

## *From the Editor's Desk*



You are born in this world only to reach enlightenment. You are designed to take off into sublime spiritual realms that confer power, independence and infinite bliss. Wake up to your potential. Strive for it. Stop not, till the goal is reached. A great mind is one where the intelligence is able to differentiate between cause and effect, the conscious and the non-conscious and particularly between the 'boss' and the 'attendants'. Creation has somehow ensured that we undertake this journey towards discrimination in order to appreciate that the heart is the boss. The body and the senses are directed by the mind- with its different departments, levels of activity and ways of reacting: - these are the attendants. The boss in a mysterious way is feeding all these complex structures. He is holding everything together from beyond the mind, but can only see and act through this instrument. Discrimination grows through meditation and paves a way for the heart to prevail. Then our works are undertaken in another manner. Heart comes within our vision during meditation, and we should be ready for this. The very techniques which have led us to this extraordinary capacity of the mind can prevent us from experiencing the heart. We can bypass the most precious part if we are too busy with our mind, and our intellect, and with the techniques to direct them. We miss the message in our experience of meditation. "What is most beautiful is always hidden" says the proverb. This essential part of meditation always leads us, when we are open enough to receive it, to a deeper relationship with our heart. If we really look at life, we will see that every moment something extraordinary happens, and to do this we must be open to the unknown. This attitude and the developed capacity to meditate will reveal apparently uninteresting events as instructive. These experiences will enrich our heart as much as the intellect, and give us a new understanding. When two people who understand from both these sources meet, things are simple and problems are resolved quickly. On the other hand when two people who understand only via their intelligence meet things can be very complicated and problems last for years. Meditation should make us happier, bring us closer to our heart and make life simpler. When the heart prevails, something radiates from us and affects the results of our actions. We seem to expand and influence the things around us and the people that we meet. Although we are still seeking, something mysteriously acts through us and determines the influence of our actions upon our environment. A spirit of service fills our being and overflows. What we were seeking begins to find us.

Human beings' biggest problem is not "outer space" but "inner space". People fail to count blessings; instead, they count problems. If you look into people's lives, you will not get surprised

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at what they suffer from, but certainly, you will be surprised at what they miss. You have to learn the art of seeing an opportunity in a difficulty and not difficulty in an opportunity. This seeing creates inner space. Encountering problems are inevitable, but suffering is optional. So long you are living, you will have problems. But you need to understand: Do we have problems or problems has us? Are we master of the problem or victim to the problem? What is more significant is how do we approach a problem? Most of the time be it at work or home, we approach a problem with a complaint and not with commitment. It is like a circle; the centre should be commitment, and complaint should be on the circumference, but most of the time, commitment is on the circumference and complaint at the centre. If you are alert, then you will operate with commitment rather than from complaint. This alertness should have the quality of openness and in that space, you have to face a problem. Then you will not be victim to a problem. Ineffective people approach a problem with worry, anxiety, fear, and that adds to the problem. But if you are alert and open to the problem, then in that alertness, there is stillness, and in that stillness you're deeper intelligence will flow.

If your boss is upset with you, see it with openness. If he is wrong, you will be compassionate. If he is right, you will be open to change. So where is the problem? Walt Disney was an unsuccessful cartoonist, and once in the garage of a church he saw a rat going up and down. With alertness, when he looked at it, he got the idea of Mickey Mouse, and the rest is history. During the fourteenth century, in South West Asia, King Tamerlane's army suffered defeat. His army ran away and was in retreat. As he hid himself, he noticed an ant trying to carry a grain of corn over the wall. It failed many times and finally succeeded. He got inspired that the ant, despite so many failures, succeeded. He thus inspired his army and won the battle. You can approach a problem wisely or foolishly. To approach a problem wisely, you have to be open, alert and have fun with the problem. Learn to enjoy the problem, date with the problem. Feel thrilled with the problem. If you enjoy the problem, then you will be bigger than the problem or else the problem will be bigger. "My husband nags me. What should I do, but suffer," complained a woman. I said, "Be open and enjoy his nagging. Then you will see how beautifully he is nagging you. Not only that, in his nagging there are so many communication skills, like pace, pause, pitch, open and close statement, multiple closes, disarming technique and also pre-emptive strike."

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