

# Grips and Strings

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**Abstract**— This research paper lays foundation to a new concept grips and strings. Grip is basically our subconscious mind and strings are our thoughts. In the first section, it explains the properties of grips and strings. Then example of how art applies to this concept with diagram is given. Further on, a total of 19 references or examples to show that this concept applies to everyday life are given. In the final stage the advantages of this concept like how to save ourselves from tension is explained and how we can escape the death grip using ‘Grips and Strings’ is written.

**Index Terms**— Grips, Strings, Examples, Celebrities.

## I. INTRODUCTION

In the introduction of grips and strings, we will learn that the more the number of strings, the stronger the grip because there are more number of neurons. Strings are our neurons. So the more the number of neurons, the more the grip is rooted in our subconscious mind. A negative grip or string can lead to tension, depression and ultimately mental breakdown if untreated. So it is important to understand this concept to de-grip mental illnesses including audio hallucinations.

## II. GRIPS AND STRINGS

- 1) A grip is strong when a number of strings are attached to it.
- 2) Grip is our subconscious and strings are our thoughts.
- 3) A naked grip is the weakest grip.
- 4) The more the number of strings, the stronger the grip.
- 5) A concept is nothing but a Grip. We understand a concept once we are aware of all its strings.
- 6) We can look at grips and strings everywhere. It is a better way to understand surroundings, environment and rationalize thoughts.
- 7) We can de-grip strings through generalizing and neutralizing.
- 8) In our nervous system, grips can be understood as nerves and strings can be understood as neurons.
- 9) A wrong or a negative string weakens a grip.
- 10) In other words, grip is a parent and strings are its children. When strings further develop its own strings, it can be understood as the parent having grandchildren.

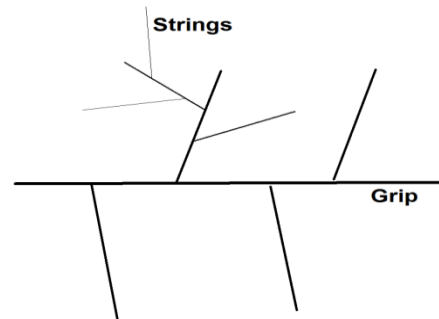


Fig. 1

## III. EXAMPLES OF GRIP AND STRINGS: ART

- 1) In the Grip of Art, identifying strings are important when it comes to becoming an artist.
- 2) A grip of art has strings of drawing, painting & sculpture.
- 3) The drawing strings include symmetry, proportion, space & curves.
- 4) A painting string includes coloring & shading.
- 5) Similarly, shading grip includes further strings such as cotton and paper boxes.
- 6) To understand, it can be said that Art has 3 children: Drawing, Painting and Sculpture which in turn has further children making art the grandfather of symmetry, proportion, coloring & shading.
- 7) Art is the great grandfather of children of shading i.e. cotton and paper boxes.

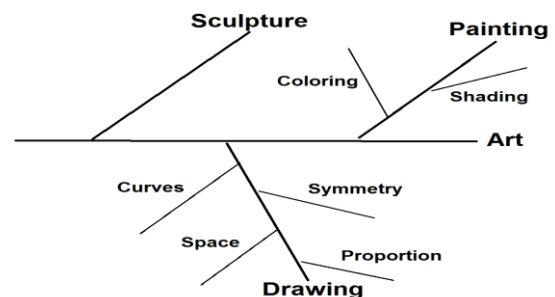


Fig. 2

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The main advantage of understanding the concept of grips and strings is that once we understand it, it will be easier to

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save ourselves from mental illnesses like tension, audio hallucinations, etc. by controlling our brains.

### IV. OTHER EXAMPLES OF GRIPS AND STRINGS

- 1) In the grip of oratory, first strings are tone and contents. Developing contents further have strings which include through extempore, asking questions to your own self, poetry, talking and debating.
- 2) Grip of a good accent includes strings such as stressing on vowels and 'r', don't stress on consonants and 'g' should be silent in 'ing'.
- 3) Grip of beautiful skin, there are 3 strings: even texture, glow for boys, shine for girls.
- 4) Hairstyle grip includes strings of symmetry, proportion and elevation.
- 5) King grip includes strings of not using the word 'I' and the reasons behind their loneliness feelings (since they have no one to relate to because they are one of a kind).

