© CONFIDENTIAL & PROPRIETARY ALL PAGES

MICROVOLT.COM®

Theory Vs Practical

I think I know Vs I know,

have a minimum

difference of $1 Million

or more!

www.microvolt.com/2030/Theory_Practical_5.X.pdf

eBMeBob Mart LLC.®
www.ebobmart.com

I do understand “No Pains & No Gains”. I do not agree with the mindset or CRAP SHOOTS. That all pains are Yours and all gains are MINE”. I do agree with this interpretation that it’s win-win for all parties!

AGREE| some cultures may try to sell helping hand or tools! for infinite amount of money| This was my response to a pictorial/cartoon, where a drowning person was asking for helping hand. You can see that at LinkedIn my posts & activities. Bravo that's 21st century mindset, NOT an archaic type of painful injustice belief to enhance ultra elites' & their cohorts' activities or Agendas| You can't teach someone, who believes in Almighty. He/she may be Godly and NOT above all including GOD! Such belief systems that someone is better or above GOD can create perpetual or never-ending conflicts.

What's the best way to handle TOXIC BULLIES (they force their way or agenda no matter what it can cost as far as long hours (TOLL) are concerned? They just want to pick your brains and want to be LEADERS or Stealers mostly, who have no clues what they are doing!

Be aware. If you can do job of three or four employees. Then you can handle higher rank jobs with higher pay, this will be better option in the long run of your career, than staying at lower level for more money in the form of Over Time. Be very careful how you handle “work” responsibilities or work loads! Good Luck!

Caution For Humans Not Animals

IF You want to Live Happy Life, learn to live With Humans NOT Animals, such as pet Cats & Dogs

Wild_ Cat

Poor Female Human

Filthy Rich Dictator-Hitler Type one step shy

Wild Dog

It has been read in Ancient Books that Muslims in, around 7th century through until Maharanha Ranhjit Singh (ਮਹਾਰਾਣਾ ਰਣਜੀਤ ਸਿੰਘ) came into command / Power of region known as Bharth(ਭਾਰਤ). The Muslims rulers use to snatch the political power by force from parents (aged/disabled Parents) or brothers by force of weapons, usually (1) By jailing or (2) by force of a weapon, usually swords in use at that time. However, after Maharanha Ranhjit Singh ji, Europeans came with rudimentary guns, which were better than Muslims weapons at that time. From 1757 onwards, Muslim rulers were taken over or replaced by European brutal rulers/robbers!

----- ∞ʕ∞ ----- ∞ʕ∞-----

CONFIDENCE comes from absolute **understanding**: for example: when a person understands the difference between "Real and Absolute"! Without knowing the crystal-clear difference, your confidence will waver, when he/she realizes, what he/she believes in is "Deep Fake" as compared to Absolute Truth. Absolute Confidence can eliminate "**FEAR**".

---∞ʕ∞--- ∞ʕ∞ --- ∞ʕ∞---

You know the process of political power takeover per Muslims and European rulers by trickery or by Force was the logic between 7th century to 18th centuries. It looks like Hindu ruler(s) had different ideas/ techniques to rule forever by taming its subjects by controlling their subjects by controlling what "Foods" will eat their subjects. For example, Hindu Kings & almost or majority of the ministers will eat world class diet, however, to tame its subjects. In order, to eliminate competition of strong leader(s) from under the kings were given order or policies or practices of eating habits in the name of purification of body and hence souls were ordained to be very selective & mostly vegetarian style or type diet.

And you know, how vegetarian diet has been Hindu rulers and or most of the ministers a tool or weapon to keep their subjects physically weak and perhaps psychologically as well. And now the modern practices on top of what has been stated is multi-party political structure. The opposition is weakened by diet and divisions and hence a weaker leader will become "king" or chief.

The best tool available at the time was to make whole population timid so that none can challenge the ruling king.

This mindset, which is to make you just a weaker member of the society, which is ruled by the cruel kings by making you weak permanently. The weak mind will always fight and unable to make sound decisions. Moreover, divisions imposed by other ancient traditions, and religions make the system useless to create strong competition for the rulers.

Your Inside is shaped by What One Thinks/imagines

Your Outside is shaped by Your Actions

You are a Politician, when Inside(s) & Outside(s) are different

There are two types of politicians, (1) Innovative , (2) Toxic

Your Inner Goodness fetches Good, Your Toxicity fetches Toxic or bad behaviors

Believe you can and you're more than halfway there!

Innovative & Toxic Indices

INNOVATIVE INDEX(Degree):

INNOVATIVE INDEX is represented by I_{INDEX}

Degree Innovation of $I_{\infty\wr\infty}$

$$I_{\infty\wr\infty} = I^{\blacksquare} = I^{\square}$$

Degree of Toxicity $= T_{\infty\wr\infty}$

$$T_{\infty\wr\infty} = T^{\blacksquare} = T^{\square}$$

$$I^{\blacksquare} = \frac{\text{Positive Thinking (-Mindset)}}{\text{Toxic Thinking (+Mindset)}}$$

$$T^{\blacksquare} = \frac{\text{Toxic Thinking (-ve Mindset)}}{\text{Positive Thinking (+ve Mindset)}}$$

$$I^{\blacksquare} = K\frac{1}{T^{\blacksquare}}$$

Ranges Of Innovation Index & Toxic Index /Thinking

$I^{\blacksquare}$ = +1 to +1000 $I^{\square}$

$T^{\blacksquare}$ = -0.1 to 0 to -0.001 $T^{\square}$

K= -0.0X to 0 to +0.0Y

NOTE: 1 There can be a common question paper for both Positive and negative mindset determinations
2 Q and A Form fill out and Face to face interviews
3 Over the phone filling in form to determine one's mindset
4 ?

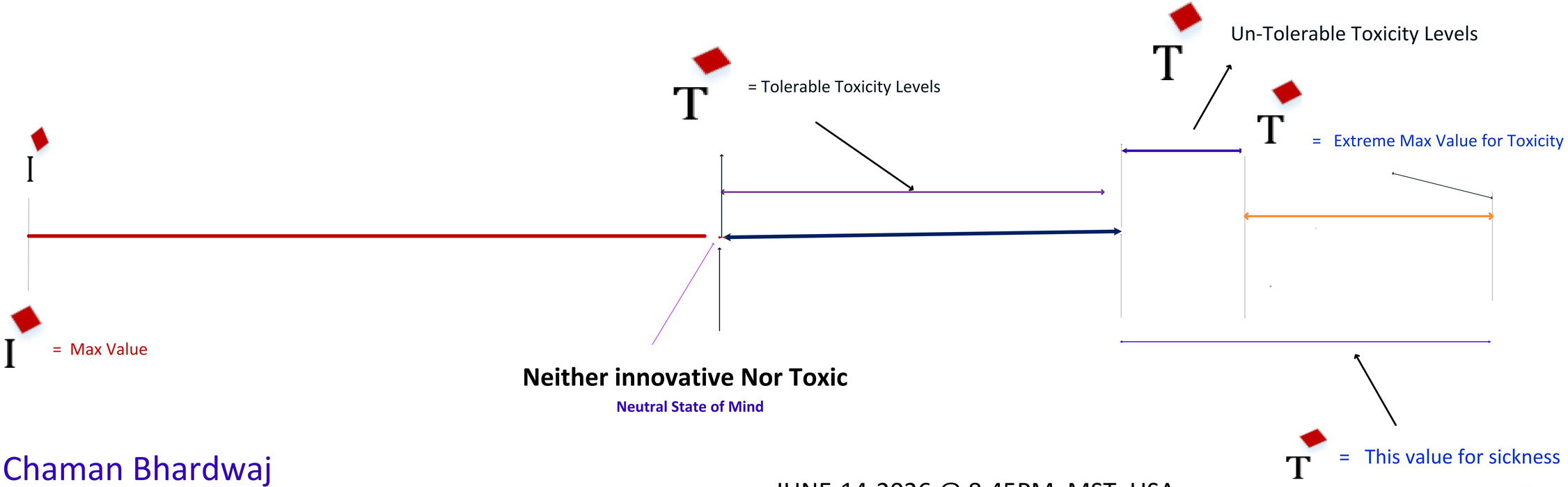
Results for Innovative and Toxic mindsets, plug in the values determined per investigations or interactions etc. For the degree of I, and the degree of T. The forms can be in the form Yes or No selections. Or Essay type or preferably ,multiple choices type Q and A

© CONFIDENTIAL & PROPRIETARY ALL PAGES

© CONFIDENTIAL & COPYRIGHTED

Degree of Innovation Symbol = $I_{\infty\wr\infty}$ = I

Degree of Toxicity Symbol = $T_{\infty\wr\infty}$ = T = T



Chaman Bhardwaj

JUNE-14-2026 @ 8:45PM, MST, USA

You know the process of political power takeover is very well defined or practiced in a peaceful manner. However at international level it is still chaotic and dangerous or brutal. It doesn't have to be this way. This is where UNO can play a constructive role. Or another organization can work in parallel to minimize or eliminate altogether monopolistic tendencies of one international organization. For example, United Democratic Countries Alliance/Organization (UDCA/O) or simply United Countries Organization (UCO). This will be a Parallel platform, working side by side with UNO to keep both UNO and UCO in check for balance of power at international or Global or beyond or universal scales in order.

I do understand "No Pains & No Gains". I do not agree with the mindset or CRAP SHOOTS. That all pains are Yours and all gains are MINE". I do agree with this interpretation that it's win-win for all parties!

AGREE| some cultures may try to sell helping hand or tools! for infinite amount of money| This was my response to a pictorial/ cartoon, where a drowning person was asking for helping hand. You can see that at LinkedIn my posts & activities.

