



VOLUME 7 ISSUE 2

2018
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infinithoughts



The **Eternal** **TRUTH**

Life is not **BECAUSE** of...
but **In SPITE** of...

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Emotional needs.

Man needs relationships to satisfy his emotional needs. Man cannot escape relationships. On the long run, the emotional strain and drain in servicing irresponsible, casual relationships are far greater than fulfilling the emotional demands of permanent, responsible relationships. And what better, permanent relationships than the one called 'family'!

Where emotions predominate, performance takes a backseat. People who lack a good family life tend to rely on their place of work to satiate their emotional needs. Such people can never be world-beaters. A place of work should be all about passion, expressions of expertise, process and results, goals and accomplishment, facts and figures, judgement

and prudence, and above all, consistently challenging oneself to go beyond every perceived finishing line. Instead, when emotional needs are brought to the workplace, it all becomes gossip, backbiting and backstabbing, hurt, prejudices, ego, cajoling and counselling, likes and dislikes, and above all, leadership becomes pure emotional management.

Build and enjoy a good family life so that your emotional needs are well satiated. Then, leave your home at home and go to work for the fulfilment of your passion to be a world-beating success. You need 'This' for 'That'. You need 'This' - the family - to liberate you of your emotional needs so that you can focus on 'That' - to be a world-beating success.

mahātrīa Rā

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Come... Let us go the other way.

Bigger the ambition,
greater will be the issues.

When you want to walk, the issues are few.

When you choose to run a marathon,
obviously there are more issues to deal with.

When you choose to merely exist,
you face lesser issues.

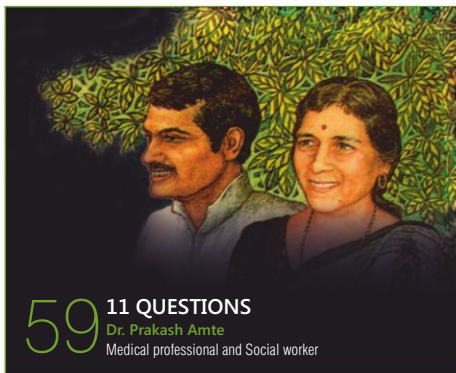
When you choose to live worthy of your potential,
then you have to solve larger issues.

After all, there has to be a difference between a
history reader and a history maker.

mahātrīa Rā



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 Medical professional and Social worker

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No. 3, 3rd Cross Road, R.A. Puram, Chennai - 600028. India.

Helpline: +91 97 10 22 11 11 / WhatsApp: +91 90 94 42 22 33 | Email: info@infinithoughts.com | www.infinithoughts.com

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Sometimes, we need to make peace with who we are and not worry about what the world thinks about us.

holly

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Don't set your goals low. If you want to go beyond mediocrity, you need to set them high.

Send your articles to article@infinithoughts.com

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Boomerang of the Month

WINS

a DVD of mahatria

I am a regular subscriber of infinithoughts and I am amazed to find answers in the pages of infinithoughts, for my need at that point in time. I was going through a tough time when I opened the picture story in the April 2018 infinithoughts titled 'Does God exist?' It immediately resonated with my emotional state and that 'God is within us always' is now etched in my belief system. I always look forward to these picture stories which has great impact on me.

The article titled 'Aaha!' by Charuta in the same edition was an excellent read. I always found it hard to address my two homes as mother's house or husband's house, when they are both mine. Deep down I knew, I belong to both and identify with both homes. But, just to differentiate and convey that to others, we use the same old terminology. The author has articulated the message of Mahatria very well. I now have the answer and will make conscious attempt to correct my language. I will be ever grateful for introducing me to this new vocabulary, which will set a new thought process.

Then there was this lovely article titled 'A Little Note' by Anamika Lalwani in the same edition, which explained how a little ritual of love has deepened relationship between a couple. Through this article, I have learnt how handwritten notes can be made a daily ritual within a family. We need not wait for special occasions to write letters, instead, can share notes regularly within the family. It surely is a great way to develop strong bonds and later in life they become beautiful memories.

'Destiny Designing' in Mahatria's own handwriting was a pleasure to read. I got so connected with this personal touch. Please continue to have this piece in handwritten format.

Last, but not the least, thanks to the customer support team who considered my plea and now I receive my infinithoughts in the first week itself.

I am grateful to my mom who introduced me to this growth magazine. I thank Mahatria and the entire team for publishing such wonderful articles that have a transformational effect.

Akhila K

The short one-page answer by Mahatria in the column - Life is a puzzle... ..with a solution - published in March 2018 edition of infinithoughts, relates to the sanctity of work and it deeply inspired me. I was able to understand the true meaning behind the often-quoted term 'Work is worship'. In the long run, it is only work that makes us and our life.

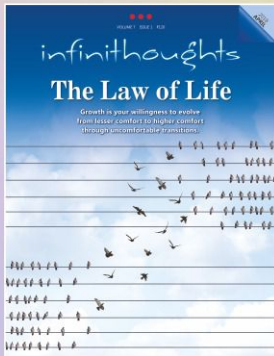
All the best to the team for their outstanding work!

Pratiksha Sharma


'Thinking right' by Sreeram A S K published in March 2018 edition of infinithoughts is a fantastic note on positive and negative thinking. I rejoiced reading the encouraging words of the author on how to channelize our thoughts so that it will get manifested in our lives. My mind overflows with gratitude to infinithoughts, for transforming our thinking process through each and every article.

Rema P K

BOOMERANG



 boomerang@infinithoughts.com

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I have been a regular reader of infinithoughts since June 2016. In the November 2016 edition of infinithoughts, when I happened to read 'Life is a puzzle.... with a solution', our beloved Mahatria mentioned about conquering the gap between waking up and getting up. The next morning, I implemented this by waking and getting up at the same time, when I heard my wake-up call. This good habit continues till now. How true it is that when we are able to control our body, we can control our mind too. I feel fresh and relaxed throughout the day, ever since I made this a habit. Each day is a new start when we bridge the gap between waking up and getting up. Thank you Mahatria.

Sangeetha Manivasagan

Recently I had a chance to read infinithoughts, in my friend's home and I was so impressed, that I subscribed for it immediately. I was greatly inspired by the Destiny Designing column by Mahatria and other articles, which I felt are guideposts for the benefit of individuals, as well as any institution. In the Destiny Designing column of April 2018 infinithoughts, Mahatria writes, "If you are easy on yourself, life will be tough on you. And, if you are tough on yourself, life will be easy on you" which is applicable for all individuals irrespective of age.

Discipline is the need of the hour for any society to prosper and this thought is reflected beautifully in the article titled 'Discipline - not just a word' by Gayathri Ramachandran in the same edition. Thank you for publishing such nice articles.

Mangayarkarasi

After reading the article titled 'Silent whispers' by Vidhya Sanjay in March 2018 infinithoughts, I experienced a subtle transformation in my language. All this while, whenever an idea cropped up in my mind I would exclaim 'Rare insight!'. This article brought about 360 degrees shift in my thought process. Ever since... my immediate response to any new idea is 'His silent whispers'. I realized that the earlier approach boosted my ego, whereas this approach makes me humble and grateful.

Sushil Golcha

The articles published in infinithoughts are hand-picked so well that each one is a gem. Mahatria's 'Destiny Designing' column in April 2018 infinithoughts wonderfully articulates the necessity of growth and the beautiful link between change and transition.

Sunitha PT

I am one of the young (Class: 8) readers of infinithoughts. It is not just a magazine but a treasure that tells us about the value of life. I am grateful to my school which introduced me to the magazine. The article 'Happy to be' by Anju Jain in April 2018 infinithoughts was fantastic. She gave the beautiful message that "Today is a gift" through her article. I thank all the authors of infinithoughts for writing such inspirational articles. Wishing you most and more.

Sandya B Rajan

Read Mahatria's handwritten Destiny Designing column in April 2018 infinithoughts on transition leading to growth. Precious wisdom well said in a capsule. As I read and self-reflected each line, I felt motivated and charged.

Mythily Ramanan

I was touched to read the experience of Rajan RV through his article 'Life surprises' published in April 2018 infinithoughts. I had similar experience in my life which got rekindled when I read it. I realised that an act of kindness is actually doing god's work. God will not come physically as s/he is manifesting through us. Isn't it so important for all of us to be responsible in our own ways? I will find my own ways to be a little more courteous to others.

Arun Kumar Natha

The difference between a legend and an also ran as pointed out by Mahatria in the Editor's note of April 2018 infinithoughts was simple and straight forward. The message I took from the editorial was that anyone can step into the shoes of a legend if manifestation of potential takes off with the seed of greatness available within.

Chitra Prasad in her article titled 'Let's connect' in the same edition of infinithoughts has highlighted the role of teachers in nurturing children. Kalai Arasi Murugesan in her article 'A father's pride' in the same edition vividly captured the bond between a daughter and father. Overall a beautiful edition of infinithoughts.

Ravichandran N





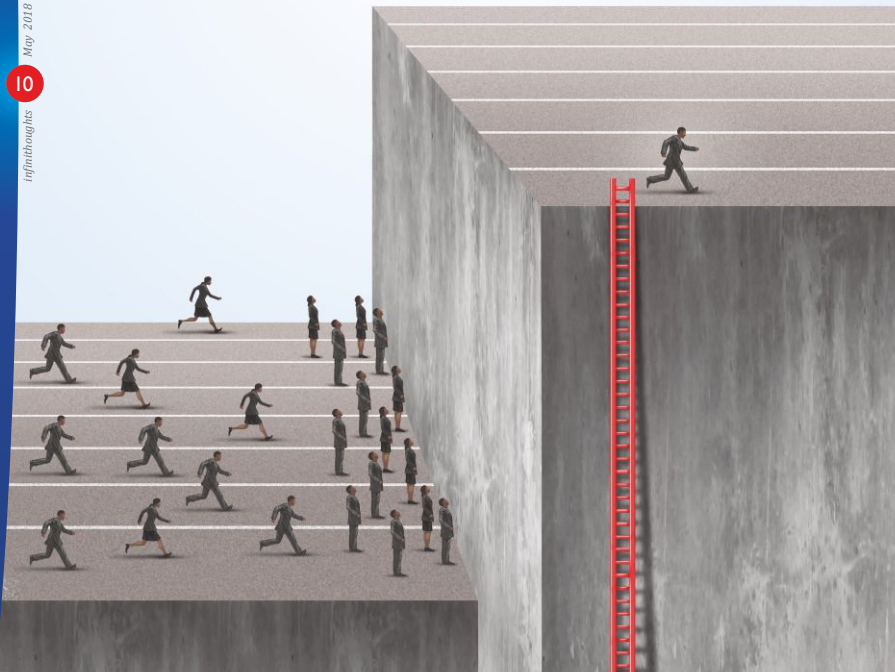
Destiny Designing

God created human being with the creative powers to create his/her own life.

Man is designed to design his own life.

So, design your own destiny.

Maḥatōia Rā.



Life is a series of experiences. If there can be a unit of measurement to life, then it can only be experiences. Life accrues experience by experience. Life is the sum total of experiences.

So, if you have to improve the quality of your life, then you will have to improve the quality of your experiences. 'Experiences' are the cause; 'life' is the effect. If I have to improve the quality of effect, then I will have to focus on improving the quality of the cause.

Question: How is your life?

Answer: Oh, I am feeling on Top of the World!

This simply means you are having so many 'TOW' experiences; you are having fulfilling experiences.

$$\Sigma \text{ Experiences} = \text{Life}$$

However, experiences are the meeting point between 'I' and 'My World'. When 'I' the perceiver comes in contact with 'My World' the perceived, an experience is born.

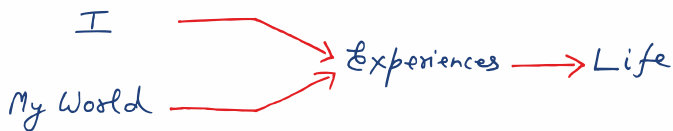
So, if I have to improve the quality of my life, I will have to improve the quality of my experiences. And, if I will have to improve the quality of my experiences, then I will have to improve the quality of my interaction with my world.

