



What needs a change ?

Is that me that needs a change?

Who am I???

“Please... tell me who you are and what you want. And if you think those are simple questions, keep in mind that most people live their entire lives without arriving at an answer.”

-- Gary Zukav

Whenever one is asked such question, who are you, the answer may be somewhat like this, I am Mr. X, CEO of this company, father of so and so, son of so and so. Whenever the question is what do you want in life, the answers would be somewhat like this, I want to have Y position, a big car, a big house and a fat bank balance.

It is obvious. We are in this world to acquire all our materialistic needs through our intelligence and activities. But while acquiring these materialistic needs, are we really forgetting our spiritual needs? Or are we even aware where are we heading in our spiritual journey?

How deeply can you answer this question? Please realize that you are the only one who can answer it. you alone is responsible for who you are. You alone is responsible for your thoughts, feelings and actions. You alone is responsible for your ego, mindsets, beliefs and attitudes. No one else can tell you who you are. No one else is responsible for you. You must discover this for yourself. And the challenge of knowing ourselves is no easy task.

We hope this question excites rather than intimidates you. There's so much more to you than you know at present! Isn't this intriguing? Perhaps it's time to go exploring....

Explore and ask yourself few questions as follows

Are you a loving person?

Are you a peaceful person?

Are you a person who is aware of your thoughts?

Are you a positive person?

Are you a kind, compassionate, honest, helpful human being, serving humanity at a spiritual level?

When you get all the above question's answers as no, you can ask yourself what and here do I need change?

Our lives begin to change when we are ready to shift our focus to discover, explore, watch and get aware.

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.

Act on our thoughts, act on our feelings, act on our talks, act on our beliefs, act on our attitudes, act on our mindsets. Is it difficult? Is it possible to act on us? Let us keep our ego appropriate to understand us, our strengths and weaknesses, our potentials and our highest possibilities.

The next question is, are we aware? Do we really want to be aware inspite of knowing? Do we really choose life free of clutters and problems? Do we really work out for such a life? do we really ignore our true feelings towards a spiritual being? Are we ignorant to be a true spiritual being? Are we illiterate towards spiritual education? Do we choose to remain blind and deaf in the respect to forward ourselves to be a true human being?

Let us all be aware of, who am I, explore, understand, watch, observe, and get aware of the true self- who am I? It is very easy. It is just to set an intention to our attention.

When we make an effort to set an intention, no matter how trivial it may appear, we are taking the time to choose what we want for ourselves. And clearly, this is essential for our growth – to actively, thoughtfully choose what we want for ourselves.

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 a conscious beings, to make wise choices to be happy, healthy and in harmony with each other.

“By becoming a conscious choice-maker, you begin to generate actions that are evolutionary for you.”
-- Deepak Chopra

May Divine Blessing fall on each one of us to make wise choices and allow our wisdom, knowledge and intelligence to guide us for our Highest and best good to happen, for a better place to live in.

Love you all

With Divine Guidance

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