Bravo that's 21st century mindset, NOT an archaic type of painful injustice belief to enhance ultra elites' & their cohorts' activities or Agendas| You can't teach someone, who believes in Almighty. He/ she may be Godly and NOT above all including GOD! Such belief systems that someone is better or above GOD can create perpetual or never-ending conflicts.

What's the best way to handle TOXIC BULLIES (they force their way or agenda no matter what it can cost as far as long hours (TOLL) are concerned? They just want to pick your brains and want to be LEADERS or Stealers mostly, who have no clues what they are doing!

Be aware. If you can do job of three or four employees. Then you can handle higher rank jobs with higher pay, this will be better option in the long run of your career, than staying at lower level for more money in the form of Over Time. Be very careful how you handle "work" responsibilities. Good Luck!

It has been read in Ancient Books that Muslims in, around 7th century through until Maharanha Ranhjit Singh (ਮਹਾਰਾਣਾ ਰਣਜੀਤ ਸਿੰਘ) came into command / Power of region known as Bharth(ਭਾਰਤ).

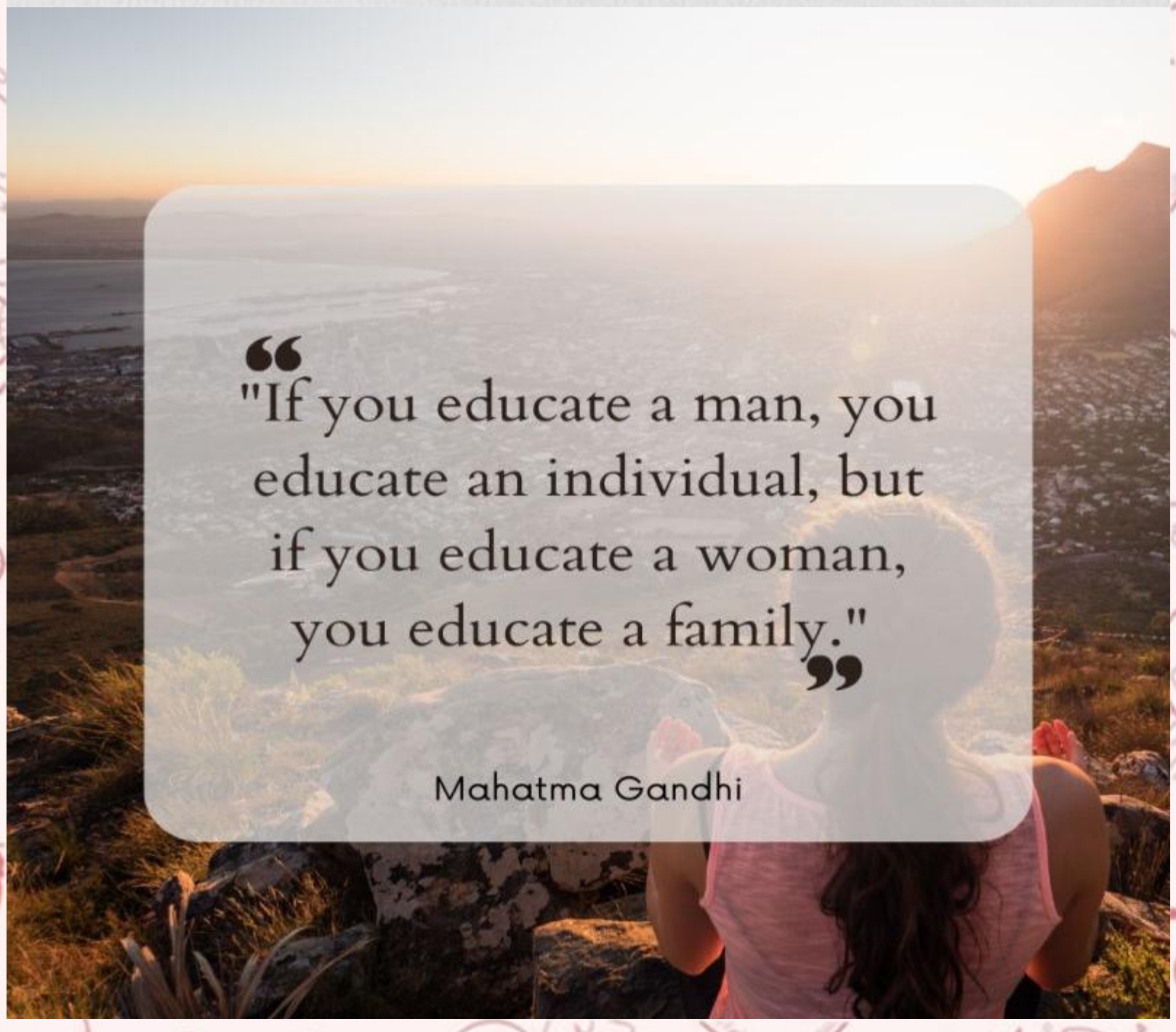
Airplane Family

	3-Class No. of seats	Range nmi	Range (km)
747-8	467	8,000	(14,815)
777-300ER	365	7,930	(14,685)
777-200LR	301	9,395	(17,395)
777-200ER	301	7,725	(17,305)
787-9	250-290	8,000-8,500	(14,810-15,740)
787-8	210-250	7,650-8,200	(14,160-15,180)
2-Class			
737-900ER	180	3,265	(6,045)
737-800	162	6,115	(6,765)
737-700ER	48*	5,755	(10,695)
737-700	126	3,440	(6,370)
737-600	110	3,225	(5,970)

*All business class

Confidence is not like
"they will like me."

Confidence is,
"I'll be fine if they don't like me."



Strong minds

learn.