The cruelty in this sadistic design of life is that the 'World' is not in my control and yet, the quality of my life is dependent on it.



Those who believe that their life will improve, when the world improves, live in utopian hope.

Those who take charge to get their life right, in spite of the world, march towards greatness.



To improve the quality of my marriage, I have to improve the quality of my interactions with my spouse but I have no control over my spouse's responses. I can have expectations; preferences; yet I cannot control the quality of responses.

To improve the quality of my health, I am so dependent on the quality of air, food, water and yet I have no direct control over my environment.

To improve the profitability of my business, I have to improve my interactions with customers, vendors, employees and governmental agencies... and yet, none of it is in my complete control.

So, the eternal truth about life is:
Life is not BECAUSE of... but IN SPITE of...

In spite of the differences, how do I create a great marriage and thus enjoy a phenomenal family life?

In spite of the environmental challenges, how do I gift myself exceptional fitness and thus live a life of zest, intensity and enthusiasm?

In spite of everything, how do I ethically, morally lift myself and those around me into holistic abundance?

The greatness about greatness is that everybody cannot be great. Greatness is reserved for those who are ready to take unconditional responsibility and control over their lives, knowing that 'Life is not BECAUSE of... but IN SPITE of...' and thus choose between:

1. Wheresoever I can change myself, I will...
2. Wheresoever I can't, I will change my approach...


Take charge. Take control. Face life head-on...•

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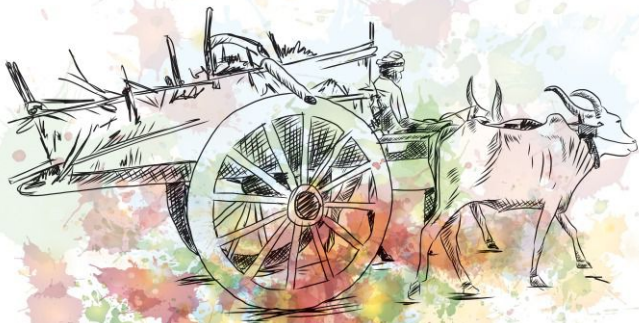
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Come... Grow with us.

Cart to Car



A father's unstinting love, sacrifices and guidance propel his children to succeed...

Avdhoot Kale



It gives me immense pleasure today to bring to light this small story...

This story is dedicated to my father - Mr. Balasaheb Santram Kale, who is a farmer and an inspiration to society, where people think that life is over when one has nothing left in hand. I am proud to be his child and the product of the seeds which he sowed some years back.

During my childhood days, it was so difficult to wake up and get ready for school. But we managed to do so in time. And my parents, despite any health issues they faced, would take care of us and all our meals. I remember the *chulha* outside my home where the water was heated for us to bathe. We would always have a hot water bath, but it used to be tough during the rainy season.

One day it was raining heavily, and my father dropped me at school in his bicycle. At that time, he didn't own a bike, he purchased one after some years. We did own a bullock cart to harvest and cultivate our farm. As usual I sat on the front

crossbar of the bicycle because I was very young and found it difficult to balance on the back seat.

I salute my father for his dedicated efforts. Even today, I remember how hard he worked to look after us as I sit in front of my desktop at one of India's largest IT services and consulting firms - Tata Consultancy Services Ltd., where his son is now working.

His sole aim was to realize our talents, dreams and aspirations, to make sure we did well in life, something that he could not, due to some unfavourable family situations he faced in those days. Through harsh winters and droughts, he took care of us. Being a farmer, he had managed each and everything at the right time in a smooth way. He took care of the farm and the household.

When I was in class 8, my mother passed away. With three children in the family (I was the youngest), my father found it very tough. The children needed a mother. However, he was like a rock. He raised us well and instilled courage, self-

esteem and will power in us. He educated us and helped us to find stability and a place in society.

He was a great cook and even today, he can cook delicious food. However, these days he only prepares tasty sweetmeats on festive occasions as my sister has taken over his kitchen.

My father taught us to live independently without relying on others. Thanks to his efforts, my elder sister used to manage to study and look after the house after my mother's death.

She would be busy from early morning till the end of the day and would prepare food for us. Today, she is working with USA's top banking service provider and developer - the CITI group (CITI USA).

My second sister became a doctor under the guidance of my elder sister who taught us so much about life. I really appreciate both my sisters who always stood by my side and motivated me to evolve and become a kind human being.

My father did what he could to satisfy our needs from our childhood till our teenage years. He supported us so that we grew up not just healthy, but at peace with the world too.

Salaried individuals never face the stress of wondering where the money is going to come from each month. Our salaries are credited into our accounts automatically on the last day of the

month. But have you ever thought of what happens to a farmer? He is dependent on climatic conditions for existing crops. And even if climatic conditions are favourable and he is able to harvest his crop, he then has to take his produce to the market, where often, agricultural products have no value.

Our father never made any commitment which he could not fulfil. He faced all the challenges and took care of us at all stages. Even after marriage, my sister is still very attached to her family and the bond our family shares is still very strong. To me, the relationship my sister shares with her family is a manifestation of the existence of God on earth.

Today we are all doing well - my sisters and I - but the only thing we feel sad about is our father. We feel bad that he never had the opportunity to live life the way we are now. But I do believe that he can feel his own success in us, in the form of two engineers and a doctor.

Life is all about loving unconditionally and visualizing the wings of success in our children. That was what my father did and hence we were gifted the expected fruits in the unexpected journey of life.

Very soon, I am going to purchase my first car, which will add even more happiness and satisfaction to my father's life. I am proud to be a farmer's son first and then an engineer. ●

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Conflicts in relationships happen...
How can we make it less hurtful?

Ramaratnam



One of the main causes of conflict in human relationships is the assumption that people act willfully, calculatedly, intentionally, deliberately, and on purpose, at all times, with all people, and in all situations. Nothing could be further from the truth. It is a wild assumption that harms relationships. It becomes much harder to forgive or condone when we feel that someone did something deliberately. We also get ego involved when we think it is intentional.

Telling a lie or suppressing the truth can be deliberate but is not being enthusiastic deliberate? Humiliating or blaming someone could be intentional but is forgetfulness willful? Being disrespectful or being haughty could be willful but is lack of understanding intentional? Throwing a tantrum could be deliberate but is not listening from the heart willful? Do we even know what listening from the heart means? Can we tell someone you

Deliberate and wilful

deliberately don't want to fall in love? Is it an act of will? Can we change our dislikes to likes whenever we feel like it? Behind all such statements is the mistaken assumption that we have total mastery over our lives.

Let's take a few examples from real life and examine them, because this is one issue that leads to considerable misunderstandings and friction in interpersonal relationships.

You don't want to understand. You refuse to understand

I have heard this statement often. How can someone not want to understand? Understanding is an automatic process. It cannot be stopped or controlled. The moment you see or hear, the mind tries to make sense of it. It has to. It has no other option. That is how we are wired for survival. Understanding happens. Maybe not fully. If understanding does not happen to the extent needed, then there must be an underlying cause. It can never be deliberate. You cannot choose not to understand. One cause could be that there is no background knowledge of the subject. Students who struggle with mathematics do so because the concepts are new and complex to them, not because they don't want to understand. Another reason could be there is no context. Out of the blue if someone says you have been unfair to me you wonder what made them say it. Unless the context is explained understanding will result in misunderstanding. Thirdly the

speed of understanding differs from person to person. Some are quick to grasp, others are not. Even simple instructions may be difficult to grasp for some. In such cases repetition may be necessary. This does not mean they don't *want* to understand. It only means they need some extra time to absorb. If you are quick to grasp, you will expect the same level of grasping power from everyone. You will then blame them for not wanting to understand, not realizing that you have set high expectations based on your own abilities. What is simple for you may not be so for others. We have to assess the grasping power of a person before we communicate and then tailor our communication accordingly. A person may also not understand because he was not paying attention and his mind

When we develop the skill to discern what is deliberate and what is not, our relationships will be less acrimonious and far more harmonious.



was elsewhere. It could also be because it was not explained in a manner in which he could understand. All of us are used to certain ways of communication. If the communication is made in a different way we will struggle to understand.

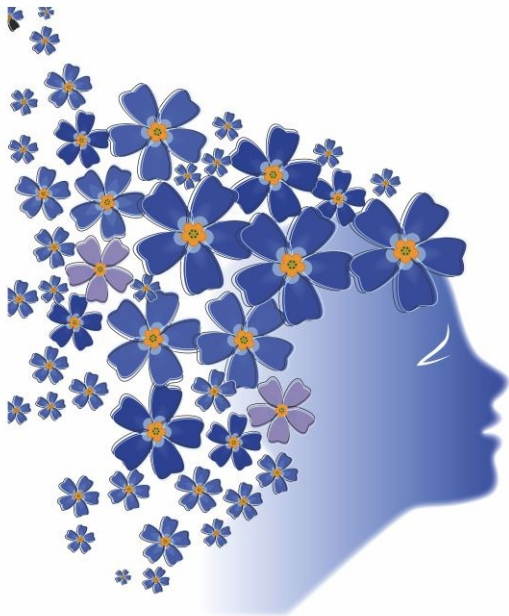
But there are also some subjects which many of us will never be able to understand. Like higher mathematics and physics. Only gifted people can. When Einstein first propounded the theory of relativity it is said only a handful of people in the world understood what he was talking about. This does not mean that the others did not want to understand intentionally.

To accuse someone of not wanting to understand deliberately is a damaging statement. If we really believe that this is true we need to seriously examine this belief.

You don't want to remember. You deliberately forget. You should not have forgotten.

This is again impossible. We cannot forget something deliberately. The more you try to forget, the stronger the memory of it will become. But over time we can forget what is not important. We are also not wired to remember one-off activities. If you switch on the motor to fill the overhead tank every day at 7 am you will remember to switch it off. If, one day, you switch it on at 3 pm you will forget to switch it off. Your mind will not prompt you. That is the way we are programmed. It does not mean that we *deliberately* forgot to

switch it off. We should never rely on our memory for irregular events. If a meeting is fixed for a certain day at a certain time, unless it is very important, we will most likely forget. This is not a willful act. We forget names of people we don't meet often. Nature has made sure that we don't clog our memories with unnecessary information. We cannot remember what we ate for lunch two weeks back. It is not necessary to remember such information. If we misplace our keys it may take hours to find them. If you get a flash of insight while driving the car, by the time you reach your office it would have been forgotten. Lengthy numbers are not easy to remember either. We don't remember birthdays and anniversaries because they happen once in a year, but we are expected to. The easiest way is to use our cellphone to remind us. Forgetfulness can be irritating, frustrating and costly at times. We can be legitimately accused of not taking the help of technology or other people to remind ourselves. Otherwise we are people who forget, and it is not deliberate. We have to factor this in as a reality in our relationships. If we want the other person to remember something important to us then we should help them to do so. We have to come to each other's aid as far as memory is concerned, especially as we grow older. To tell someone you *should not* have forgotten or *how can you* forget is a result of a gross misunderstanding of how we are programmed by nature.



You don't want to be enthusiastic...

Statements like this can hurt badly. You may very well want to be enthusiastic, but your emotions may be unwilling to support you at that moment. You cannot be enthusiastic about something you are not interested in. To be enthusiastic, the activity must also have deep meaning for you. If you want to be enthusiastic two ingredients are essential: interest and meaning. You may be enthusiastic about cricket but not about hockey. Can you force yourself to be interested in hockey or microbiology or

nuclear physics or any subject at will? I wish we could. But we have not been given that kind of power. We have a very narrow range of subjects we can be interested in so that we can intensify our enthusiasm. We just have to accept the fact that we cannot be interested and enthusiastic about everything in life with the same level of intensity. We have to seek out our natural interest and intensify it. For this we have to experiment and discover what holds our attention for long periods of time effortlessly.

