

Freedom 2018

FROM SELF

What hinders individuals towards life of growth, achievement and contribution?

Is it health, is it lack of focus, lack of actions, lack of support, lack of recognition...or lack of whatever. For those hindrances we may point to or wish to discuss upon; there are astonishing examples saying us that there are possibilities in the dimmest situation. The excuses in terms of lethargy in body, mind or in spirit, of too self-centered living, limitation of aspirations, attachment to glorified past, position, or just to be part of inner circle to take lion's share, we see plenty such examples too.

Then, what is that really stopping us? Of course combinations of the above, that's an easier answer.

I observed, unless one develops an ability to see through the actions which are there in front of us as if it is the reality, which may be cleverly posed upon us by a set of minds working behind for a particular result, most individuals would get carried away taking that immediate, short term vision as the absolute thing.

When a person give-up their self-control and allows to be led by an easier example; since that path may be rosy, quickly rewarding and glorifying instantaneous. A future with no links to past, past patterns or learning from there in, can lead us to a direction whose effect we may not be able to witness in the course of our existence. The counter effects will not be felt immediate term but over a period of life time or even for generations.

Most of us need to fight daily against lack of focus, lack of discipline, lack of enthusiasm, to get to a life of good health, contribution, to self or people around. To make this happen, individuals focus need to turn inwards, to run one's own race, strive being better than their previous self. The broader entities as communities, societies and countries are made at minute part as an individual.

So, key is taking control of the things which are very much within our own hands. Like getting up early, doing exercise, doing meditation or keeping our living place tidy, be it house or office desk. Moment we are cluttered our focus clouds. This distraction happens at different levels. If we are constantly fed with or enjoy news having negative vibes, we are moving away from our achievement orientation.

First part of the day is for setting the right focus on ourselves. If we are good in body, mind and spirit, we are useful for ourselves and for others. When cloud moves sun shines. One has to identify and adhere to daily routines, rituals or practices which suites individuals, to help cleanse those clouds on body, mind and spirit. I had called it as daily dozen. Dozens of things done daily to keep spirit up, so that body and mind becomes instruments to do better, a soul centered living.

Identifying such practices, such people to associate (distances are immaterial), the role models who represent selflessness in their actions, can give us the starting steps. Those current leaders, who can gain your respect to focus upon, to learn from them and implement in life to make difference to self and around. Because, decades have slipped away from our life, giving us trivial or no concrete results, but felt as if a busy day every day.

When I closely observed successful people, I always found they have their practices underneath, those habits which has led them to their success. They are not ready to give that up for whatever, the very habits which made them what they are today.

And ours, let's begin today.

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