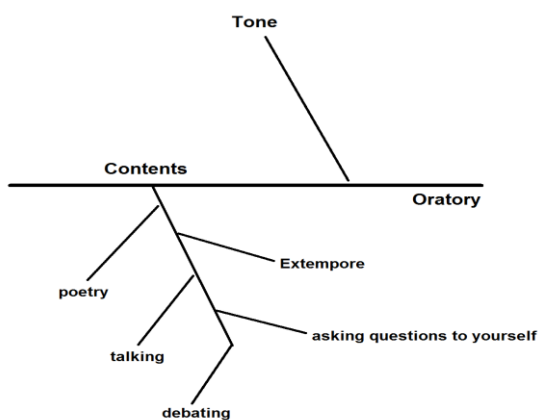


Fig. 3

- 6) Success rules grips include strings of no over confidence and not showing pride (because pride leads to disgrace).
- 7) 'Cramming' grip includes strings of learning initials and repetition.
- 8) 'Understanding text' grips includes visualizing and entertaining strange thought with words such as 'oye', 'hey' and 'a'.
- 9) Goddess grip includes strings of worship and looking relatable.
- 10) Learning includes strings such as thinking of funny images or cartoons and forming a sequence.
- 11) Concentration grip includes strings like circling your hair, moving your body and listening to relaxing music.
- 12) Writing good includes use of difficult words and quotations.
- 13) Marriage preparation in India includes checking guna Milan and detailed horoscope matching.
- 14) Indian astrology includes strings of Lal Kitab and Vedic astrology.
- 15) Beauty includes grace, elegance and facial features. Good facial features can be obtained from your parents. If parents are from far away states or countries, more the chances that the child will inherit good features and qualities from both the parents.
- 16) Moksha grip includes strings of spiritual level and self awareness.

17) Good diet includes strings of no sugar and minimum carbohydrates.

18) Exercise includes the following strings:

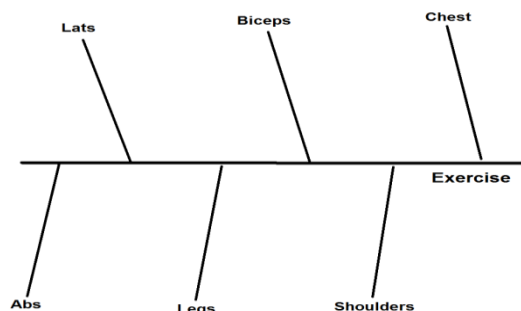


Fig. 4

From the above examples of grips and strings, we can say that this concept applies to everyday life.

### V. ADVANTAGES OF KNOWING THE CONCEPT OF GRIPS AND STRINGS

- 1) Those who face mental illnesses which are otherwise incurable like audio hallucinations can be cured by knowing this concept.
- 2) Strings which are nothing but thoughts can be further classified into 2 categories.
- 3) These are voluntary thoughts and involuntary thoughts.
- 4) Voluntary thoughts are our thoughts which can be controlled by us.
- 5) Involuntary thoughts are the thoughts which are bound to come and can't be controlled by us.
- 6) The secret is to turn a blind eye to the involuntary thoughts by not reacting to it.

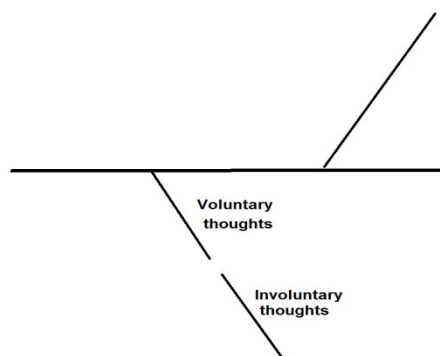


Fig. 5

- 7) This way we will not provide grip to the involuntary thoughts.

- 8) If the involuntary thoughts are negative by nature, not providing them grip saves us from tensions.
- 9) Those who don't know this concept will react and hence provide grip to the negative involuntary thoughts which over a repeated period of time can cause depression.
- 10) If this concept is unknown, that depression can lead to a mental breakdown.

## VI. ESCAPING THE DEATH TAG THROUGH THIS CONCEPT:

Before we proceed further, we must understand level of celebrities for reference sake.

So here are the level of Indian celebrities:

Level 1: Controversial people / Models

Level 2: Super models / children of superstars

Level 3: Miss Worlds / Grandchildren of legends

Level 4: Miss Universe / 4<sup>th</sup> generation of celebs

Level 5: Completed 10 years in the industry

Level 6: Completed 15 years in the industry / Queen

Level 7: Kings / Completed 20 years in industry / Padma Shri recipient

Level 8: Honorary Doctorate / Padma Bhushan Recipient / completed 30 years in industry

Level 9: Padma Vibhushan recipients / 40 years in The industry

Level 10: Gods and Goddesses / Field toppers / Bharat Ratna recipients

The reason why I took example of celebrities is because since they are visible people their deaths are more apparent. We all have seen the deaths of many celebrities. We envy them and relate with them. We think very highly of them. Then why do they all die.

It is because they have to understand that as said by Lord Krishna we must set an aim in life and our body, mind and soul must work to achieve that aim. Our aim is our grip. If we successfully achieve that aim, we will be known for that grip after our deaths. That's why.

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