We are generally enthusiastic *about* something. We need an

We need an object or activity or person to awaken enthusiasm. But there are some rare people who are exuberant about life itself. They are excited to be alive. This is a different kind of enthusiasm altogether. This happens when there is a shift in identity, when you realize that you are life, not somebody having a life.

object or activity or person to awaken enthusiasm. But there are some rare people who are exuberant about life itself. They are excited to be alive. This is a different kind of enthusiasm altogether. This happens when there is a shift in identity, when you realize that you *are* life, not somebody *having* a life.

You are *not* listening to me...

This is a common refrain between couples. They are listening, but they are not getting what you are saying. They are listening from a different context, and they cannot help it. It is not deliberate. We cannot help but listen from our past conditioning. That is the only context we have. The mind is programmed to connect everything to the past so that it can make sense of it.

When a wife says she is not getting enough attention and

affection the husband may murmur and say hmmm, without even glancing at her. She will feel he is not listening. From her point of view, he should be taking it very seriously, drop everything he is doing, sit by her side, gaze into her eyes, discuss it intently and resolve it once and for all so that everyone can live happily ever after. From his point of view, it is a subject that is better not discussed now. Maybe later. He is indeed listening but responding from his point of view and not hers. To say you are not listening will have no effect on him. For men listening and hearing have the same meaning.

Men listen differently. They take the words literally, at face value. If the wife says you are not listening they interpret it as not hearing. They will reply back and say I am listening but what they mean is that they are hearing. But what the wife means is completely different. She wants you to listen and respond to the hidden meanings, the meta messages, the tone of voice, the emotion behind the words, the allusions and hints. But men need to be told everything in black and white - no meta messages, no innuendos, no allusions, no hints, no mincing of words, no metaphors, no allegories, no similes, no hidden meanings, no beating around the bush. Simple, plain, vanilla, straightforward, down to earth, to the point language is what they understand. Men are quick to grasp only if told bluntly. They are not

cryptographers or mind readers. Instead of saying you are not listening, simply get to the point and spell it out clearly in black and white without melodrama, stating the issue, the emotional impact of the issue on oneself, the stress on the relationship and on others, the change in attitude and behavior expected, the habits and thought patterns that need to be altered, the motivational and emotional support that can be given for such a change, and the benefits that will accrue to all as a result. Very pedantic? Maybe. But this is what works with men. Similarly, when men say something it is matter of fact and down to earth. If some hidden meaning is ascribed to it they will be bewildered.

We have to take all factors into consideration before we accuse someone that they are doing something deliberately. If we were in their position and someone told us the same how we would feel, is a question we need to ask ourselves. It is easy to fall into the trap of believing that everyone is or should be in total control over their feelings, their memories, their words and their behavior. We are burdened with a brain designed for survival in the jungle and we are all doing our best adapting it to a civilization and culture created by language and concepts.

When we develop the skill to discern between what is deliberate and intentional and what is not, our relationships will be less acrimonious and far more harmonious. ●



Thank God It's #MDay

It is not enough that you create glorious moments,
but also ensure that you celebrate those glorious moments.
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Reach Out to Others

Can we confine ourselves within four walls and refuse to be friends with our neighbours? Does that bode well?

Punitha Durai

After a three-year wait we got our beautiful apartment. My husband and I were on top of the world when we got the key to our home. It's such a great feeling to enter into our very own haven. We were the fourth family to occupy the building and there were scores of empty apartments around us. Our apartment was on the second floor and of all the 10 apartments on that floor, we were the first ones to move in. In a few of the apartments, work was being done on the interiors, a few were being given out on rent and a few, for reasons unknown, were locked.

It was ironic that we had achieved our dream of owning a home. But we couldn't live our dream to the fullest owing to fear. We were all alone on that floor with little kids, the remaining residents were scattered on different floors and it wasn't like we knew them. The nights were a nightmare; we used to wake up at the slightest sound. We had security and maids but when you live with your family on a floor of empty apartments, it's haunting. So, it was not a happily ever after moment for us as yet.

When we heard new people walking around on our floor, I

would run to the window and peep out, hoping that we would get a neighbour soon. We were all earnestly hoping that someone would move in quickly.

After a merciless long wait of six months, we finally met a family who were about to move onto our floor. We had finally got a NEIGHBOUR! They spoke a different language, but I was not bothered. I was happy to have people next door no matter where they came from. I don't judge people on that basis.

I have seen people, who are busy with their own life, busy at work. We live in a life of routine where we don't end up missing

people. But, when you are a stay-at-home mom, you definitely long for some people to talk with. We talk to our loved ones on the phone or chat on social networks, but I believe that we definitely need people around us. We all would prefer a real and not virtual person next to us.

I was eagerly waiting for my neighbours to settle down and was waiting for an opportunity to talk to them. My kids were bored playing with me, and they wanted other kids to hang out with. A month after my neighbours had moved in, I made some special food and knocked on their door. The lady of the house opened the front door with a frown and asked me what I wanted. I introduced myself and offered her the food I had prepared. But her reactions and the way she spoke were not welcoming. She didn't seem inclined to be neighbourly. I did not let myself get disappointed; rather I convinced myself saying, "Everyone has some

difficulty, we should not judge them."

We come across debates where people say that in apartments, people are self-centred and live their own life. It's true but not everyone is like that. There are people like us who want to be friendly. We do it for our kids because we want them to play with other children in the neighbourhood, rather than getting hooked onto TV or gadgets. Being raised in a highly populated country, we have people everywhere. We should stop discriminating against people because they belong to another state and we should desist from being judgmental. I am mature enough to treat people the same way that I would like to be treated.

Some 'door shutters' think that if they allow people into their homes, the visitors might look for an opportunity and ask them for help or may request them to take care of the kids. But this is not true for a majority of the

population. Most people around us are good. Just because some take advantage of others, we can't suspect the whole world. Moreover, most of us don't want to get money or food or jewels or work from others. We just want to be good neighbours. When I was growing up, I used to see my grandmother always sitting outside the house on a slab which we call 'thinnai' in Tamil. If she saw strangers walking wearily, she would offer them water and sometimes, even food. She would ask them to rest for a while and then continue with their work. How thoughtful she was! I used to admire her when strangers thanked her from their heart. I can never be an unfriendly, unfeeling or unhelpful person after being inspired by such a great person in my life.

By shutting ourselves within four walls, we not only show that we are inferior, we indirectly make our kids suspicious of strangers. Kids who are not allowed to interact with others find it hard

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to converse with others or even with their own family members. Sometimes, they are the ones who are most vulnerable to attacks since they hardly know how to talk or trust people. In comparison, people raised in families where they are surrounded by kids and neighbours who they interact with are so much more confident. They come across so many different types of people, so they learn about life and people very early in their lives. They learn how to differentiate between good and bad people, to choose a friend and finally, to choose the right partner.

With changing times, many of us have to keep moving from one city to another owing to work. In this day and age, most of us live in nuclear families. The least we can do is to make friends with the people around us and teach our children to be

**In this day and age,
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open and friendly with their neighbours. Friends and playing with friends are very important for any kid. Conversing with kids and adults are very vital for a child's development. Living in apartments, we can live like a big family if everyone is friendly and open. If you have good neighbours, you are truly blessed.

It was tough going for us for a while. But after a lot of effort we made friends with five families, who thought the same way as us, who wanted to create a pleasant neighbourhood, who wanted friends for their kids. In that large apartment complex of 80 flats, I was able to find people with a similar outlook. So, don't give up. There are people like you around. You just need to be open and approach them. We all have love in our hearts; let's give more and more of that love to others... ●



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During school vacations, my father used to enrol me in summer camps.

It became a pattern where always, the first day used to be exciting, the second day okay and by the third day, I would lose interest. I was known for my obedience and my reserved nature and I had the least bit of interest in any extra-curricular activities except for my school projects and homework. While some of my friends were into swimming or dancing or collecting postal stamps, I never cultivated any personal interests for a long time.

Almost all of us face these questions at some point in time - "What is your hobby? What are your other interests?" Even I did. I used to answer randomly because my interests would

change from time to time. Sometimes it was dancing, at other times reading or even cooking but none were loyally followed. I would mock myself. Creativity never interested me. I could never inspire myself to draw a scenic view during my drawing classes nor an amoeba during a zoology exam. I had no liking towards drawing. When I was in grade XI, I clearly chose commerce and accountancy and I was free from the rigours of drawing! Since everyone around me had said I was not creative and that I could not multitask, my subconscious mind had picked up these impressions. Now I had an excuse to escape drawing, painting, reading, table tennis, or any personal interest that could have been fostered. My

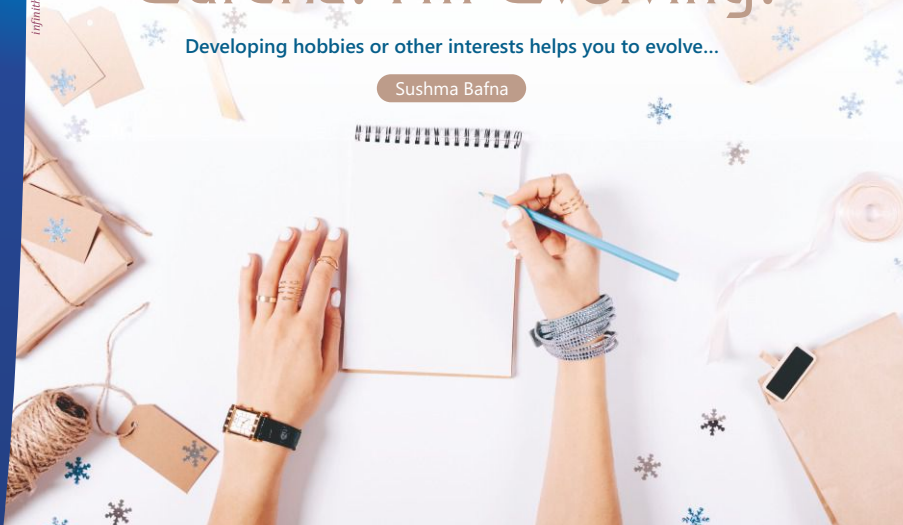
routine for the day revolved only around the usual studying, attending classes and watching daily soaps on TV!

Nothing else really interested me until the time I wrote something for someone close to me. This attempt left me impressed with my creativity. The joy that this piece of my work gave me was indescribable. I wrote another poem sometime later and this was when I realized that the energy being created was infinite; it piqued my interest. I felt more excited about my handiwork. Eventually, I started thinking, "I should have at least one unique interest, one unique aspiration which is only for me, for my own purpose," and this seemed possible. It was all in my mind. It was I who had

Eureka! I'm Evolving!

Developing hobbies or other interests helps you to evolve...

Sushma Bafna



blocked my mind from thinking beyond my capabilities. I never dared to attempt anything; instead, I rather easily avoided making an effort only because I always thought that this was not going to be my cup of tea.

Just when I wanted to engage myself with writing and every other article or poem seemed fascinating and inspired me, came the doubts... "What do I write? Where do I start? How do I conclude? Can my writing make a difference?"

Sometimes it was the choice of words, sometimes the language and sometimes the thought. My biggest foe, doubt, laughed at me. Nonetheless, I smiled, twirled in gratitude, dusting my anxiety and fear off and rolled with the rhythms of life. Believing in the flow, I started the journey of writing. I wrote what came to my mind, right or wrong, good or bad, sense or nonsense...I just kept writing!

Writing is introducing me to a completely different phenomenon I never imagined. Here I am, undisturbed by the pricking cold, sitting under a fiercely white beautiful tree, with the looped violet-red flowers doing salsa dance, the birds tweeting as they form their nests, and the orange pipe cactus gazing at me. I am writing my heart out, writing to fall in love with nature and myself, writing to comprehend the design of creation, writing to improve my vocabulary, writing because in writing I am jubilantly calm. Yes, I am!

