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Life Skills

'Every thought we think is creating future.'

'Reality is blending of perfections with imperfections.'

Life comes with problems

I have a small house, when will I have a big one?

I have no children, when can I have one?

I love Mr. x, but he does not love me, when will it happen?

I have a job which pays me not enough, when will I have a big fat salary?

My children don't stay with me, I would love to stay with them, when will this become possible?

My father loves my brother more than me, why like that?

My mother is partial and favors to my sister, I don't understand the reason why?

People are jealous of me as I am doing well in my life, why like that?

I am hard working, honest, intellectual but why am I not rich?

Don't you think, any of the above or similar questions always keep bothering us?

What is life all about? *Life is a reality of blending perfections with imperfections.*

"For a long time it had seemed to me that life was about to begin -- real life. But there was always some obstacle in the way, something to be got through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

-- Fr. Alfred D'Souza

Life is all about your being and your perceptions. The being and the perceptions start with the mind and thoughts. Perceptions are thoughts and feelings of how we look at things to

what happened. What is life all about, your thoughts and feelings. We all have dreams and aspirations. We can achieve few and the rest remains just dreams. That's why we are here on the earth, achieving what we aspire and dream. The mind is always engaged in the activities of the thoughts and visions of what needs to be done by us. Life is all about efforts, intentions, motivations and actions. The trials and struggles allow us to gain the experience. When we do not get results of our desire and expectations, we feel sad, upset, and angry. We get smooth and pleasant experience and we feel life is good, that phase of life is good. We go through challenging and adverse situations and we feel life is struggle, and phase of life is bad. Life is all about how we feel. Feelings are attached to the thoughts. We keep experiencing some or the other kinds of problems during our existence. With whatever limited intelligence, wisdom, understanding, efforts we keep existing and doing our part. Within our mind stream, we keep having few poisons such as pride, ego, envy, greed and anger, and most poisonous ignorance of the mind.

Life always brings problems. We really can't live without them. The problems help us to shift our perspective. We can look at the problems and see what is possible by us to come out of problems. We can stop feeling victimized by what's happening. We can consciously work with the challenge of the moment to learn more about ourselves and the world. With awakened mind, we can bring shift in our perspectives and attitudes, then only we discover ourselves to be strong and powerful.

Life revolves around thoughts. We all are sentient beings.

"Every lesson is a widening and deepening of consciousness. It is a stretching of the mind beyond its conceptual limits and a stretching of the heart beyond its emotional boundaries. It is a bringing of unconscious material into consciousness, a healing of past wounds, and a discovery of new faith and trust."

-- Paul Ferrini

Life is all about mind.

Life is all about awakened mind.

It is there within us, we just have to realize it and develop the enlightened state. With awakened mind, we can detoxify the poisons, poisons such as ego, pride, anger, envy, greed. With awakened mind, we can accept the darker and ignorant side of us and illuminate them. With the awakened mind, we can get rid of our emotional and mental clutters. With the awakened mind, we can be developing intellectual understanding. With the intellectual understanding, we can contemplate and think about what is the best we can achieve in this lifetime and how do we move out from vicious cycle of the poisons that brings miseries to our life. With the awakened mind, we can understand how to chase material success by remaining awakened beings, spiritual beings, enlightened beings. With the awakened mind, we can start putting efforts. The so called gifts of the efforts, which we always keep waiting, will just follow.

Wish you all awakened mind and enlightened thoughts for ever transforming life...life full of happiness, love, peace and harmony....

Love you all

With Divine Guidance

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