

Making Life Liveable

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Abstract:

Every one of us wants to live a happy life without any stress, but often we found ourselves stuck in so many problems and we feel helpless. We feel disconnected from the world and from self too. Today's life is all about challenges and competition but there is competition from inner world also which we have to change in such a way that outer world can be liveable to us and for that spirituality is the ultimate medium to make this possible. It has immense power to change inner as well as outer world. The main objective of this paper is that - to provide the solutions to these types of questions. By the end of this paper, one may get solution of nearly all day to day problems by just knowing powerful and effective concept of spirituality and some simple techniques by which one can definitely make his/her life liveable.

Keywords: Spirituality, Liveable, Happy, Goal, Satisfaction, Success.

Introduction

Is our life liveable? Are we satisfied the way we are living our day to day life? Are we progressing towards our purpose of life that we have set? Why most of us not get success in spite of doing hard work? Why do we feel happiness temporarily? Why do we often feel tired? There are many more questions like these that arise in our minds several times but often we feel helpless to find the appropriate solutions of these and we get stuck when we confront the typical or uncontrollable situations like these in our life many times.

When the baby is born, he comes to earth crying and the other members around him from his family/relatives laugh, smiles, enjoys, show happiness, and rejoices. They feel so excited by having new member in their family. On the other hand, when that same baby after spending his years of life on the earth goes, he rejoices and other members from his family, friends, relatives etc cry for him. This is the truth of the life one who is born will be died and the one who is died will be born again. Between the letter B (for birth) and letter D (for

death), there exists a letter C which stands for Choice. We don't have any control on birth and death, it is not in our hand, and we cannot make any change to it. During birth, we cannot change our religion, caste, family by own because these things are completely beyond our control. Same as in the case of death, we cannot decide the place, time, type, cause of our death by own, it is also beyond our control. It is just like the take-off and landing of the flight. Both the things are completely beyond our control. Even the turbulence that we experience during our air journey is also beyond our control. The only thing that we all left with is our choice. Some passengers choose to listen to music, some choose to sleep, some choose to have food and some choose to watch movies. It's all about their choices which they make between their journeys from take-off to landing.

Now, it comes to us, what kind of choices we are going to make during our life journey from birth to death. It is fact that 70% life we spend on which we have no control over it. It is obvious that our life need not be turbulence free all the time, there are so many problems, scenario, situations etc that are waiting for us in our life and we have to deal with them either by smiling or crying, we don't have any control over it because it is also beyond our control. Therefore, here comes the spirituality.

Spirituality and Spiritual Knowledge:

Life is all about the choices that we make during our journey of the life. It may be choosing the school, choosing the stream after our schooling, choosing the college or university, choosing the job, choosing the life partner, choosing the new place to live, choosing to react for a situation and so many choices that are countless. But what if the choices are not right? What will happen if we make wrong choices related to above examples? Our life will be surrounded with the problems, tensions, chaos etc. We may feel depressed also if such situations remain for long run in our life. Spirituality teaches us how to make right choices to make life our life smooth, calm, relaxing, refreshing, joyful, fulfilled, steady, tension free and transformed. A right choice is sufficient to give to you the perfect insight in your life, it gives you the answer for your existence on this earth, it provides answers to your questions/problems, it makes your life full of wonders that no one can expect.

Spirituality consists of the complete peacefulness of our inside world that makes us feel about our divine presence. It gives the specific direction to our mind with the sensations and feeling of the freshness from the depth of our soul and gives you a feeling like you are

newly born to this world. Spirituality provides the ways by which anyone can make life beautiful and live life beautifully. It is said by Prabhu *Gaur Gopal Das* who is one of the famous life coaches and trainer on internet world and very popular in you tube that -

When we get a beautiful life, its gift of god to us but when we live our life beautifully that becomes gift for god. (https://youtu.be/L5h44ANno_4)

Practicing the spiritual knowledge is just as knowing and enriching of our inner world and after knowing about the inner world completely, one can know about the outer world and its elements very well and in easy manner. Then we can start experiencing daily improvement in our working style, improvement in our behaviour, improvement in problem solving capability, improvement in our habits and much more improvements that will astonish us. No one can elevate mind and the soul to the highest level without nurturing the inner world and soul, attaining and practicing the spiritual knowledge is the way for this. Taking time to master inner world and soul through spiritual practices which will develop vitality, richness and nourishment to any life.

In today's world everyone is keep on filling their minds with material knowledge from the school, colleges, books, internet, seminars, videos, movies and from so many sources. No doubt, this material knowledge is important to live the life, to earn the money for fulfilling our needs and need of others, to make a space and identity in the society because it gives us lifestyle and we go through life by this material knowledge. But spiritual knowledge teaches us about the spirituality which not only improve our lifestyle but also our life and we grow through life along with go through life. Spiritual knowledge does not change us physically but also changes us mentally and emotionally. It liberates the hidden potential of our mind, body and soul by which our life does not only change, it becomes like a heaven for us on the earth. In actual, we are not human beings having a spiritual experience rather we are spiritual beings of having the human experience.