Some of us become fearful, hesitant or blithely ignore any challenging or new interests. We happily find excuses for not nurturing any personal interest. By developing an interest in writing, I realized how it surprises my mind with creative expressions, how it enhances my confidence, how I am becoming more perceptive and seeking. Among the various activities of my mundane daily routine, writing keep my spirits alive. It allows me to live with zeal for the entire day, it gives desirable directions to my overflowing and chaotic thoughts. We all need a hobby or something of personal interest. It needn't necessarily be creativity; it could be anything from reading newspapers to solving sudoku, running a marathon or playing chess. Just anything.

Only when you step into the pond you know how deep the water is. It is the same when we face life and the realistic, daunting questions of 'how, where, when and why'. Not trusting our potential, and lacking courage to discover it, could lead to missing out on the most beautiful part of us; we could fail to experience the magic that our concealed abilities can create. Instead of assuming and flooding our mind with self-doubt, we need to believe in our abilities, explore opportunities around us and convince our mind to be our sustenance.

Developing an interest isn't a command or an obligation to be followed for anyone else; it is a matter of choice for one's own growth. I've found mine, have you? ●

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After a lot of hassle, we – a group of four girls - were permitted to go on a trip to Bangkok. One day during the tour, we were travelling along with a heterogeneous group of 20 in a bus. After exchanging a few smiles, we got acquainted with each other.

Rishab was undoubtedly the star of the group, an adorable 7-year-old boy, full of energy. He would confidently put his tiny hand into our chip packet while dazzling us with the most beautiful smile. He danced around in the bus and performed a variety of moves that kept us entertained. His chubby mother would frequently trot across the bus and drag him back to his seat like a butcher.

Just an aisle separated the four of us from Rishab and his parents. My eyes would always wander towards him because I was keen to know what he was up to. There he was, enthusiastically scratching the window laminate with his nails; he had successfully completed the task by removing a big patch of the black film. I intimidated his mother immediately. She pulled him away from the window and slapped him and then turned on me as if I was the next on her list. My friends urged me to stay quiet and not interfere.

We halted somewhere midway for a spot of sightseeing and we saw Rishab run around like a happy puppy. As the four of us returned to our bus, we saw a mob surrounding the

bus door. As we moved closer, we saw Rishab's mother holding his hand and fighting with the bus driver in English.

We stood there, witnessing the drama. Apparently, when everyone had stepped out, the driver had randomly inspected the bus and discovered what Rishab, who was in seat 19, had done to the window laminate. The mother flatly denied the driver's charge and kept arguing that her innocent son was in deep sleep throughout the journey. Rishab's father too supported her and arrogantly crushed the penalty receipt.

The bus driver pleaded that they pay the fine, but she almost pushed the driver. She dragged Rishab and climbed into the bus, yelling, "Three thousand Indian rupees for a mistake we have not committed! Don't cheat us, we aren't fools!"

The entire bus was silent. At least eight people inside the bus knew who the culprit was, but we all chose to be quiet, which till date I regret. The frustrated bus driver drove the bus as fast as he could, and Rishab's family pretended to be in deep sleep.

This event occurred eight years ago but it has left a deep scar within me. I vividly remember my feelings then. I wanted such parents to be more responsible, and not spoil the name of our country, at least when they are in a foreign land.

WHO IS WATCHING

Children learn from adults so shouldn't we be setting good examples for them by being ideal role models?

**Is the roadmap not clear?
If you want your child to be honest,
is it not your responsibility
to first become what you want
your child to be?
If we want the world
to be a better place,
don't we have a duty to do
something to make it
a better place?**



Unexpectedly, after eight years I received a long message on Facebook Messenger from Rishab's mom! (Oh well, we were 'friends' on Facebook from after our trip). The message was a rant, complaining about Rishab's behaviour. Now 15 years old, he was openly smoking cigarettes, he lied, he stole, etc. The mother was writing to me seeking help.

Something within me thundered. I remembered that three thousand rupees the mother had refused to give the bus driver! I felt restless as I kept pondering. Hadn't the mother stolen on that day – from a poor bus driver? What example had she set for her child? If we believe that babies are a gift from heaven, then what right do we have to poison them with our misconduct?

Is the roadmap not clear? If you want your child to be honest, is it not your responsibility to first become what you want your child to be? If we want the world to be a better place, don't we have a duty to do something to make it a better place?

Small towns in Japan have hoardings that translates into: "Don't jump the signal just because no vehicles are seen, for a child is observing you through his window."

The truth is: if not my child, some child is looking at me, learning from me all the time. Whether it is throwing a wrapper on the road or jumping a signal, some child is registering these events and waiting to violate these rules.

Let's wake up and be responsible in our own ways. For example, if we call ourselves 'adults' then the ringing phone should not tempt us while we drive. We need to imbibe values and understand and appreciate the importance of values.

"Teaching your child not to step on the grasshopper will do far more good to your child than to the grasshopper." – these words of Mahatria resonated in my heart... ●



infinite thoughts
May 2018

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What can we **LEARN** from a
'FLOCK OF GEESE'?

**“Even a simple phenomenon
when viewed with
heightened awareness
can unfold new schools
of learning.
Every moment,
every encounter,
every activity and
every experience has within
it an unspoken message.
There is something
even in nothing and
there is everything
in something.
Moment after moment,
live consciously.
Hear the unheard,
see the unseen,
feel the unfelt...
unravel the unspoken.
Remember,
you are an evolving
consciousness.”**

mahātrīa RĀ

Team Work: A flock of geese always flies in 'V' formation. There is science behind it. As each bird flaps its wings, it creates uplift for the bird immediately following it. By flying in a 'V' formation, the whole flock adds at least 71% greater flying range than if a bird was flying alone. When a team works for a common goal, sharing a common direction, committed to collective excellence, then the team can reach its destination more quickly and easily because it is traveling on mutual thrust.

Nobody makes it alone: When a goose falls out of formation, it suddenly feels the drag and resistance of trying to do it alone. It quickly gets back into the formation to take advantage of the lifting power of the bird in front. We all need each other. Sometimes our chips are down, and we need the other to extend a helping hand; on other occasions, it is the other who needs a helping hand. The governing principle of a team is that nobody makes it alone.

Rotation Policy: When the head goose gets tired, it rotates back in the wing and another goose leads the flock. Every captain is also a team player. So it is okay to take the back seat once in a while in order to groom a new breed of leaders. The inherent leadership qualities sleeping within every team player must be awakened and groomed. Opportunities have to be provided for this. So, it is sensible to take turns doing demanding jobs.

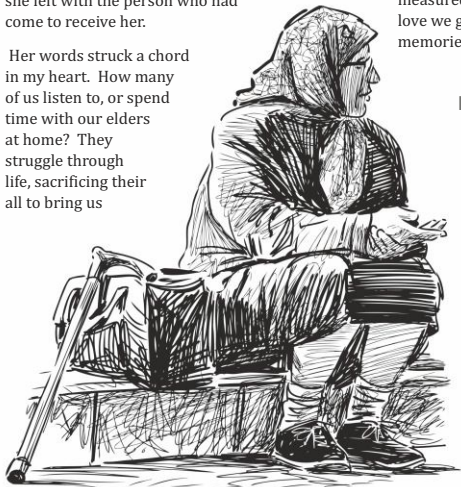
Motivation: Geese honk from behind to encourage those in front to keep up their speed. Self-motivated people form the minority. The majority are externally motivated. Most of us are kick starters, not self-starters. People need cheering squads. People need pep talks. People need encouragement. So, scream out your motivation. Praise the slightest improvement and praise every improvement. Pep the team - 'I can. You can. We can'.

Sensitivity: When a goose gets sick or is wounded and hence falls out of formation, two other geese fall out with that goose and follow it down to lend help and protection. They stay with the fallen goose until it is able to fly again or until it dies, and only then do they set out on their own, or with another formation, to catch up with their group. In this highly competitive world where the slogan is - 'Even murder is okay if results can be produced', can we learn sensitivity and empathy from the geese? Shall we stand by each other? ●

The old lady spread a ray of cheer as soon as she stepped into the compartment. She immediately fell into conversation with everyone around - discussing, recipes, festivals, culture, TV serials, her family...the list was endless. She started sharing whatever food she had brought with her and everyone seemed to enjoy her company. She talked for so long, at one point of time that she got exhausted and fell asleep.

During the conversation, she told us which station she would be getting down at. So just half an hour before the train was scheduled to reach that station, I woke her up so that she could get ready to alight. I helped her to the bathroom and in getting her things ready. While waiting for the station to arrive, she softly murmured to me, "Actually, I got tired talking for so long, so I slept off. Don't tell anyone. My problem is that I love to talk but at home there is nobody to listen to me. My son and daughter-in-law are always busy with their jobs and my grandchildren with their school, studies and other activities. I have no companion at home and can't come out of the huge mansion my son has built." Before she could continue further, her station had arrived, and she left with the person who had come to receive her.

Her words struck a chord in my heart. How many of us listen to, or spend time with our elders at home? They struggle through life, sacrificing their all to bring us



up. At the fag end of their lives, they just expect a simple touch or a few words from us each day, but we deprive them of those little things too. We have time for everything under the sun, but when it comes to our old parents we are either too busy or we know they will understand, because we take them for granted. A friend of mine holds a responsible portfolio in his organization and his timings are from 8 am to 10 pm, but he ensures that every day, he has his morning cup of coffee sitting next to his 90-year-old mother in her bedroom. This keeps her energized for the rest of the day. Most of us even dare to give free advice to others as to how senior citizens should be treated. We generously forward videos and messages on such topics on WhatsApp. It is so easy to preach, isn't it? If we could just pause for a while and understand that tomorrow will be our day and we will be in their shoes very soon...

No matter how long we have travelled in the wrong direction, we can always turn around. Those of us who have not put down 'spend time with old parents' in our 'to-do' list, let us do it from NOW. Remember the saying, "True wealth is not measured in money or status or power." It is measured in the legacy we leave behind with the love we give, the moments we share, and the memories we make, HERE and NOW. ●

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The Real Me

Sometimes, we need to make peace with who we are and not worry about what the world thinks about us.

Vidhya Sanjay

After years and years of trying to fit in where I don't belong, after years of living as a copy rather than an original version of me, after years of being judged and, criticised, after years of feeling rejected and being so hard on myself, for the first time, I feel so liberated in saying, "I will not change who I am for anyone or anything."



I am a person who is completely open to feedback. Anyone can give me a feedback and I take it willingly. To date, I have never failed to take feedback and process it. Years back, I used to let the feedback affect me and I would wonder, "Why am I not like them?" When my beloved **Mahatria** came into my life, things changed. I remained open to feedback from anyone but the way I processed it changed completely. Rather than condemning myself, I take in the feedback, analyse it and see if it will make me a better person. If so, then the implementation of the feedback starts.

As I gained maturity through life experiences, the way I process feedback also has gone through enhancement. Any feedback that attempts to change the core of who I am gets rejected immediately. Over time, I just know that this feedback is to be rejected straight away and I just do that. I don't work upon them or get worked up!

Does that mean I am perfect? Never! The mortal me, is never free from defects. I am not making an excuse for my limitations. Every limitation of mine has to be overcome and the striving continues in the aspects of my limitations and weakness. But, I will not change who I am for anyone or for anything.

Let me explain this further - I consider myself as an honest, frank person. I used to be

What are my beliefs, what are the core principles with which I am navigating my life?

What are my strengths/limitations?

What are not my limitations but my nature? What makes me cry/happy? What do I want in life?