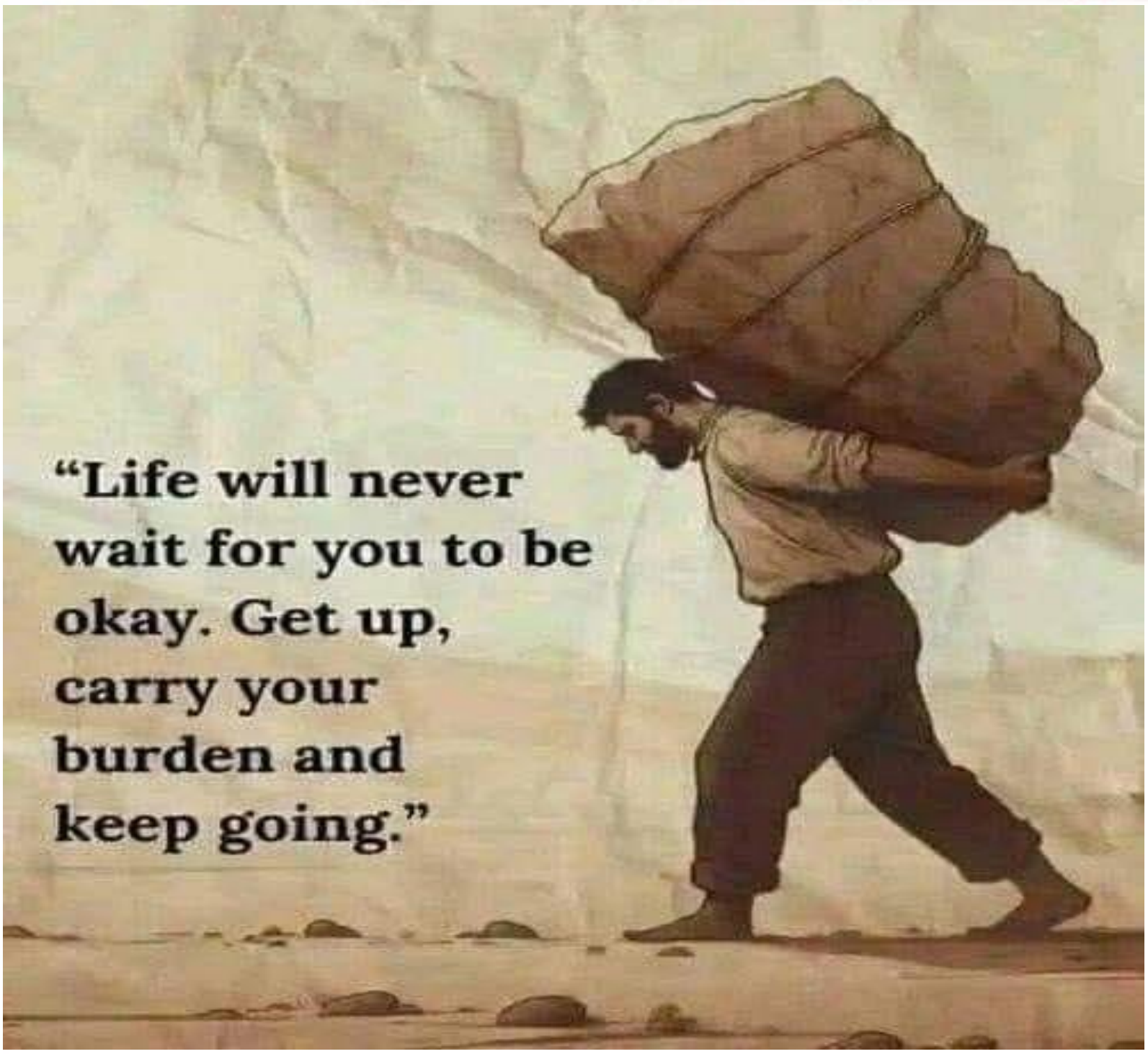
Wise minds

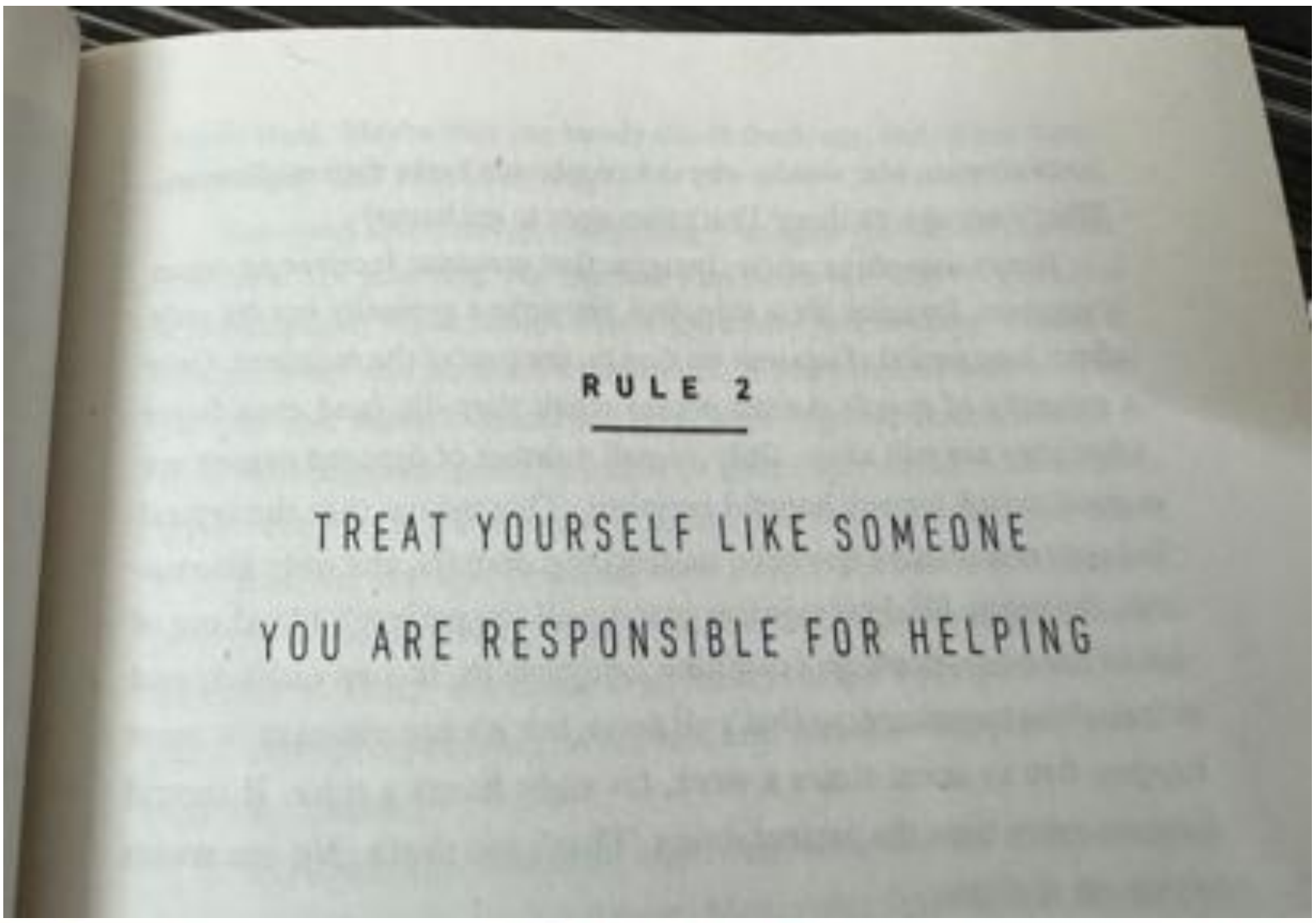
listen.

Great minds

apply.

Jay Mount. Growth Steps

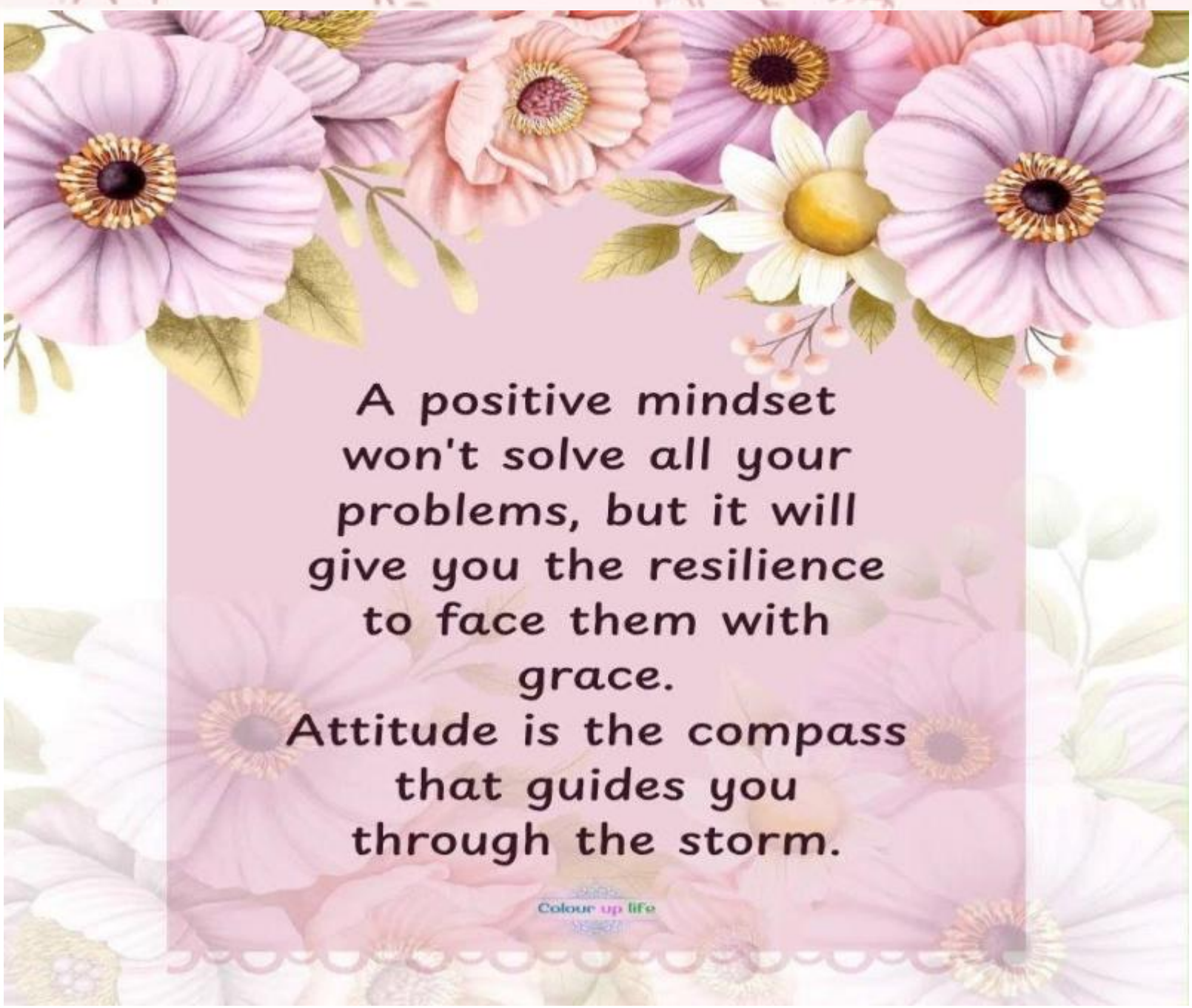




RULE 2

TREAT YOURSELF LIKE SOMEONE

YOU ARE RESPONSIBLE FOR HELPING


A positive mindset
won't solve all your
problems, but it will
give you the resilience
to face them with
grace.
Attitude is the compass
that guides you
through the storm.
Colour up life

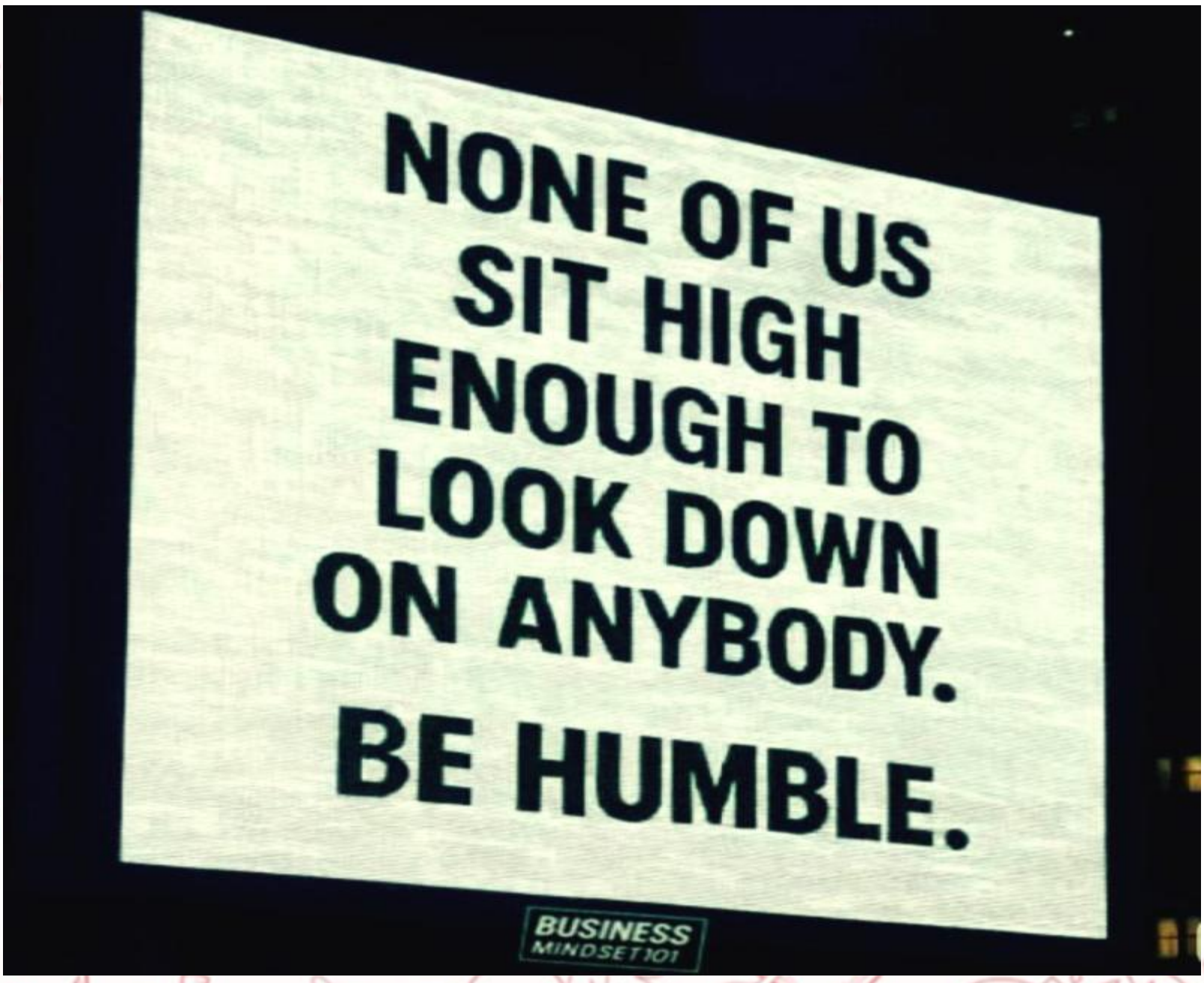
Your competence
can become
your cage
The hidden trap of high performers

