

Live By Heart!

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Author Naveen Chandra is a professional on weekdays and a farmer on weekends, a leader day time and poet by evening; here he has attempted on the ways of life as he believes in.

I am sure after reading this either we like him or hate him, but cannot ignore him!

Sufi Saint Rumi once remarked, there are lot of ways to reach the supreme...and his was love.

He was clear.

I observed there are two distinct ways of living or approaches to life. Both ways can give us the success we dream deserve or strive far. I call them, living by heart and the living by Mind.

Surprisingly, I also noticed, majority does not follow either of them, they try to take the best out of both the ways and makes the third one. I call this living by diplomacy.

Let me elaborate on my understanding.

First one - Live by Heart.

These people are simple, they believe what has been told. They don't need logical answers to accept what is beyond their imagination. Generally, happy, serene, lively, sings, dances, expresses themselves comfortably and completely. Almost less ifs and buts about life, lesser shouting's and generally operate less than 100% of their capacity. They believe life happens to them and their plan is plan of the nature.

Good examples?

Look at kids between 4 – 7 years, they don't care much about what is around, simply sings, and dances comfortably. Better example, then look at people who are in love, true love cannot happen by mind.

Second one - Live by Mind.

In this approach, one is cautious about what is happening around. The person, will look everything with an eye of doubt, tries to understand the hidden meaning, whether meaning exists or not, they get one at least. They believe *in-between* lines are more important. For them pauses, sighs & silences gives more hint than the words heard; their mind over works by 200 to 300%. They generally give shorter answers to conceal their true nature and are hesitant to act even if they come across true love. They believe in managing life themselves.

Live By Heart!

Good examples?

Appraise and Appraiser. Appraiser generally takes into consideration of all the stakeholders and uses his mind in multiple angles to convince his point of view. Better example can be brain surgeon, he needs to look at multiple indicators to take decision moment by moment

Imagine if two of the above types becomes life partners, their agony will never end, because of the difference in the fundamentals.

Lastly – Live by Diplomacy

Principle here is to get the best out of both the ways. When they find someone is winning, they change the lane and take that side and behave as if they are that type. The result, they are constantly confused, worried and fearful. At any point in time they are neither living fully nor is happy to die.

They think life is about managing themselves and also people around. The success they dream will elude them life time. They remain mediocre, they don't invest on their own belief, because they have nothing of their own. Mostly a way of mass, the followers.

Good examples?

Politicians who can change overnight the parties. Better example, look at married couple after few years, they don't rub each other in wrong side. They know by experience what works or not.

Is this too much to digest??... The good, bad and the ugly..., let me simplify. Having understood these variants,

Path we should pick is the path where the end and means are together every minute; message and the messenger cannot be different. We become what we repeatedly do.

Do we live in confidence, do we need someone to reassure on our plans, does opinion of others matters more than our own, are we expressing fully and do we love sincerely??

Answers for all these questions comes to us naturally if we are aligned with our hearts.

How many of you want to live by heart...?

Do we somewhere believe that we still have plenty of time on earth? Which is only an illusion ...

The beauty of heart of living is we grow to become younger day by day, sparkle in the eyes becomes brighter and smile never ends.

True success happens, when our conscience aligns with the heart. We are made. No more turning back. No more if and buts, and no more opinion of others matters.

When that happens, we realize, even if we die next moment we are at peace.

And Heart is same for everyone, including that of supreme, then will that tomorrow really matter?

Yes, Rumi was clear!