Contemplating on these, I feel I finally know an outline of the 'Real me'; at least, I am no longer a stranger to myself. It's liberating, it's truly liberating.

brutally honest with people. As I interacted more and more with people, I realized that many couldn't handle my brutality and there was so much of unpleasantness around. I received so much feedback asking me to change myself. I did change, I stopped being so brutal - the attitude of calling a spade a spade. I didn't give up on being an honest, frank person, but I am still working on my communication skills every day, learning to say the hard facts in a much better way. Besides my efforts to speak respectfully, if someone gets hurt because of my honesty, I seek forgiveness, but I am not willing to change the honest me for anyone or for anything.

'What are my beliefs, what are the core principles with which I am navigating my life? What

are my strengths/limitations? What are not my limitations but my nature? What makes me cry/happy? What do I want in life?' - contemplating on these, I feel I finally know an outline of the 'Real me'; at least, I am no longer a stranger to myself. It's liberating, it's truly liberating.

I have stopped explaining myself, for no amount of explanation will suffice for a person who doesn't understand me before the explanation. It's not egoistic confidence. It's just that something within me feels right, something inside me is simply at peace being me. I no longer try to fit in. We all understand this, when it comes to things. Imagine fire being depressed because water always puts it out. Fire and water were never meant to be together.

"Never lose yourself to gain someone else. It is not worth it. The group that doesn't accept you as you is not your world. There is a world for each one of you, where you shall reign as the king/as the queen by just being yourself. Find that world... in fact, that world will find you. And only that world is your world" says **Mahatria**. I have latched on to these words and I feel peaceful under my own skin.

Cherish, adore, love yourself. Believe me, you don't need another to make you feel special when you know 'YOU ARE SPECIAL'. ●

It is a fascinating experience to watch the waves at the beach. They keep coming relentlessly to the shore only to get drawn back into the sea. I can keep watching them for hours at a stretch. In fact, I used to wonder when they would ever stop...

I enjoy dipping my feet in the river. It is such a blissful experience that I can stay that way for hours together. I feel like stepping out only when it stops. But, much to my amusement, the river never stops. It keeps flowing perennially.

I can keep staring at the blue sky endlessly. I am curious to see the furthestmost part of the blue sky only to realize that there is no end to it. It is beyond my perception. Every attempt of mine to explore the blue sky takes me to a space of nowhere.

When I look into a flower, the texture is so fragile that I seldom understand how it could have got formed so tenderly. The colour formation is so consistent

and yet unique for every flower; it is a miracle. I don't know if an exact copy of it has ever been created.

The magnificence of mountains is mesmerising. I keep looking at them and get lost in the thoughts of how they would have been formed and how they are still growing for several decades. It is magical to know that they are alive since time immemorial.

Unthink!

When faced with problems, don't overthink. Just unthink...

Arun Kumar Natha



While science is trying to get to the roots of these phenomena and discovering certain laws, I don't know if there is any absolute answer to them. There is so much that is unknown and unknowable in life; what is known is a miniscule part of the unknown. This becomes even more fascinating when today, there is so much knowledge available through technology.

In spite of all this wonder, why there is so much uncertainty in life? I often come across people who are anxious about their present or future. I myself experience situations which appear overwhelming and beyond my comprehension. What are we supposed to do under such circumstances?

There is a natural tendency to seek solutions. Solutions sought within or from others who would have faced a similar situation. But then, the reality is that every situation that we encounter is unique to us, personalized just for us. I am not sure whether

someone else's solution would suit us or work for us.

By seeking solutions, we are trying to understand the pattern and identify solutions to our problems. But, isn't it true that life throws us new challenges that are not familiar to us? If that is so, how are we going to find solutions?

When I go deeper into this realm of thought, I realise that it is not in 'thinking' that we are going to solve our problems or find answers. Our 'thinking' is conditioned based on our own experiences of the world. The answers need to be sought beyond our limited intelligence; we need to seek the infinite intelligence.

The answer lies in 'unthinking' – when I surrender myself to the infinite intelligence and wait to hear its whispers. This is not a state of disowning. It is a state of assuming the highest responsibility to listen to the whispers of the infinite intelligence and execute them.

This demands strong willpower and faith in Thee.

The fact is, when I unthink, the answers may not come in the package that I am expecting. They are sometimes subtle and at times very loud. I need to have patience and be ready to receive them. The beauty is that the infinite intelligence is willing to give me prompts, that too several times! I only need to catch it one time or the other. It is indeed a divine grace to catch it the first time.

Isn't it true that the mother knows the exact reason why her baby is crying, even though the cries sound the same for hunger or pain or discomfort? Similarly, the Divine Mother knows what we require, and She is there to help us in our times of need. Let us embrace Her by unthinking. The answer lies in learning to unthink. It is a journey of mystic wonderment and miracles. This is a top-down approach to solve any problem or challenge that we might face. So, start unthinking today. ●

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Our being a Chartered Accountancy firm where I was a partner; I had to regularly visit the Income Tax Department, Service Tax Department, Commercial Tax Department and other revenue-related departments of the Government. These revenue departments entrusted their trust in our fraternity to make our clients pay their taxes honestly. In such a scenario, whenever there was a change of guard and a new Principal Commissioner took charge, my partner and I would pay a courtesy call to the Head of the Department. Recently, a new Principal Commissioner of

Income Tax Department was appointed in Pondicherry. So, my brother and I paid a courtesy visit. As soon as we entered her chamber, she rose from her chair and walked at least seven to eight steps towards us and greeted us warmly with a radiant smile. We were expecting to meet an elderly bespectacled lady and were dumbfounded to be confronted by this bundle of dynamic energy. She received us warmly, made us sit comfortably and called for what she called 'dip dip tea'. She was in her early forties and bubbling with energy. Her charismatic presence made us comfortable.

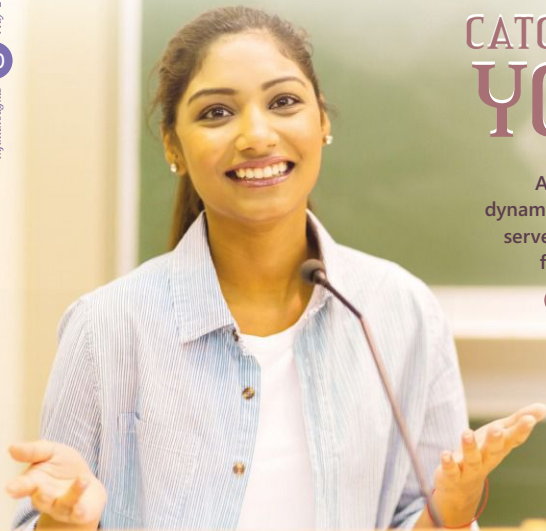
Unlike many highly-placed bureaucrats she initiated the conversation and enquired about our background and origin. As the conversation progresses, we felt cared for and comfortable. For a person occupying such a powerful post, she was extremely polite, graceful, honest, simple, transparent and candid. Our conversation ranged from taxes, to spirituality, humanness, nation building, economics and what not.

Her objectivity laced with the ability to think laterally astounded me. Two things she said, overwhelmed me to the

CATCHING THEM YOUNG

A meeting with a
dynamic government officer
serves as an eye-opener
for this author...

Lalit N Modi



core. The first was her acceptance of the fact that her remuneration came from the taxpayer's contributions and that she had to do full justice to the faith reposed in her by the Nation. As a corollary, she remarked that she had to be openly hard on the habitually, defaulting, dishonest citizen who avoided payment of taxes; this was to gain the confidence of the honest taxpayer. She elaborated that if the defaulters were not taken to task, the ones complying voluntarily would feel deceived, dejected, demoralized, discriminated against and disillusioned. I realized the humanness that lay beneath her polished veneer.

The next thought that floored me was her mission to reach out to the 10th, 11th and 12th standard students of the schools in Pondicherry to explain to them what taxation was, how these funds were used for nation building and the role they had to play in future to be honest taxpayers. She had held talks and interaction with such students and had found them to be very receptive.

Curious about this, I was present in one of her talks in a school. Taxes, she explained, were prevalent even during Krishna's era. From highways to toilets, from electricity to water, from healthcare to education, from poverty alleviation to business growth, she elucidated that they were all the boons of taxation. Infrastructure, transportation, sanitation, our legal system, public safety, public works, scientific research, fine arts,

public utilities, pensions, unemployment benefits, waste management and, finally, the military were all possible because of taxation, she revealed. She always cautioned the children that these facilities were made available to them out of the taxes, and that the assets and infrastructure created out of the taxed funds were public property. These assets, she exhorted, had to be safeguarded by them and not destroyed by the very public that owned them.

Her talk had a mesmerizing effect on the young minds. The presentations scheduled for half an hour was followed by another half hour of question-and-answer session. The students showed tremendous enthusiasm and directed incisive queries which she answered with honesty and sincerity. Most importantly, she was pleasantly surprised by their cerebral inputs on tax matters which set her grey cells working. She became a hero

She became a hero and the conscience of thousands of teenagers overnight. They unanimously pledged that as job creators or job seekers they would pay their legitimate taxes honestly without any apprehensions and would contribute their might to nation building.

and the conscience of thousands of teenagers overnight. They unanimously pledged that as job creators or job seekers they would pay their legitimate taxes honestly without any apprehensions and would contribute their might to nation building. Displaying remarkable decisiveness, they promised to ask their parents if they were contributing adequately to the national cause. If found wanting, they vowed to awake their parents' dormant conscience and persuade them to comply with the statutes of the land. Like the soldiers guarding the borders of our country, the children agreed to guard the economic frontiers of our country by paying their taxes when the occasion arose. "Our pursuits and goals shall always match your expectations from us," they shouted in unison, bringing a winning smile on her lips. She understood that she had ignited the patriotic and entrepreneurial spirit in the future generation of the country.

Ms. Jahanzeb Akhtar's exploratory attempt at new social dynamics was a huge success. She acquired a new relevance. Her mission to build bridges with posterity and for posterity became a big hit. The creative solution of involving teenagers and the youth of the country for nation building was out of the box. Taxes and children have no connection, but she made the connection - and how amazingly! To make any noble mission a success, we need to 'catch them young'. After all, they are the players of the future. ●



My dear son,

Remember the time when we used to play Uno? I would deliberately not put the card 'draw four' so that you could win the match. I could not see your crest-fallen face if you were to lose. Or when playing tennis, I would deliberately let the ball fall wayside so that my points remained lesser than yours. To see your eyes welling up with tears would have seared my heart.

When you were little, holding you in my arms, wrapping your tender finger around mine and staring into those expectant eyes, I made a promise to you that I will always keep you happy. And so, when I see your sad face, I feel I have failed and it tears me apart inside.

But I know as you grow up, life will have its share of ups and downs for you. How will I shield you from the world?

There is a beautiful story I have often heard. Once a man was passing by and he saw a cocoon which was struggling to break through. In his kindness, he opened it up. But when that butterfly came out, it could not fly. The struggle to break open was required for the cocoon to develop strong wings to fly.

Free to fly,
Free to fail



A letter from mother to son...

Anju Jain

You would have to grow your wings too and for that to happen - struggle, failures, ups and down are inevitable. So together, today, let us look at failure squarely in its eyes; both you at yours and me in dealing with yours, so that you will be set free to develop your wings and fly.

I promise you that from now on, in this house, your success or failure will not be judged. My support for you will be unconditional; it does not matter what marks you get, it does not matter what rejections you face; it does not matter what outcome your endeavor produces. You will always be cherished and loved. Always.

From today, I take away the burden of expectations from your shoulder. Never do you have to think how I am going to face mom when something does not go as planned. I promise you that there will be no anticipation of success or fear of failure in my heart. I set you free, son. Do what your heart says; to the best of your ability, give it your 100%. You may be taking risks. But that is ok. A ship is safest in its harbor but that is not what it is meant for, right?

Love will hurt sometimes, and people call it love failure. If it were to happen to you, I do not know if you will come and talk to me. I hope you do. However, remember son, that the phase will pass, and time will heal. Love never fails. Love only gives; and makes you strong. It is ok to have loved and lost than not to have loved at all. It is ok to be vulnerable.

ADVT.

