

Article – August 5, 2012



## Life Skills

*'Every thought we think is creating future.*

Learn to be aware

**Do I really understand myself?**

**What do I really know what I want out of my life?**

**What do I want out of my relationship?**

**What do I want to achieve after doing my work?**

**Am I living a mechanical life doing everything without knowing?**

**Am I really enjoying whatever I do?**

**Am I really a person who is well connected with my feelings?**

**Does my ego really stop me to reach towards my goals?**

**Does my attitude really stop me in fulfilling me?**

**Am I living the life of satisfaction?**

We human beings are so self driven with our will and conditioning, that we keep doing things without stopping and pausing to introspect and retrospect in the deeper part of our true selves. We have our needs to be met and we move ahead to acquire those unaware of lot many important aspects which matters the most for our true core of our spirits. We have our goals, ambitions and dreams well set and so we continue to achieve them and set ourselves in the needed direction. In that run and chase, we forget our true inner spirits and general human spirits. We are here to achieve our materialistic goals and keep complaining for love, peace and harmony with people around us. We keep spending our time to acquire money and stability for those loved ones and we keep forgetting the real treasure to spend quality time with our loved ones. We feel happy in buying home, clothes, bags and food of our desires and we forget to spend quality time with the same people who stay with us while we live for the same. We enjoy the latest technology to comfort ourselves but we forget the nature which connects us to ourselves that gives us so much comfort. We keep ignoring our mistakes and can easily pinpoint others. We love to hold complains and grudges against others but cannot really appreciate and be grateful to those people who supports us on day to day basis. We

**crib about humidity, lack of rain, chilling cold but we forget to appreciate the Sun, the Moon, the wind, the breeze, the water, the seas, the rain which is unconditionally just the givers without any expectations to receive, or what we do to exploit and destroy the same nature.**

**What can really keep us happy and truly expressed person?**

**What can really keep us loving and peaceful individuals in all situations with all people?**

**Do we really ask such questions to ourselves?**

**Are we really aware of why we are angry or loving?**

**“You can live a lifetime and, at the end of it, know more about other people than you know about yourself.”**

-- Beryl Markham

Let us live the life what we really would love to live!!!! Let us change ourselves if we are not living the life which we don't love to live!!!! Who am I? To answer this, we must first learn to become more aware of ourselves. To be aware, we must STOP and PAY ATTENTION! We need to STOP and objectively watch ourselves in action.

We live most of our lives by habit. These habits keep us stuck in patterns that limit our experience of life. Once we detect a pattern we were previously unconscious of, we can choose differently, if we want. With awareness comes choice and with choice, we gain freedom. Let us be truly authentic first to our ourselves!!! let us be loving and nurturing first with our ourselves!!!

**“To be authentic is literally to be your own author ..., to discover your own native energies and desires, and then to find your own way of acting on them.”**

-- Warren G. Bennis

Let us illuminate ourselves, our lives with a candle of knowledge everyday..let us empower ourselves with the true knowledge..knowledge of how to be loving, caring, compassionate, honest, kind, generous..let us live in the true understanding of the spirits....

**“Self-knowledge is the great power by which we comprehend and control our lives.”**

-- Vernon Howar

***Love you all***

***With Divine Guidance***

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