Touching the Spirituality

We start to experience spirituality when we start to work for attainment of specific purpose (Goal of life). Every one of us is created by the god for specific purpose and it is our duty to identify that life's purpose and to work for it with full dedication and enthusiasm. All of us are running for the success 24 hours in this world. Definition of the success may vary person to person; it may be making huge amount of money, to become like someone, to gain health or lose weight, to make world tour, to crack competitive exam, to take admission in

renowned college etc. These examples of success are of outer world and it is to be noted that success on the outside means nothing unless you also have success within. We feel successful completely only when we are happy and satisfied from the deep inside and this deep feeling of happiness only come when we move confidently towards our life's purpose.

For someone purpose of life may be to become actor, to become businessman, to become social worker, to become singer, to become sportsperson and so many. Most of us don't do things that we love so much. We do things because we feel we have to do them. The purpose should be such kind that can give limitless happiness and deep contentment hence it should be identified by ones as soon as possible before it gets too late because life without purpose is same as like food without salt. For life to be tasted and enjoyed there must be some purpose. In Sanskrit, the word for life's purpose is *Dharma* and one may get lifelong contentment from the fulfilment of this dharma. One should write his/her purpose of the life on piece of paper along with the time limit and steps that are needed to accomplish it and should constantly work towards his/her purpose of life.

At the time of achieving our goals or life's purpose one may feel down or sad due to failures, it is same as that case when a student feels sad when he fails in his exam. We should not forget that fact that failures are stepping stone to victory and it brings with the seed of an equivalent success and it is shown in the following examples below that have been taken from the famous book *Think and Grow Rich* by Napoleon Hill –

Henry Ford, poor and uneducated, dreamed of a horseless carriage, went to work with what tools he possessed, without waiting for opportunity to favour him and evidence of his dream belts the entire. He has put more wheels into operation than any man who ever lived, because he was not afraid to back his dreams...Thomas Edison dreamed of a lamp that could be operated by electricity, began where he stood to put his dream into action and despite more than 10,000 failures, he stood by that dream until he made it a physical reality... Wright brothers dreamed of a machine that would fly through the air. Now one may see evidence all over the world that they dreamed soundly.” (Hill, 28-29)

Each and every event that happens to us has always a hidden purpose in it, every setbacks has its own lesson. We all should notice and remember always that who succeed in life, they first pass through the numerous heartbreaking struggles before they taste the success. From the above examples one may conclude that big success comes with big challenges and by continuous efforts one may get desirable success and therefore one must

not lose hope and accompany his/her mind with positive attitude whatever the situation be and this touches the concept of spirituality again. As said in the book of Robin Sharma, *The Monk Who Sold His Ferrari*, “Mind is like a fertile garden, if you care for your mind, if you nurture it and if you cultivate it just like a fertile, rich garden, it will blossom far beyond your expectations.” (Sharma, 41) But we always keep on filling our fertile mind with toxic and harmful seeds and these are nothing but negative thoughts, worries, anxieties, fears and we get fruits of that seeds only that we have sown in our mind and we start feeling depressed.

From the researches it has been found that every average person runs about 60,000 thoughts every day and interesting thing is that 95% thoughts are remain same as the ones thought the day before. Because of this repetition of same thought, we are actually blocking the enormous potential of our minds to work with its full efficiency. It is said in Robin’s book, *The Monk Who Sold His Ferrari* that best conditioned thinkers are using only 1/100th of a percent of their mental reserves (Sharma, 43). Then it is thinkable question that where does our efficiency lay?

In the studies of the Harvard University is found that the people who get extraordinary job with high payoffs is because of positive attitude whose contribution is 85% and remaining contribution is for his smartness and core knowledge which is only 15%. Positive attitude works same as the lighthouse which shows the direction to the lost ships. This positive attitude doesn’t come by its own, daily and consistent practice of powerful affirmations again and again makes it to flash in mind automatically in our daily life. Here affirmations are nothing but kinds of mantras having collections of the words string together to create a positive effect. When we recall anything again and again to our self, it automatically affects our mind in pronounced way. It is just like think good and get good. There is an aphorism that “As a man thinketh in his heart so is he therefore quality of the thinking determines the quality of our life” (Allen, 17).The example given below shows clearly the effectiveness of affirmations in building positive attitude and this example has been taken from one of the popular book *The power of your subconscious mind* written by Dr. Joseph Murphy –

“A woman of 75 years had always been proud of her ability to remember. Like everyone, she forgot things now and then, but she paid no attention. However, as she got older, she began to notice these occasions and worry about them. Each time she forgot something, she said to herself, I must be losing my memory because of my age. As a result of this negative attitude,

more and more names and events slipped her mind. She was close to despair. Then, fortunately, she realized how she was damaging herself. She resolved to reverse the process. Every time she felt the temptation to think, I am losing my memory, she stopped herself. More than that, she deliberately reversed the procedure. Several times a day, she practiced induced positive thoughts. She said to herself that from today onward, my memory is improving in every way. I will always remember whatever I need to know at every moment of time and point of space. The impressions I receive will be clear and definite. I will retain them automatically and easily. At the end of the three weeks, her memory was back to normal.”(Murphy, 27)