**But today,
with the promise of treating these
two impostors the same, we have
stepped up and beyond both.
We have taken a big leap.**

People around will label you 'loser' and 'successful' from time to time. But don't take either of them seriously. The action can fail or succeed, but that does not make you as a person, a loser or otherwise. Shed all these labels. As Rudyard Kipling wrote in his poem 'If'

*If you can meet with Triumph and Disaster
And treat those two impostors just the same;*

.....

*Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!*

Failure, they say, is the stepping stone to success. But today, with the promise of treating these two impostors the same, we have stepped up and beyond both. We have taken a big leap.

Go on son and explore the pastures and treasures of life ahead of you... with abandon. Don't let failure stop you and you will see the world is yours.

Your biggest fan,

Mama ●

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When someone hurts you, directly tell the person who caused it that you are hurt and do not make a gossip out of it. Do not conceal it, deny it or pretend as if it did not matter. Do not punish others or plan a revenge to show you are tough. You were hurt - say so and leave it at that. What the other person will do when you tell him that you were hurt cannot be your concern. Expressing your hurt is your business. Do not let your fear of rejection silence you.

Separate the hurt of the present from the hurt of the past. Do not get into the negative history between you and the other person - citing prior damages. Do not keep nagging.

Remember that the person to whom you are expressing your feelings is someone you love, and you want that person to



I have lost my peace of mind because of an emotional hurt. How to deal with this?

mahatma Rā
clarifies...

have an opportunity to recover. Avoid overkill. Don't overdo and overact. Just say it and just let go.

Having expressed your hurt, forgive people who have hurt you. Forgiving is letting go of your hurt. Without forgiving you cannot grow. You cannot correct or alter what has already been done to you. Forgiving does not mean that you have to be in friendship with people who have hurt you. It only

means that you no longer allow your old hurt to be a cause for you to suffer.

If you are holding on to your hurt to show others that they have injured you, you are only wasting your life. If you expect others to apologise for hurting you and wait until they do so, you will only prolong your suffering. You cannot delay your well-being by waiting for someone to become good. If you search your past looking for the villains, be assured that you will find them, but you will not find peace.

It is time to forgive and move on... Move on... You have nothing to prove. ●



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On International Women's Day, I woke up to messages on women pouring into my phone. One note which lingered all day was: "Empowered women, empower women!" I smiled as this message truly resonated with an incident. I went down memory lane, reliving my experience as an entrepreneur and learning the ABCs of business.

Dressed in a simple outfit, my bag in hand and wearing the most comfortable sandals, I got out of my car and walked in through the rusted gate of the factory. My husband was not keen on me going to the factory. He had declared it as an unfit place for me to be even visiting. It was to be closed down in a couple of weeks. However, my in-laws believed in me and trusted that I would do an excellent job at scrapping the place and getting in some money(!) before we shut shop.

A week into the unit and I was hopeful. The machines were exceptional, our labourers were skilled, but we had no spares. The problems could not be addressed immediately. The tin roof above my head rattled all the time and I felt it would collapse anytime! Within a week, I declared to my family that I want to revive the factory rather than having to close it down. In the short span of a fortnight I had made a small fortune by selling all the scrap very prudently. We had enough money to start manufacturing and use the two tonnes of PET granules that we possessed as fresh raw material. And being

the summer season, the demand for PET bottles was at its peak.

Production was soon rolling, and everyone was surprised at the turnaround. I gave it my all and in a couple of months, we got upgraded into manufacturing PET jars for the confectionery sector. Our first client was one of the biggest local manufacturers of biscuits and candies. They were extremely pleased with the quality and timely deliveries of the jars produced in our factory.

I sat opposite the purchasing officer of the company to collect the first payment for the PET jars we had supplied. Just as I was leaving, Mr Rao, who I detested for his curtness, smiled and said, "Madam, our Director is very impressed with your work. He wants you to go to this event." And he handed me an invitation. I thanked him and took the envelope and darted out as fast as I could.

On reaching my office, I saw that it was an entry pass for a talk at the Indian School of Business on Women's Day. The speaker was Ms. Suchitra K Ella, the Joint Managing Director of Bharat

Biotech - the pharma company which was then the largest manufacturer of Hepatitis B vaccines in the Asia Pacific region. I was elated! A week later I found myself seated in one of the middle rows of the massive auditorium at ISB. After a couple of formalities and the welcome address, Suchitra K. Ella took centre stage. She spoke about the balance she had struck between life and career. She rushed through her struggles and wowed us all with the triumphs that she spoke about elaborately. All through I stayed focussed on wanting to know more about her efforts - to understand how she lifted herself in tough situations. My mind was racing, and a tea break was announced, and after that, the next speaker was going to address the gathering. Everyone dispersed for tea.

When I got up and headed out, I bumped into Suchitra at the door. I don't know how but I started a conversation with her!

I said, "Ma'am, may I ask you a question?"

"Yes, you may," she said in a reassuring tone.

Let's Empower Each Other

A chance encounter with an empowered woman proves to be an inspiration...

Anamika Lalwani K

I mustered up all my courage. I poured out details of my endeavour and how I was struggling to revive our sick factory. I asked Suchitra, how she faced the enormous challenges that came her way. How did she manage to put all her troubles behind and work every day? And teary-eyed, I told her, "Mam, I sit under a tin roof which rattles all the time in the sweltering heat... I am scared that it might fall on my head anytime... I am scared of failures too..."

Suchitra paused and took a deep breath. A small crowd of women were pouring back into the auditorium. She gently placed her hand on my shoulder and told me, "My dear, talking about my troubles will not inspire anyone. It's pointless for

me to talk about the tears of blood and sweat that I too had to shed! It's the victories that count. And by the way, you're way luckier than I was. You've got a tin roof; I sat under a tree! Shake off your fear. Courage alone will help you to win!" And saying that, she walked away to take her seat on the dais. I was stumped! Suchitra's voice was reverberating like an echo in my ears: "I sat under a tree! Shake off your fear..."

"...Talking about my troubles will not inspire anyone. It's pointless for me to talk about the tears of blood and sweat that I too had to shed! It's the victories that count..."

At that moment I discovered that with courage I can face anything! Over the next couple of years, I put my heart and soul into my factory. We grew to become one among the leading PET jar manufacturers in the city. We even started supplying to multinational companies. After three years of running the plastic factory, we sold for a decent sum, recovering most of our investment. I derived courage and strength from the conversation I'd had with Suchitra. Indeed, she had empowered me for life. Even now, in times of trouble, I hear her voice guiding me: "Shake off the fear."

The quote, "Empowered women, empower woman," aptly describes Suchitra. ●



hoot for the moon. Even if you miss, you'll land among the stars."

I cannot recollect when I heard these words first, but I know I've heard them many a time over the course of my life. While I did not quite comprehend the magnitude of what it really meant, I kind of liked the sound of it. It had a nice, affirmative ring to it and I found myself using the phrase from time to time. It was more 'knowledge without implementation' for me but I'd like to think that it has helped lift the spirit of at least some people along the way.

It was really not until my second HDB, the spiritual retreat with beloved **Mahatria**, that the truth of what the phrase meant really started to sink in – in the most practical of ways.

Mahatria had just imparted the timeless wisdom about going 'Beyond the Imaginary Finishing Line' during the early morning session and it was time for physical training in the huge cricket grounds which we call as 'Ananda Lahari'. I decided that I would implement it right away by running a minimum of two laps around the Ananda Lahari instead of my usual single lap. I

decided that I would push myself.

"Just when you think you cannot go any further, push yourself a little more." My mind replayed **Mahatria's** words over and over again.

I had tried it before and knew that I had to really trick my mind if I wanted to go well past the imaginary finishing line – double the distance in this case. It was then that I decided to run five laps around the cricket ground instead of just two laps.

From experience, I knew that I would run out of steam even before I completed half a lap, and usually end up walking the rest of the way. It was hard not to laugh at myself for setting such an audacious goal for myself. I had never been able to run that far. This really was going to be one for the record books.

And it was!

I started running. I kept running. I completed the first lap, the second and I kept running. I ran a little over three full laps before my physical constraints made me stop! My muscles were screaming for rest, but I was elated. I had run more than I have ever done.

And all it took was a simple switch in the mindset before I started.

When the goal was five laps, somehow the first and the second round wasn't a big deal at all because I felt that it was just the beginning. In fact, I did not even feel the exertion until I was well into the third lap.

Going Beyond...

Don't set your goals low.
If you want to go beyond mediocrity,
you need to set them high.

Sujit Sivasdas



I had set my own personal record... I had accomplished with just a change in attitude!

From that point on, I knew that my life would never be the same again. I started implementing the 'Imaginary Finishing Line' in everything I did. My goals became audacious. My challenges were made trivial just by imagining it to be 10, if not 20, times bigger and harder than they actually were. If I had to climb seven floors during a power cut, I would imagine that I had to climb 50 floors and the task was suddenly simple matter. If I had a task with a deadline, I would multiple the difficulty of task several times over while reducing the lead time dramatically. Not only would the task get done ahead of time, it would allow for refinement and revisions if needed.

I was on a roll.

When faced with a task, your mind prepares itself and your body to tackle it appropriately. As it works towards 100% completion, it starts to tire. The 'fatigue' may not be significant in smaller and easier tasks but it is there. With more involved and difficult tasks, it is very obvious and getting to 100% becomes a struggle.

Now, when the goal is audacious, the mind automatically expands to accommodate that goal. It also prepares your body to undertake that goal in a way that can only be wondered upon. What seemed to be difficult or unsurmountable suddenly feels

When the goal is audacious, the mind automatically expands to accommodate that goal. It also prepares your body to undertake that goal in a way that can only be wondered upon. What seemed to be difficult or unsurmountable suddenly feels trivial and easy.

trivial and easy. You see, your mind thinks that it has a lot to do. The original goal, which is only a small subset of your new one, becomes insignificant because you are geared for something much more substantial. You end up surpassing your own expectations and create a new benchmark for yourself. Even if you still achieve only what was originally asked, you would have done it with a lot less mental and physical effort.

I wanted to make my company staff understand the real, practical possibilities of going beyond the 'imaginary finishing line' and how it could affect the bottom line. They all understood the concept, but it was merely theoretical for them. It sounded nice, but they just couldn't see it happening in real life for them. I needed a way to prove that more was achievable.

So, a simple game was devised and I had the entire company play it. What resulted is nothing short of magic. Here it is:

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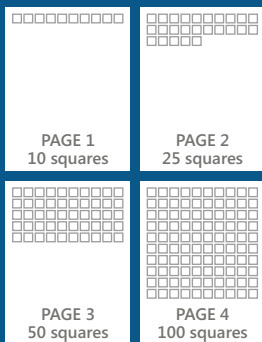
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- 1) On four separate sheets, create a matrix of equally sized squares as shown below (easily done on MS Word or Excel).



As shown, the sheets have:

- 10 squares on the first page
- 25 squares on the second page
- 50 squares on the third page
- 100 squares on the fourth page.

- 1) Now, print equal copies of each page.
- 2) Randomly distribute one page to each person, instructing them not to look at anybody else's sheet.
- 3) Also give each person a pencil/sketch pen. Keep all of them the same for fairness.
- 4) Instruct all of them to colour as many squares as they can in ONE MINUTE.

(Make sure you have a good prize to motivate them – the winner gets a prize!)

- 5) At the end of one minute, collect all the sheets back and collate your results.

Here are the results I got with my group.

The group that had 10 squares on their page felt that they were given a stretch goal. The best they could do was three squares. There was no way they could have coloured all the squares, they said.

Then, the group that was given 25 squares also felt that it was impossible to complete all of them. Yet, their best was six squares! The least in the group was three – equal to the best of the previous group.

The results were similar with the next group as well. They were able to get to a maximum of 16 squares with the worst performance being eight – higher than the best of the previous group.