PERFECT EXAMPLE OF HOW THE SYSTEM PUNISHES ORDINARY PEOPLE FOR ITS OWN FAILURES

A Man Waiting For A Train At Kalyan Junction Was Fined Rs 500 After His Platform Ticket Expired Because The Train Arrived 5 Hours Late. 😭

TYPICAL EXAMPLE OF SICK GREAT SYTEMS

A manager
focuses on
TASKS.
TASKS
A leader
focuses on
PEOPLE.
Tasks build results.
People build the future.


NONE OF US
SIT HIGH
ENOUGH TO
LOOK DOWN
ON ANYBODY.
BE HUMBLE.
BUSINESS
MINDSET101

New Definition for Genius

You won't ever see a person with good character and integrity trying to prove to anyone they are a good person. They are authentic in the way they move and have nothing to prove.

Three things to remember:

01 Silence is the best answer to many questions.

02 A smile is the best response in many situations.

03 Walking away is the best reply to disrespect.

@thinkpositivealways.com

ROBIN COENEN

Your backpack has a weight limit.

What's in yours
that didn't earn its place?

NUNC AUT NUNQUAM

12 Stages of Burnout

BY SUSAN CHEN

1 — PROVING YOURSELF
You push hard to prove your worth and value.

2 — OVERWORKING MODE
You can't stop striving. Resting feels like weakness.

3 — SELF-NEGLECT
You skip meals, sleep less, and ignore your needs.

4 — INNER CONFLICT
You feel uneasy inside but avoid facing the truth.

5 — VALUES SHIFT
You start trading balance for nonstop work and achievement.

6 — DENIAL
You hide exhaustion behind forced toughness and irritability.

7 — WITHDRAWAL
You isolate; distance feels easier than explaining.

8 — ACTING DIFFERENT
You seem unlike yourself. Moodier, quiet, losing spark.

9 — LOSING YOURSELF
You feel detached, like life is happening without you.

10 — EMPTY INSIDE
You feel hollow and unfulfilled despite achievement.

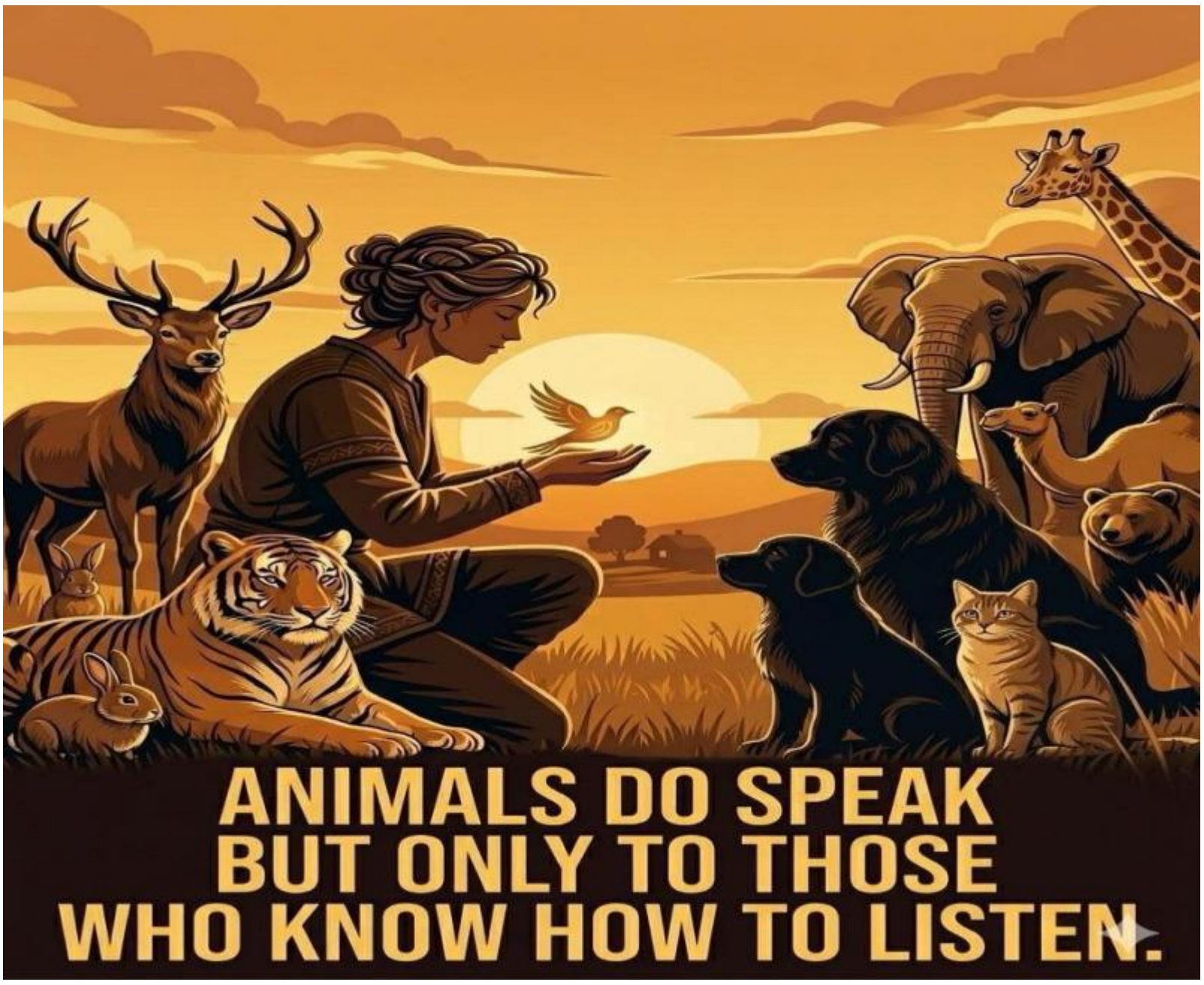
11 — DEEP SADNESS
You feel hopeless, drained, and disconnected.

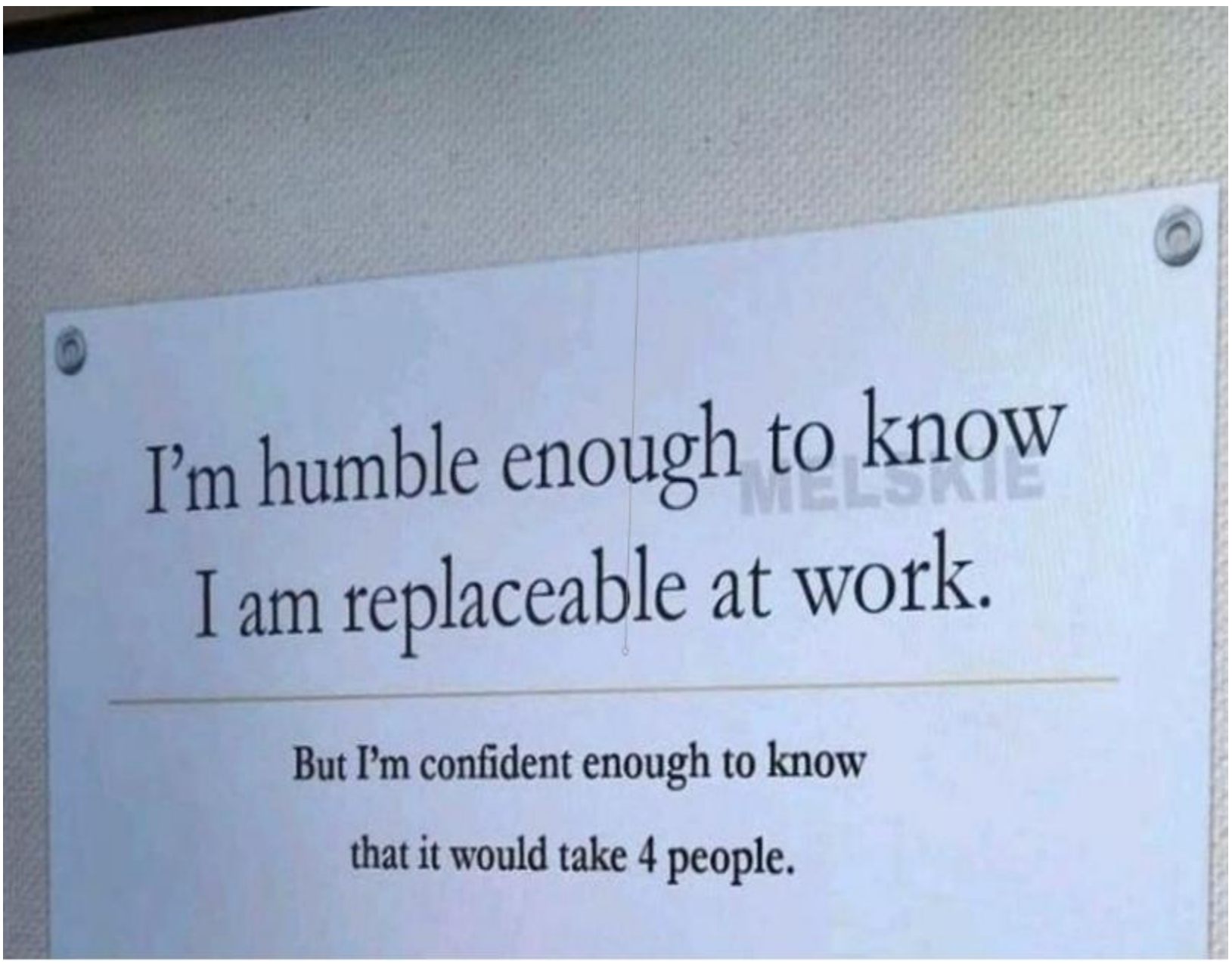
12 — COLLAPSE
You mentally and physically collapse. There's nothing left.

