

FESTIVAL OF LIGHTS!

Light dispels darkness.

Darkness in mind can be dispelled by awareness, physical agility aids it. When body– mind relation works at best, we reap maximum out of the moment we have today. All our learning and endeavors should help us towards achieving such harmony. If it is otherwise it means there is still room to correct ourselves towards the path of light.

When we look ahead there is always a choice. Choice can come sugarcoated or bland. When we choose comfort over conflict, rest over struggle, easy versus glory we are defining our future. Same thinking, same activities over years would not give us very different results. The future we can see is the one we usually get. We can look back at our past. Choices made then has resulted in the situation we are in now. Being conscious of what is being sowed now should be the first choice every one of us can make.

I observed there is no justification needed when we do a right thing. A right choice based on our values. A tendency of supporting a choice with logic and evidences shows, it is time to review our intent. Right choice does not need beating around the bush. Usually it is the simplest way and springs from heart when mind is calm enough to listen.

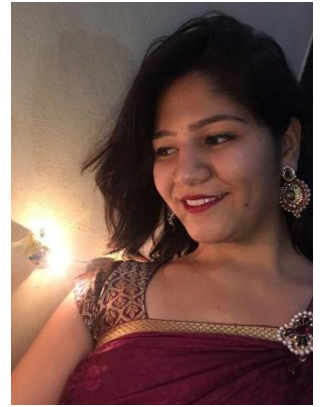
Yes, chances favor, luck strikes; but not always.

We overrate our ability to handle a situation be it a business or emotional. These moments of truth relieves our true ability right at the junction of a tempting choice. Wise picks up the cues and understands his position.

When we know the truth; it usually hurts. Dispelling of darkness begins when we figure out the flaws in us and strive improve on them.

Benjamin Franklin, in his autobiography, identifies his 13 improvement areas.

He then describes how he worked on it till he comes over them. He remarked, 'an investment in the knowledge pays the best interest'. Franklin Templeton investments was named after its prudence in investments.



Inside success shows outside results.

Diwali offers such moment in our life. We can spend these 5 days, dhanteras to yama dwitiya, to ward off the darkness which clouds our thinking. Usually resulting in not so good choices we make day today, like skipping exercises, over eating or being too much into social media.

First dispelling can happen with the mess lying around our physical areas. Clean them and make tidy, wash, paint new colors or replace them with brand new items. Purging of unnecessary should be daily task, including digital clutter. It makes room for important things and progressively leads to doing things which has been postponed, maybe vehicle transfer, passport or insurance renewal, updating a will and patching emotional gaps..

These steps avoids mental clutter taking up a rent free zone in our mind, thereby helps to retain valuable energy for designing the future we desire.

We look for shortcuts. Like try skipping first step and start working with the next one. Similar to designing the future part with unsettled present state; then our alignment with nature may miss once more and a year that was may reappear.

While we understand our body–mind relation and taking up nature's cues on Diwali season, deliberately acting on that knowledge, we are destined to take advantage of Samvat New Year beaming with lights of hope, health, prosperity and love.

Happy Diwali & samvat new year!