Impressive, huh? Now, what was mind blowing was the fourth group who were given 100 squares each. While the winner had actually coloured an unbelievable 31 squares (I don't know how she did it), even the lowest among the group was 19! How amazing is that? The minimum from this group blew the previous groups out of the water.

The table below shows the full results.

	Minimum	Maximum
10 squares	1	3
25 squares	3	6
50 squares	18	16
100 squares	19	31

I had goose bumps! As the goal increased, so did the performance. Each person had automatically adapted to the goal that was given to them and performed accordingly. The randomness ensured that there was no bias. They were all given the same tools – equal time, identical pens – but the performance was different. It was scaled up or down to match the given goal.

I read out the results and the entire company just stood there with their mouths open. They could not believe what they had just witnessed. I did not have to say anything more. The message had been delivered loud and clear.

Try it with your people today at home with all your family members and at your workplace with your team. You'll be happy you did it!

Just remember...

"If you set your goals high enough, the original goal is achieved even without as much effort! Anything you get beyond your original goal is just a bonus!" ●



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Beware, it is addictive...

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Alwarpet

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Sriram Colony, Abiramapuram,
Chennai, Tamil Nadu 600018.

Landmark: Bang opposite Indian Bank

Some people are naturally good at thinking positively or looking for the value of any situation. These are the types of people who get tough during tough times and have a very optimistic attitude.

I realized this when I went to meet Sandy, my cousin, in the hospital. When I was in Delhi, I received a phone call that Vikram, Sandy's elder brother, had a sudden cardiac arrest and that the next few hours were very critical. My mind went completely blank on hearing this.

Three months earlier, Sandy's mom had experienced unbearable pain during a gouty arthritis attack and was under treatment. Hardly a month had passed, and his dad suffered a brain haemorrhage. He had not even fully recovered and his news of Vikram's cardiac arrest had shaken the entire family. Within the span of three months, this was the third critical incident occurring in the family.

It's how we look at a situation that defines whether it is positive or negative.

Babita Chopra

REFRAME

Once I was back, I wanted to see them. I got the news that Vikram was out of danger and I started mustering up the courage to meet Sandy. I figured that he would be quite shattered, so simultaneously I was thinking about what words of encouragement I should speak that would make him feel better.

As I entered the hospital, I saw Sandy surrounded by people. They were trying to sympathize with him and comfort him by telling him that he was really going through a tough time and that God was testing him. But I was surprised to see Sandy answering them in a very positive and composed way.

I couldn't help but ask him how he was handling the situation with so much composure. He said, "I feel that this year has been the best years of my life. I got back my mom, my dad and my brother to life. Mom's recovery has been a blessing and dad is getting better every day. My brother miraculously escaped death, despite having no pulse or oxygen supply to the brain for 45 minutes. They say

'love you to the moon and back'. My brother really went to the moon and came back! What more can I ask from God? I'm really very happy."

When I heard this, it jolted me! It gave me a totally different insight into this family that had suffered so many blows. I saluted Sandy's ability to think so positively and optimistically in such a situation! Rather than dwelling on negative thoughts

What happens in life does not define us. What defines us is how we progress forward, how we take life head on, how we grow and continue to live. When we reframe a critical situation, it gives us the energy to carry on even when the chips are down.

and blaming God for this bad fortune, he was trying to see the light in the darkness. Because of his attitude, he turned the moment of grief into a moment of celebration!

He gave me a new perspective to feel good and grateful about. He *reframed* the whole situation in such a unique manner. *Reframing* is the ability to look at a situation or circumstance in a new way, giving it a more positive or insightful spin.

When we face grave circumstances so many phrases give us hope:

'Everything happens for a reason'

'This too shall pass, Look on the bright side'.

These sentences give us a lot of courage and we start seeing something positive in the challenge we are facing. We have to stop being afraid of what can go wrong and start being positive about what can go right. The most successful people are ones who stayed strong against all the odds.

I realized that what happens in life does not define us. What defines us is how we progress forward, how we take life head on, how we grow and continue to live. When we reframe a critical situation, it gives us the energy to carry on even when the chips are down. Let's develop this essential art of reframing tough situations and be that pillar of strength to our world in a way that our presence fills the people around us with strength and positivity. ●



WRITE YOUR WAY TO GLORY

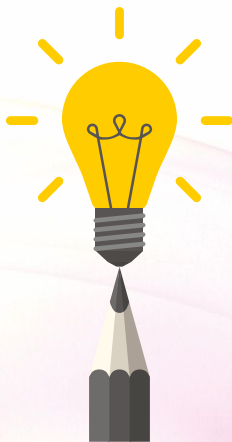
All of us go through moments in our life when despair dominates our thoughts...
Thousands of unanswered questions threateningly stare at us...
We do not know from where our tomorrows will come...

And all of a sudden, from nowhere the solution comes!

It could be as simple as a poster on the wall,
a song you hear in the car radio,
a shout you hear in the market,
a conversation you overhear as you pass by...

In essence, a Eureka moment of your life!
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The prayer called 'Work'



How to be peaceful in a distrustful environment?

The gates of peace, opens only with the keys of trust.

It is not about whether the world is trustworthy or not,
but it is about whether you want to be peaceful or not?

Wake up every day and trust this world all over again.

mahātrīā Rā



Saturday will go, Sunday will go, and Monday will come and we all have to walk into that exquisite space called the 'Workplace'. We spend a major part of our day at work and we will have to relate and report to our head many times in a day. Nothing can make our day any better than having an inspiring boss at workplace. It makes our work much more than just interesting! And yes, my superhero is my boss at my workplace.

Not everybody who occupies the chair as the head of an organization is necessarily an eligible boss and not everybody who becomes a boss leaves behind a stimulus which outlives them much after they left. One such rare person is this chartered accountant who has been practicing for more than three decades. Even so, he walks into his office every single day with so much enthusiasm - as though it were his first day at work. I admire his positive attitude and that has made him my hero!

I still vividly remember the day I presented myself for being interviewed by him for my CA article-ship when I heard him saying with a lot of pride, "I have an excellent team at my office." This statement inspired me at the very beginning. Because you give your best at work especially when you work under someone who believes that the people who work for him can settle for nothing but the best.

A good boss can inspire you for life as this touching tribute reveals...

Akshara Hariharan

From a team member's desk...



His inspiring attitude starts from the moment he enters the office. Before he steps into his cabin on any day, he makes sure that he goes around the entire workplace, touching all the cubicles, greeting his staff and enquiring with them about the status of what they are working on. These are actually simple gestures, but all these gestures mean a lot to budding aspirants like us. Delegating the work alone doesn't make one a good boss but getting the work done from people in a manner that they never knew they were capable of, is what makes a person a good boss, and that is exactly what he does.

"I thought CA practice was difficult, but you proved to me that it's not impossible."

He proves to us that everybody cannot do everything, but everybody can do something in a way nobody else can do it. It's not without reason that people admire him and love to work under his supervision. We felt

we were separated by the designations we hold but he showed us that we were united by the team work we do.

He never promised us a pressure-free work environment, but he only promised us that he would provide us an environment which will enable us to overlook the pressures. He has always said that his personal problems and mood swings would never affect his staff members and he has proven it time and again. I have personally experienced this many times. How much ever pressure I undergo, I lose everything to the positivity of the environment gifted by him and that's when I realize that work is not just a part of my life but it's become a way of life for me!

The love that people shower on him, the comfort with which everybody interacts with him, forgetting their position, and the sincerity they exhibit make him much richer than the wealth he

has earned. There have been times when I was not able to handle the volumes of work and my studies together, but his positive attitude, periodic supervision and guidance made me ignore the enormity of the work and it kept me elated.

I know very well that wherever I go and however rich I grow, I will never be in a position to see someone as well positioned to inspire me because I was not trained just at work but also in reverence and gratitude, which will last for a life time!

"I was looking for experience and you gifted me opportunities because without you, I wouldn't have discovered how much I am actually capable of. Thanks for always being there!"

I know if this entire write up doesn't describe him enough, well, then his name alone surely will not but still, he is known to us as our 'Kousik Sir'.

And I will always remain your teammate. ●

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Granny's Epistle

What is bigger than the Mighty Mountains
and the Deep Ocean?

Saranya Sreenevasan

...
All through my early years till adulthood, I have firmly hated the concept of waiting or holding onto something. Quitting was my go-to option in life, which eventually turned into a tear-jerking habit. I always chose to give up when things went for a toss, when my expectations were not met, when everything was a complete mess all around. Every time something happened over which I had no control - I QUIT.

I was always reminded by my granny about the importance of a magical force - the virtue of 'patience', which is bigger than the mighty mountains and the deep ocean. I neither believed nor had faith in patience

because the world I survive in, is a rat race from dusk to dawn. It is not just me in this whole universe who has been affected with 'instant satisfaction', it is everyone around me. After all, we are living in a fast-paced world where we can get our instant coffee from a vending machine - sadly with a bitter aftertaste.

Life is a mad race from our first breath to our last on this Mother earth. We are always expected to crawl, talk, walk, run, study, work, get married and settle in life. And we remain stuck on this endless treadmill of instant gratification, doing the same old thing owing to fear of failure. We easily quit on our dreams

because we fear judgment from society and we lack the patience to attain our dreams, desires and goals. We bury our own dreams and often choose the crowded, much-trodden path.

It is totally okay if you are still in pursuit of your dreams. It is okay if you aren't successful in your life. It is okay if you are not pursuing your dream job. It is okay if you still haven't met your better half. It is okay to be a loser. It is okay if you lose in the battle of life. It is okay if you are broken. It is okay if you have been betrayed badly. It is totally okay, for your time will come soon. Have patience and hold on.

In the long run, I have discovered that the souls who wait patiently - for what they believe in, for what they love, for what they daydream about, for what they aspire to be, for what they constantly long for, for what they need in life - are the ones who are blessed with BIG things rather than small inconsequential things.

A person with patience can soar beyond the zillion stars and come out with flying colours. A person with patience can taste the fruits of true success. A person with patience is often a happy soul on earth. A person with patience finds agape the eternal love. A person who masters patience, masters everything.

Dream Big! Never Give Up!
Everything in this universe has its own time and eventually things will fall into place at the right moment. ●



He and his wife, Mandakini Amte were awarded the prestigious Ramon Magsaysay Award for 'Community Leadership' in 2008 for their philanthropic work towards the development of tribal people in the remote forests of Maharashtra.

He discontinued his M S studies and began his work with tribal people in 1973 at Hemalkasa village in the underprivileged district of Gadchiroli in Maharashtra. At times he had even performed emergency surgical procedures there, without electricity or any communication facilities initially.

Now after 4 decades of relentless effort, a hospital, a residential school and an orphanage for injured wild animals stands testimony for his noble spirit of service in that area, seeking to improve health and educational services of tribal people. A biopic film, 'Dr. Prakash Baba Amte - The Real Hero', was also released in the year 2014, starring the famous actor, Nana Patekar.

Here **Dr. Prakash Amte**, a Padma Shri awardee, shares his thoughts exclusively with *infinithoughts* readers through this interview column.

Dr. Prakash Amte

Medical professional and Social worker

What has been the turning point of your life? An ever since moment...

A picnic to dense forest with my father Baba Amte and he showed us the plight of tribal people, who were living more or less like wild animals.

Your definition of success...

Any work done with a lot of compassion and no expectation...

One principle that you have held onto that has carried you this far...

Patience is the reward of my work.

Your top two regular practices that have helped you in life...

Transparency in maintenance of the accounts of the institution and give freedom of work to my colleagues.

One factor that motivates you to give your best ...

Self-commitment.

One relationship who has contributed to the making of you ...

My wife Mandakini's full support in the work I do...

Unconventional ways you unwind ...

Living in isolation from the urban world itself is unwinding...

What is that one emotion of yours which consumes a lot of energy? How do you channelise?

Disappointment in the work and solution is not to express it! Time is a healer.

When you feel alone, what gives you the strength?

