateepphilip.com), [www.friendsofpolice.org](http://www.friendsofpolice.org)

Dr. Prateep V. Philip, IPS, is IGP Social Justice and Human Rights, Tamil Nadu.

He can be reached at [prateep@vsnl.com](mailto:prateep@vsnl.com)