Most of the **employees** switch their job because

of the bad **bosses**, not **companies**.

Manoj Saini
Follow For More


ANIMALS DO SPEAK
BUT ONLY TO THOSE
WHO KNOW HOW TO LISTEN.


I'm humble enough to know
I am replaceable at work.
But I'm confident enough to know
that it would take 4 people.

One year from now, you'll look back and say, "I believed in myself and it worked."

It is interesting to beat a smart & Dynamic System!

It is interesting to beat a smart & Dynamic System!

It is interesting to beat a smart & Dynamic System!

It is impossible to beat corrupt & Sick Systems!

It is interesting to beat a smart & Dynamic System!

It is impossible to beat corrupt & Sick Systems!

It is interesting to beat a smart & Dynamic System!

It is impossible to beat corrupt & Sick Systems!

Geniuses Live forever!

Toxic Leaders Die Every Day!

www.microvolt.com/gravitation/

www.microvolt.com/gravitation/

www.microvolt.com/gravitation/

www.ebobmart.com/

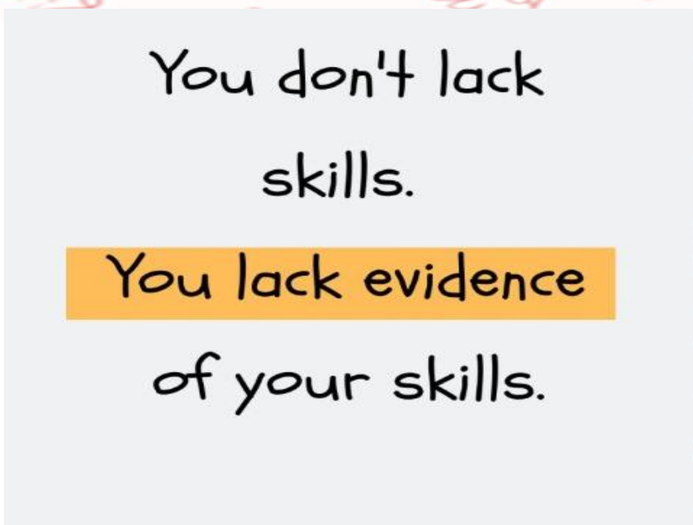
www.microvolt.com/2031/

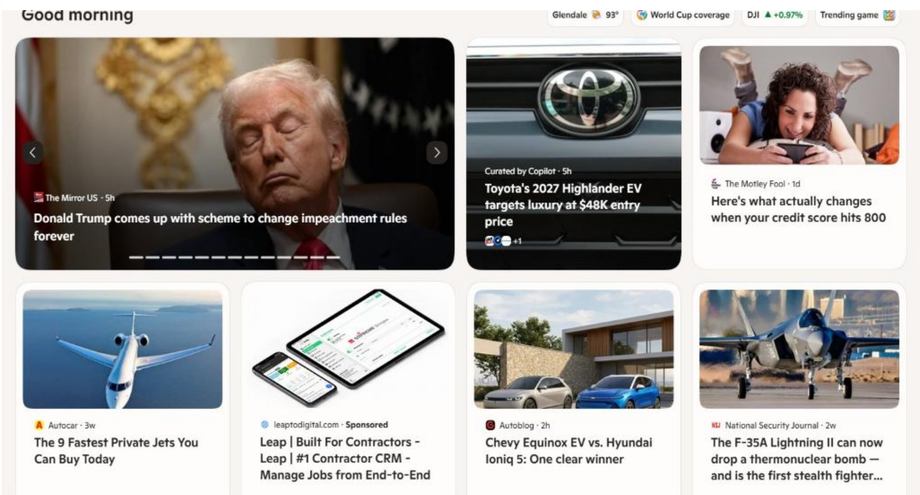
www.microvolt.com/20XY/

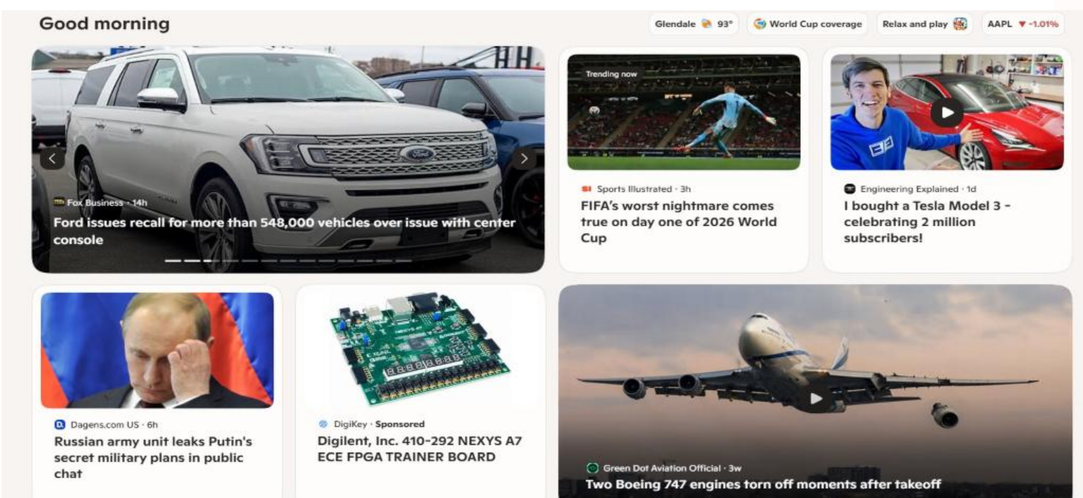
www.microvolt.com/0001/

MICROVOLT.COM
eBob Mart LLC.
DONATE

www.ebobmart.com/
www.microvolt.com/20XY/
www.microvolt.com/2031/
www.microvolt.com/0001/
www.microvolt.com/gravitation/
www.microvolt.com/2031/
www.microvolt.com/gravitation/
www.microvolt.com/gravitation/