From the above example we can conclude that positive affirmations has its application in the field of the medical as well by which numbers of patients can be cured without even spend of single penny. One should remember that there is always a good thing resides in every situation as well as in every human being and just we have to change our attitude regarding it. So forth we have discussed about the several things which give boost or charge to us psychologically but all of us are just like the battery of our smart phone that needs charging time to time to function continuously physically and therefore to keep our body function properly one has to follow up basic three things which are Exercise, Balanced diet and Proper Sleep. These mentioned three things touch the spirituality again.

We should take some time every single day to nourish the temple of your body through vigorous exercise. Daily exercise of our body not only keeps your body fit and strong but also provides the unlimited source of freshness when we full our lungs with fresh supply of oxygen that keeps you energetic all the day. Taking more oxygen than normal through the exercises improves your metabolism rate, heartbeat, stamina and so many things that we are unknown to it. Ultimately it liberates our energy reserves. If anyone likes yoga that can also be practiced, it is practiced since the ancient time, to awaken the physical potential and live a strong, dynamic existence. We must spend at least 5 hrs from 168 hrs of a week to nourish our body by means of vigorous exercises.

As exercises influences our physical condition likewise a proper balanced diet has its own importance to improve our physicality. It is just as filling fuel into our vehicles when it runs out of it, If not filled on time then it will not be moving further. A poor diet has a pronounced effect on our life. It drains our mental and physical energy. It affects our moods and it hampers the clarity of our mind. Every one of us should eat vegetarian food because it

contains almost every essential nutrient for our body. In the book of Robin Sharma, *The Monk Who Sold His Ferrari*, it is called as the live foods; those are created through the natural interaction of the sun, air, soil and water. We can think of that why our ancestors were able to live life of above 100 years, it was all because of this live food. In Sanskrit, this live food is called as the *saatvic ahaar*. Now the researchers are flocking to the island because they are fascinated by the fact that it holds the largest concentration of centenarians in the world. Vegetarian diet is intended by the nature which alive, vital and supreme healthy. There is no problem in eating non- vegetarian food but the things is that it consumes our lot of energy for digestion, our valuable energy reserves are needlessly depleted by this foodstuff. So for conservation of our energy we can try for live food immediately anytime and we can start decorating our plate with salad, fresh fruits and green vegetables, sweets etc.

Now the third and last basic after exercise and balanced diet is the proper sleep. It has become a common habit for all of us that we sleep after mid night, we keep busy our self too much with the chatting, talking, watching movies, video calling, etc and there are numbers of things that we do in midst of the night and we do injustice with the golden period of our sleep and the result of that is we feel so down when we wake up and we feel tired, drowsy, sleepy during our working hours. From the research, it has been found that improper sleep weakens our concentration and increases the hyper tension and blood pressure. The whole idea of the proper sleep is that to provide our body with rest so that its natural processes can repair and restore your physical dimension to its natural state of the health, a state that is diminished through the stresses and struggles of daily use. That why it is better to have 6 hrs of uninterrupted deep sleep than even 10 hrs of disturbed sleep. We can practice for listening the soft music, inducing mind with positive thoughts and imaging about our desires to get the peaceful, rich sleep.

Conclusion

The techniques, steps, processes that are discussed are some the ways to attain the spirituality which have very profound effect for life. These techniques are not new at all; they are trial and tested for past 5000 years by the monks and sages of sivana as one can get the complete detail regarding this in the book *The Monk Who Sold His Ferrari*, by Robin Sharma. Initially these steps may seem too difficult to follow daily but if we follow them consistently for the 21 days then automatically these will be installed in our mind same as we install the program in our computers. It will become our daily routine. Just we have to move step by step because

these small steps only lead us to the victory as we have seen. We have to take out some time to study our self for our betterment only, it is well said that people those who study others are wise but study themselves are enlightened. Most meaningful things in our life should never be sacrificed to those that are the least meaningful. This simple act is the secret of the life balance. By anchoring all the most vital aspects of our life into our daily schedule, we ensure that our week and our life retain a sense of meaning and peace. We should not make our life too serious, also not to forget to laugh at least for 15 min in a day, as we know laughing is the best medicine. As it is said by well known Saint *Radhanath Swami* that don't take this material world so seriously because it is always changing. Something terrible that you take so seriously today is going to change tomorrow. Finally for the closing statement of this review paper, we should all choose life, choose love, choose health and choose happiness and remember always there is always supernatural thing that is most senior to all, generations have passed but nobody has understood completely and that is GOD, always have faith in Him!

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