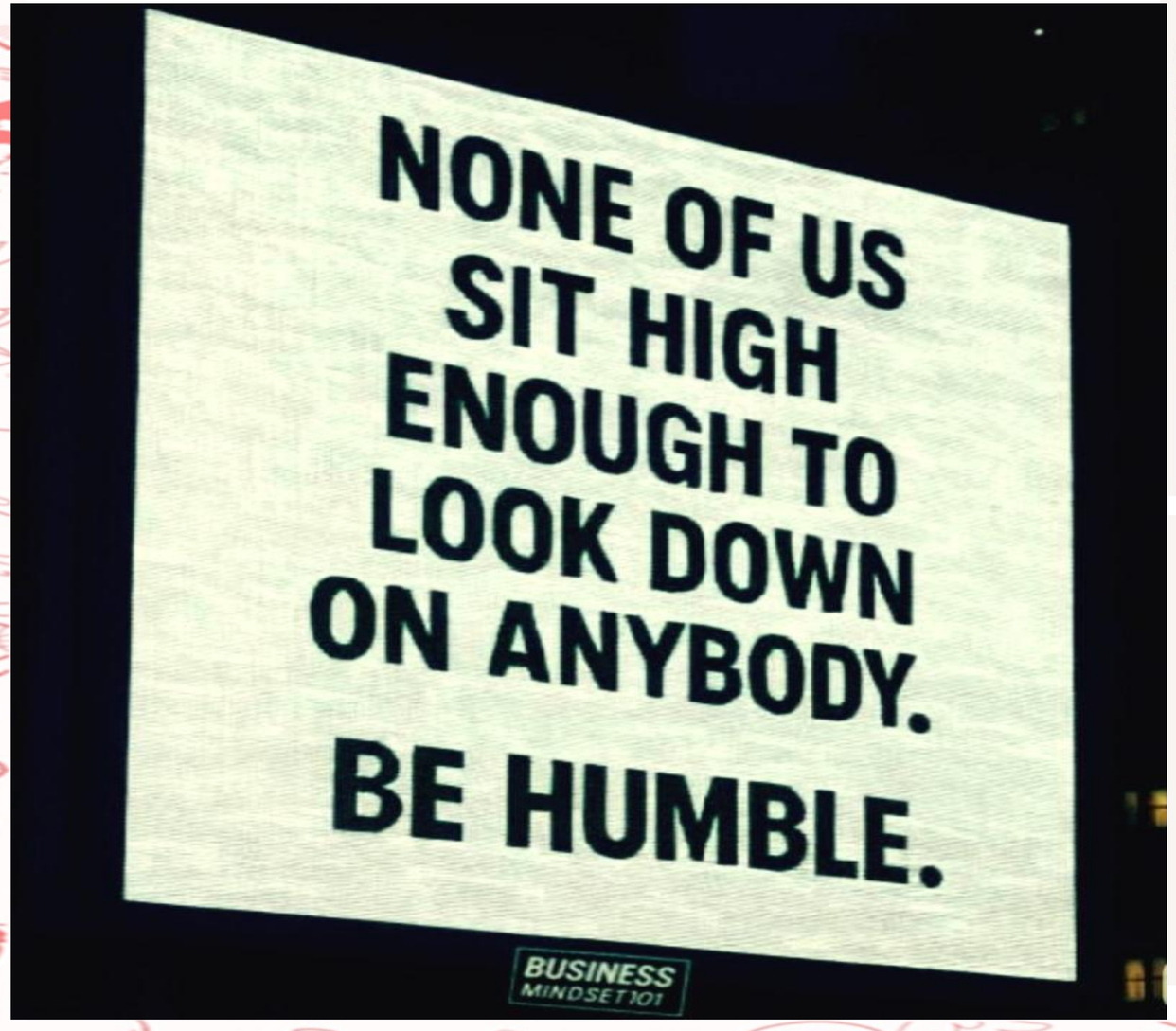


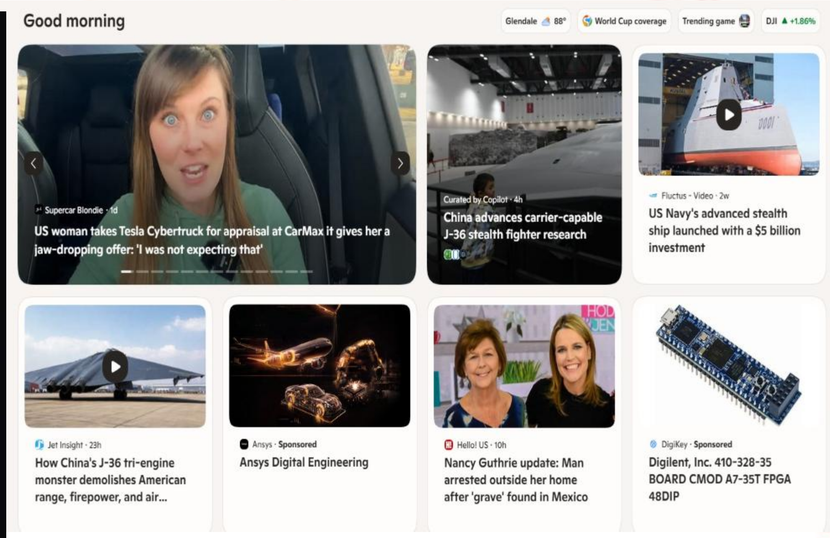


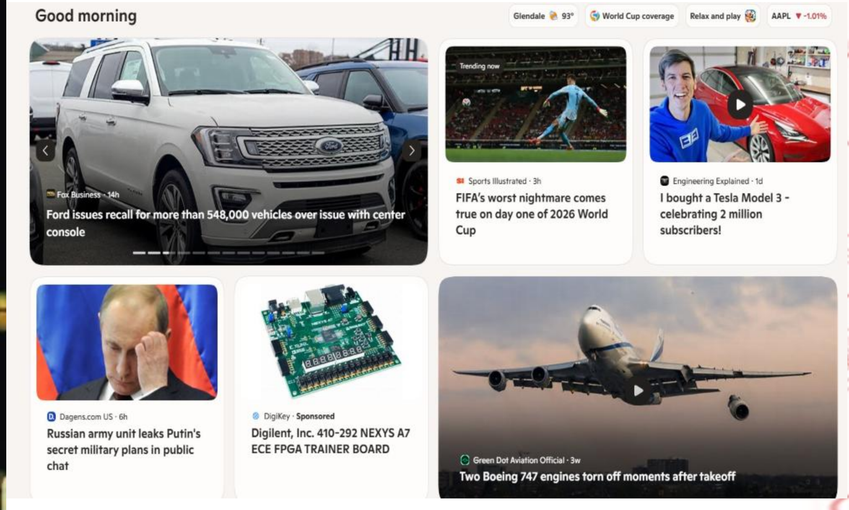


You don't lack skills.

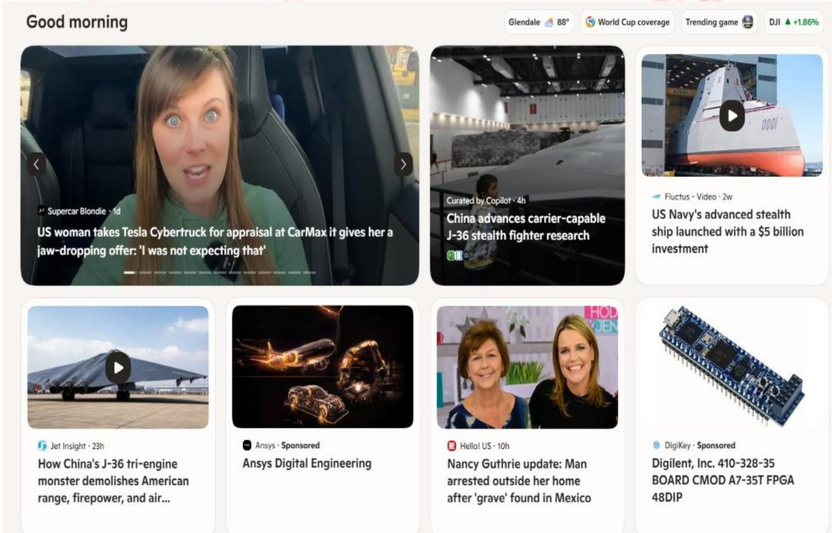
You lack evidence of your skills.

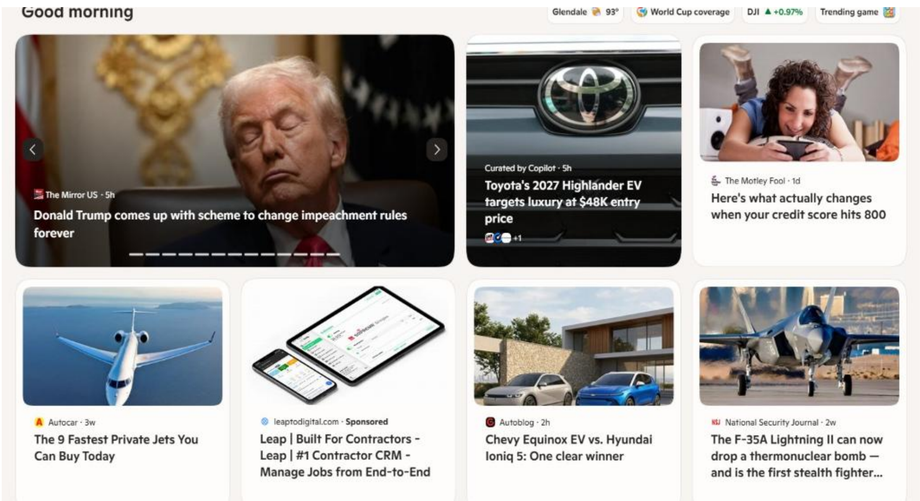

NONE OF US
SIT HIGH
ENOUGH TO
LOOK DOWN
ON ANYBODY.
BE HUMBLE.
BUSINESS
MINDSET 101

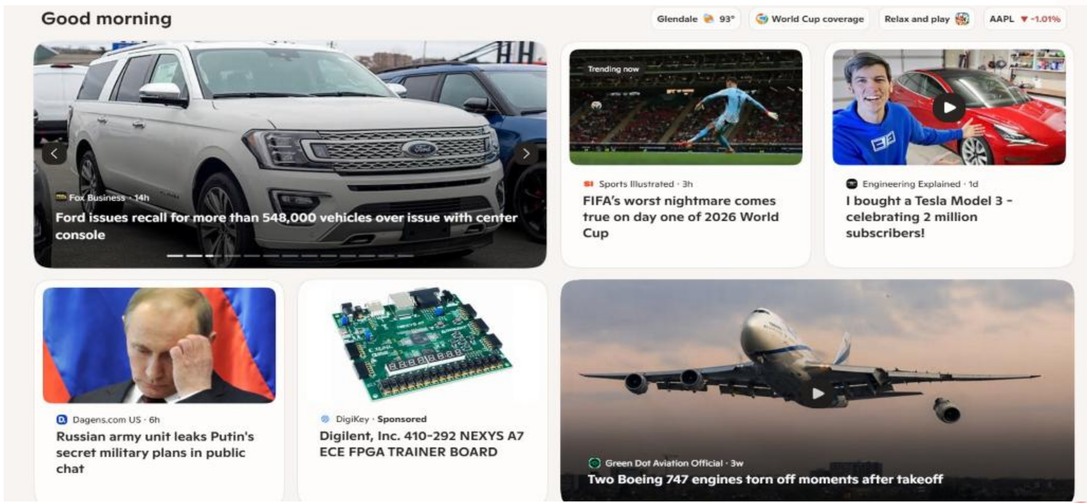

Good morning
Glendale 88°
World Cup coverage
Trending game
DJI +1.86%
Supercar Blondie · 1d
US woman takes Tesla Cybertruck for appraisal at CarMax it gives her a jaw-dropping offer: 'I was not expecting that'
Curated by Copilot · 4h
China advances carrier-capable J-36 stealth fighter research
Fluctus · Video · 2w
US Navy's advanced stealth ship launched with a $5 billion investment
Jet Insight · 23h
How China's J-36 tri-engine monster demolishes American range, firepower, and air...
Ansys · Sponsored
Ansys Digital Engineering
Hello! US · 10h
Nancy Guthrie update: Man arrested outside her home after 'grave' found in Mexico
DigiKey · Sponsored
Digilent, Inc. 410-328-35 BOARD CMOD A7-35T FPGA 48DIP


Good morning
Glendale 93°
World Cup coverage
Relax and play
AAPL -1.01%
Fox Business · 14h
Ford issues recall for more than 548,000 vehicles over issue with center console
Trending now
Sports Illustrated · 3h
FIFA's worst nightmare comes true on day one of 2026 World Cup
Engineering Explained · 1d
I bought a Tesla Model 3 - celebrating 2 million subscribers!
Dagens.com US · 6h
Russian army unit leaks Putin's secret military plans in public chat
DigiKey · Sponsored
Digilent, Inc. 410-292 NEXYS A7 ECE FPGA TRAINER BOARD
Green Dot Aviation Official · 3w
Two Boeing 747 engines torn off moments after takeoff

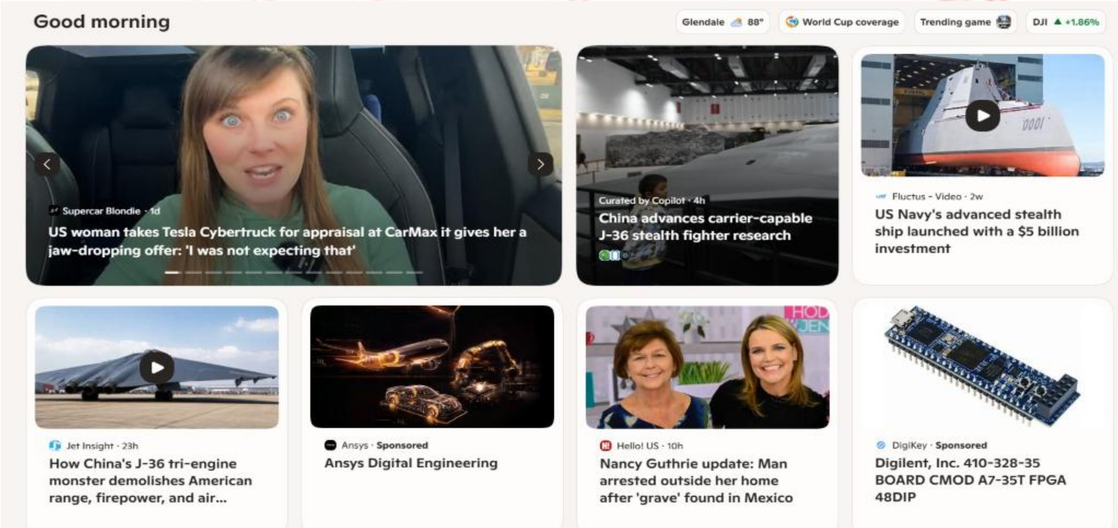
8 Quiet Disrespect Signals
Dr. Carolyn Frost
1. They ask someone else to repeat what you just said
They don't trust your information
Your move: "I can clarify that myself if there are questions"
2. They check their phone while you're speaking
Your time isn't valuable to them
Your move: Pause until you have their attention
3. They assign you tasks below your competence level
They underestimate your capabilities
Your move: "I'm ready for more complex challenges"
4. They "forget" to include you in relevant meetings
They don't see you as essential
Your move: "I should be in that loop going forward"
5. They ask for your opinion but never implement your suggestions
They're checking a box, not seeking input
Your move: "What would need to change for this to be viable?"
6. They introduce you by your first name while using titles for others
They see you as less formal or important
Your move: Introduce yourself with your full credentials
7. They look past you when speaking to a group
They don't see you as influential
Your move: Position yourself in their direct line of sight
8. They speak slower or use simpler language with you
They assume you won't understand complexity
Your move: "I'm familiar with [technical term], please continue"
healthymindsetliving.com

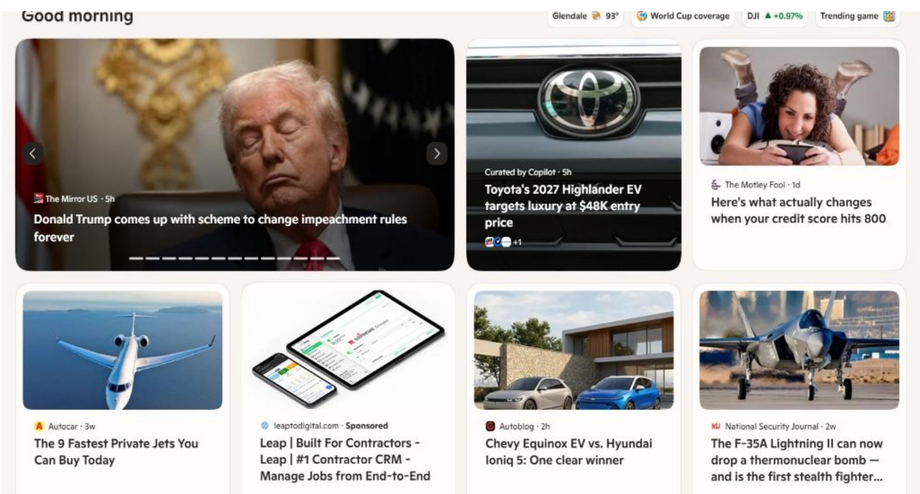

Good morning
Glendale 88°
World Cup coverage
Trending game
DJI ▲ +1.86%
Supercar Blondie · 1d
US woman takes Tesla Cybertruck for appraisal at CarMax it gives her a jaw-dropping offer: 'I was not expecting that'
Curated by Copilot · 4h
China advances carrier-capable J-36 stealth fighter research
Fluctus · Video · 2w
US Navy's advanced stealth ship launched with a $5 billion investment
Jet Insight · 23h
How China's J-36 tri-engine monster demolishes American range, firepower, and air...
Ansys · Sponsored
Ansys Digital Engineering
Hello! US · 10h
Nancy Guthrie update: Man arrested outside her home after 'grave' found in Mexico
DigiKey · Sponsored
Digilent, Inc. 410-328-35 BOARD CMOD A7-35T FPGA 48DIP

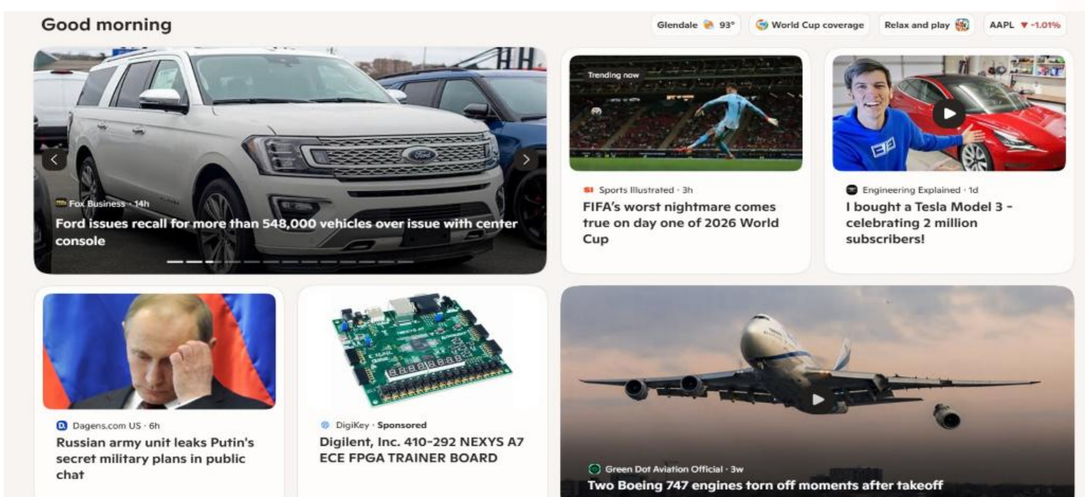

Good morning
Glendale 93°
World Cup coverage
DJI ▲ +0.97%
Trending game
The Mirror US · 5h
Donald Trump comes up with scheme to change impeachment rules forever
Curated by Copilot · 5h
Toyota's 2027 Highlander EV targets luxury at $48K entry price
The Motley Fool · 1d
Here's what actually changes when your credit score hits 800
Autocar · 3w
The 9 Fastest Private Jets You Can Buy Today
leaptodigital.com · Sponsored
Leap | Built For Contractors - Leap | #1 Contractor CRM - Manage Jobs from End-to-End
Autoblog · 2h
Chevy Equinox EV vs. Hyundai Ioniq 5: One clear winner
National Security Journal · 2w
The F-35A Lightning II can now drop a thermonuclear bomb — and is the first stealth fighter...


Good morning
Glendale 93°
World Cup coverage
Relax and play
AAPL ▼ -1.01%
Fox Business · 14h
Ford issues recall for more than 548,000 vehicles over issue with center console
Trending now
Sports Illustrated · 3h
FIFA's worst nightmare comes true on day one of 2026 World Cup
Engineering Explained · 1d
I bought a Tesla Model 3 - celebrating 2 million subscribers!
Dagens.com US · 6h
Russian army unit leaks Putin's secret military plans in public chat
DigiKey · Sponsored
Digilent, Inc. 410-292 NEXYS A7 ECE FPGA TRAINER BOARD
Green Dot Aviation Official · 3w
Two Boeing 747 engines torn off moments after takeoff

www.ebobmart.com/
www.microvolt.com/20XY/
www.microvolt.com/2031/
www.microvolt.com/0001/
www.microvolt.com/gravitation/
www.microvolt.com/2031/
www.microvolt.com/gravitation/
www.microvolt.com/gravitation/

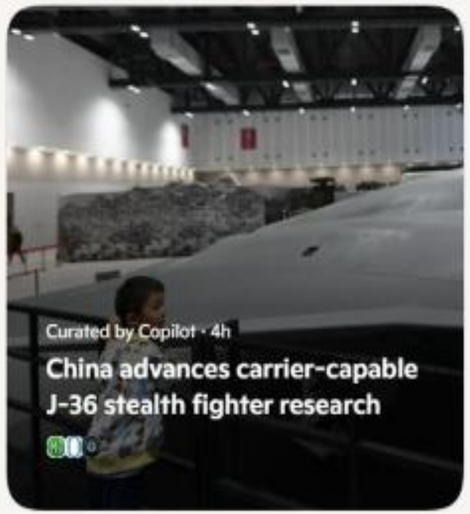






Good morning

Glendale 88° | World Cup coverage | Trending game | DJI ▲ +1.86%



Fluctus - Video · 2w

US Navy's advanced stealth ship launched with a $5 billion investment

Jet Insight · 23h

How China's J-36 tri-engine monster demolishes American range, firepower, and air...

Ansys · Sponsored

Ansys Digital Engineering

Hello! US · 10h

Nancy Guthrie update: Man arrested outside her home after 'grave' found in Mexico

DigiKey · Sponsored

Digilent, Inc. 410-328-35 BOARD CMOD A7-35T FPGA 48DIP

Good morning

Glendale 88° | World Cup coverage | Trending game | DJI ▲ +1.86%

SlashGear · 2w

Which private jet has the longest range?

Curated by Copilot · 4h

China advances carrier-capable J-36 stealth fighter research

Fluctus - Video · 2w

US Navy's advanced stealth ship launched with a $5 billion investment

Jet Insight · 23h

How China's J-36 tri-engine monster demolishes American range, firepower, and air...

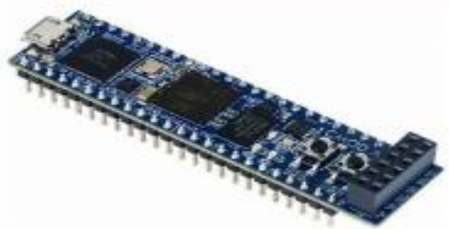
Ansys · **Sponsored**

Ansys Digital Engineering

Page 29 to ∞

Hello! US · 10h

Nancy Guthrie update: Man arrested outside her home after 'grave' found in Mexico



DigiKey · **Sponsored**

Digilent, Inc. 410-328-35 BOARD CMOD A7-35T FPGA 48DIP

Page 30 to ∞

Top10.com · **Sponsored**

Best CRMs for Sales Reps 2026 - Sales Team CRM Winners - US Sales CRM 10 Best Picks

FinanceBuzz Money · 1w

14 hidden costs of owning an electric vehicle that no one is talking about

Autocar

Top 10: Worst American aircraft

PilotPhotog · 2w

Why America is spending billions upgrading a 50-year-old US military jet

Uncover facts about modern military aviation and fighter jets

Jet Insight · 23h

Why the F-22 Super is America's most critical bridge to the F-47, stealthy tanks, drone command, and a $7.8 billion transformation

PilotPhotog · 1d

Why the Navy's new fighter looks like it came from the future

Mustard · 22h

What happened when a 2,000+ mph MiG-25 faced America's F-15 Eagle

Page 31 to ∞

Companies can handle any projects from A to Z, including groceries distributions worldwide better than individuals shop owner(s)!

Top10.com · **Sponsored**

Best CRMs for Sales Reps 2026 - Sales Team CRM Winners - US Sales CRM 10 Best Picks

FinanceBuzz Money · 1w

14 hidden costs of owning an electric vehicle that no one is talking about

Autocar

Top 10: Worst American aircraft

PilotPhotog · 2w

Why America is spending billions upgrading a 50-year-old US military jet

Uncover facts about modern military aviation and fighter jets

Jet Insight · 23h

Why the F-22 Super is America's most critical bridge to the F-47, stealthy tanks, drone command, and a $7.8 billion transformation

PilotPhotog · 1d

Why the Navy's new fighter looks like it came from the future

Mustard · 22h

What happened when a 2,000+ mph MiG-25 faced America's F-15 Eagle

Companies can handle any projects from A to Z, including groceries distributions worldwide better than individuals shop owner(s)!

The Motley Fool · 1d

Here's what actually changes when your credit score hits 800

Autocar · 3w

The 9 Fastest Private Jets You Can Buy Today

leaptodigital.com · **Sponsored**

Leap | Built For Contractors - Leap | #1 Contractor CRM - Manage Jobs from End-to-End

Autoblog · 2h

Chevy Equinox EV vs. Hyundai Ioniq 5: One clear winner

National Security Journal · 2w

The F-35A Lightning II can now drop a thermonuclear bomb — and is the first stealth fighter...

None can beat the arguments, spoken out of non-sense and egoistic ancient logics.

Companies can handle any projects from A to Z, including groceries distributions worldwide better than individuals shop owner(s)!

Fluctus · Video · 2w

US Navy's advanced stealth ship launched with a $5 billion investment

Jet Insight · 23h

How China's J-36 tri-engine monster demolishes American range, firepower, and air...

Ansys · **Sponsored**

Ansys Digital Engineering

Hello! US · 10h

Nancy Guthrie update: Man arrested outside her home after 'grave' found in Mexico

DigiKey · **Sponsored**

Digilent, Inc. 410-328-35 BOARD CMOD A7-35T FPGA 48DIP

Companies can handle any projects from A to Z, including groceries distributions worldwide better than individuals shop owner(s)!

CBS News · 8h

Fighter jet crashes in Washington state, sparking wildfire

The Motley Fool · 22h

Nvidia stock just did something for the first time in more than 5 years. Here's what history say...

Fascinating Horror · 2d

The orca grabbed her ponytail – minutes later, the crowd watched her die

DigiKey · **Sponsored**

Sparkfun Electronics 17514 ALCHITRY AU+ ARTIX 7 FPGA DEV BD

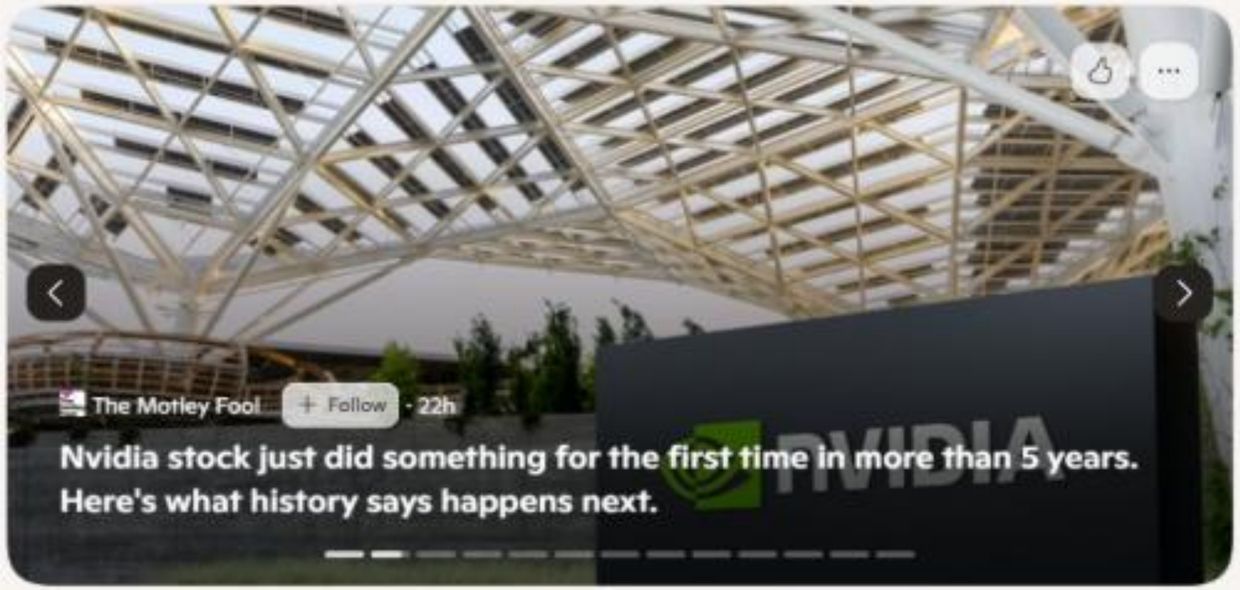
SHARK BYTES · 6d

The only time two great white sharks attacked the same man on camera

CNN · 16h

Pope Leo's plane was grounded. Then the King of Spain stepped in to help

Companies can handle any projects from A to Z, including groceries distributions worldwide better than individuals shop owner(s)!



CNN · 8h

Russia's overwhelming manpower advantage against Ukraine is starting to wane

Newsweek · 3h

UK marines seize Russian vessel in English Channel

Überleben · 3d

Hundreds watched as an orca dragged her underwater

DigiKey · **Sponsored**

Digilent, Inc. 410-300 BOARD GENESYS2 FOR KINTEX-7

HowToGeek · 1w

America's cheapest new vehicle in 2026 is a surprisingly practical SUV

DigiKey · **Sponsored**

Sparkfun Electronics 16526 ALCHITRY CU ICE40 FPGA DEV BRD

Page 37 to ∞