Think about positive effect and try to ignore the negative thoughts.

What is that one thing that you wish to change in this world using your talent and potential?

Inspire the youths of India to work towards minimising the economic disparity and the exploitation of the downtrodden.

What is one professional tip that you would like to share with an aspirant in your field of work?

Work with patience and full commitment; don't go for cheap publicity. ●



All physical, mental and intellectual effort uses up energy. To make good this loss, we require repose. Even as night follows day, rest and relaxation must follow stress and effort.

Of course, restful sleep at night is vital for our wellbeing. But apart from this, I recommend strongly, the practice of silence during the day.

We live in a world where everyone talks far too much! We talk excessively in public and in private. As a wise man said, "Men seem to feel the need to cloak and excuse their imperfections and wrong deeds in a mass of prattle." We need to devote a few minutes each day to the healing, soothing, purifying influence of silence.

The Importance of Silence

The benefits are multifold;
it heals us physically and mentally!

Dada J P Vaswani



Silence is relaxation for the mind, even as rest is relaxation for the body. It should be our earnest effort, at least once a day, to escape from the stress, strain, tension and turmoil of life, and practice absolute silence. We can easily give up mindless activities like watching TV or gossiping with friends, to devote to the practice of silence.

Silence helps us commune with the inner Self, silence enables us to discipline our petty, calculating intellect. Silence takes us closer to God. In silence, we can feel our prayers reach Him and in perfectly held silence we may even hear His answers to our prayer!

I call my habitual hours of silence, my "daily appointment with God." It is vital that we cultivate the healing habit of silence in this age of noise and ceaseless activity. In fact, the great need of modern man is silence. To help us to avoid stress and tension, the noted psychologist, Deborah Bright, recommends what she calls PQT — Personal Quiet Time — or twenty minutes, twice a day.

Even as particles of dust cling to our clothes, so too, particles of noise cling to our hearts. To clean our clothes, we wash them with soap and water. Even so, to cleanse our souls, we need to take a dip in the waters of silence every day!

Silence heals, silence soothes, silence comforts, silence purifies, silence revitalizes us. In this world of allurements and entanglements, the sharp arrows of desire, craving, animal appetite, of passion and pride, of ignorance, hatred and greed, wound our souls again and again. Our souls bear the scars of many wounds. Silence is the great healer that can heal these wounds.

We must remember that silence is two-fold. There is the outer silence; it is absence of noise, freedom from the shouts and tumults of daily life. And there is interior silence; it is freedom from the clamour of desires, the cessation of mental acrobatics, the stilling of the play of conflicting forces. It is the peace that *passeth, surpasseth understanding*. Not until we have reached this peace, can we hope to experience unbroken joy and harmony for which our distracted hearts, minds and souls cry out constantly.

The powerful effect of the spirit on the body is generally recognized today. As I have stressed repeatedly, the body cannot be healthy if the soul is sick. Therefore, we may conclude that if we wish to be healthy, we also have to be 'holy'. Do not be alarmed by that word 'holy'. It does not really mean what you think — pious and devout to a fault. The word 'holy' comes from the anglo-saxon root "wholth" meaning the entire being. Spiritual harmony is absolutely vital to combat the physical disharmony that we call disease. Spiritual harmony is best cultivated by the practice of silence.

It is reported that neuro-surgeons are conducting advanced research into methods of alleviating pain with supersonics. These are said to be ultra-high frequency sound waves that are used to destroy pain pathways in our brain. I am sure that the practice of silence can set in motion spiritual high frequency waves which will bring God's own healing power to destroy pain.

A doctor I know had to treat a woman patient suffering from a severe throat infection and chest congestion. He wrote out a simple prescription for her: *Complete and utter silence*.

"Did the prescription really work?" I asked him.

"Sure, it did," he replied. "The patient was indeed suffering. Her symptoms were real, but I could not medicate her because I knew her affliction was not physical."

"Did she get better?" I persisted.

"In body, mind and spirit," answered my friend.

Dr. Albert Schweitzer said, "Each patient carries his own doctor inside him. We are at our best when we give that doctor a chance to work on the patient." God has given us all the power of healing ourselves. All we need to do is to allow this power to work and there is no better way to do this than the practice of silence.

When we shut out the harsh and grating noises of the world - the deafening sound of men, machines, automobiles, strife, arguments and clashes - our hearts and minds are quietened, and we listen to the divine harmony within us. It is of this divine harmony that Shakespeare writes:

Such harmony is in immortal souls;
But while this muddy vesture of decay doth grossly
Close it in, we cannot hear it.

Beautiful and serene is the silence of the spirit!
When we enter its realm, we experience peace,
harmony and a sense of well-being. Our ego gives
way to divine love. Our stress and tension melt
away. In this condition, we can listen to our inner
voice which can help us solve the most difficult
problems of this life.

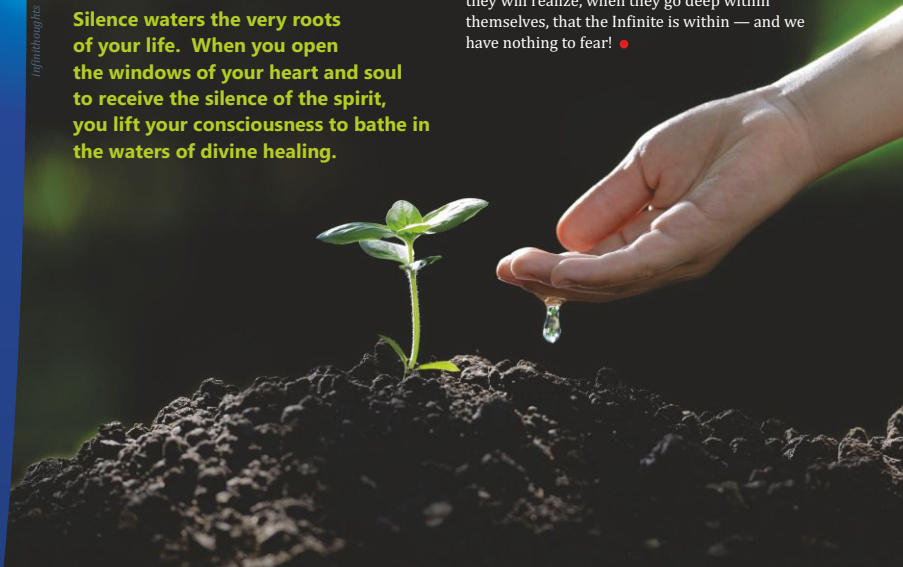
Have you seen a plant that has not been watered?
Its leaves grow pale, its flowers wither, and it
droops miserably. The moment you nourish the
plant, the leaves regain their lost freshness and
greenness. Gradually, the flowers recover their
beauty and fragrance, and the plant is restored to
life. What you have done is to water the roots, to
work this miracle of recovery. Silence waters the
very roots of your life. When you open the
windows of your heart and soul to receive the
silence of the spirit, you lift your consciousness to
bathe in the waters of divine healing.

**Silence waters the very roots
of your life. When you open
the windows of your heart and soul
to receive the silence of the spirit,
you lift your consciousness to bathe in
the waters of divine healing.**

Hippocrates, the Father of Medicine, felt that the
force responsible for healing the human body, was
a life-force that resides within us. He called it by
the Greek name, pneuma — from which we derive
the words, spirit and soul. The Roman physician
Galen, also believed in the holistic healing of body,
mind and soul. He is known to have said, "I bind
the wound, God heals it." The healing, God-given
force that resides within us, can be released for our
benefit when we cultivate silence.

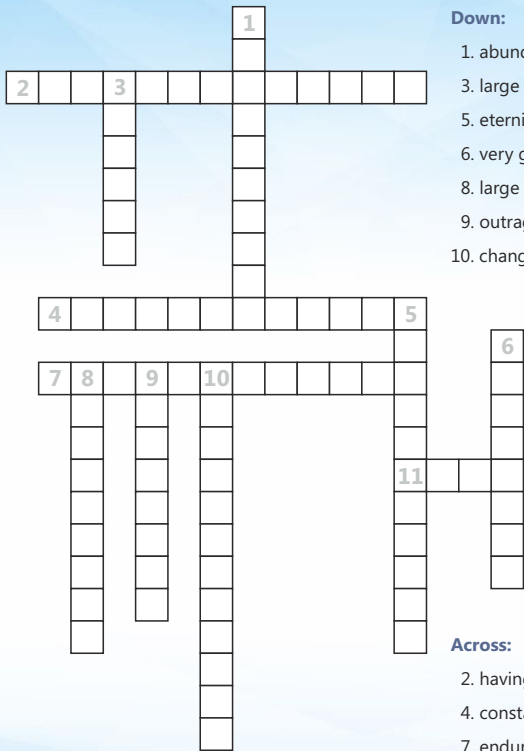
It seems to me that many people today are
terrified of silence, afraid of being alone. I know
several couples who do not like to spend a quiet
evening at home by themselves. They invite
friends over or go over to clubs or to restaurants
so that they do not face solitude. I even know a
few people in whose homes the TV is always
switched on - even when no one is watching it!
They tell me it is comforting to hear the sound
from the TV!

Why are we afraid of solitude and silence?
Possibly because we cannot bear to look deep
within ourselves. This is why, many people say
they don't have time for silence or meditation. But
they will realize, when they go deep within
themselves, that the Infinite is within — and we
have nothing to fear! ●



INCREDIBLE WORD POWER

*Words create your world...
Incredible words create an incredible world
around you!*



Down:

1. abundance (10)
3. large amount of something (6)
5. eternity (11)
6. very great in size (8)
8. large number (9)
9. outrageous (8)
10. changeless (12)



Across:

2. having no bound (13)
4. constantly encountered (12)
7. enduring forever (12)
11. very long period (4)

Turn to page 83 for answers...

•••
A convict would know the value of freedom and a beggar would know the real meaning of hunger. A rich person would know the price of peace, a blind person would know the value of brightness in life, while a cripple can tell you about the joy of being mobile. Unfortunately, we tend to know the value of a thing only when we are denied it. It could be health, wealth or even relationships. We tend to take things for granted when we possess them and cry when we are deprived of them. Isn't it ironical? Byron Dyson, the former CEO of Coca Cola, in one of his short speeches said, "Value has value only when its value is valued."

Let me share another observation, which is quite ironical in our life. I have always wondered why we are so miserly with our words when it comes to appreciating someone! Although it costs us nothing, we use words of praise sparingly. In contrast, we are very prompt in criticizing others. We do not let any opportunity slip when it comes to expressing our critical opinion. There is a term called 'Critic' but do we have a term called 'Appreciator' for someone who appreciates? It only goes to

show how much we patronize criticism while we are so indifferent towards appreciation. Although these are just words, yet the effect they can have on you and on others is phenomenal. That is the impact of words of appreciation or critical opinions. The former spreads positivity while the latter places everyone in a negative mode. Criticism comes naturally to all of us but unless we curb this basic instinct it will soon manifest into demons like jealousy and being judgmental

PEACE AT EASE

How do we ensure there is peace in the world at large? Is it possible?

Vasan S S



and ultimately, it will cost you your peace of mind. Irrespective of one's progress or success, one gets judgmental of another's progress or success. When one reaches that stage it only means that one is at the threshold of losing peace. For instance, one may own a villa but would be judgmental of his deserving, intellectual friend owning a three-bedroom apartment.

One can observe a similar thing happening around us at a macro level. A developed country would not be satisfied with its development and advancement. It would ensure that developing and underdeveloped countries do not progress beyond an acceptable level. The result of this small-mindedness is there before for all of us to see. There is an element of unrest all around and world peace is at a premium. Dr Abdul Kalam once said, "When there is righteousness at heart, there is beauty in the character, when there is a beauty in character there is harmony at home, when there is harmony at home there is order in the nation and when there is order in the nation there is peace in the world."

So, how do we ensure there is peace in the world at large? Is it possible? The answer is YES. All we need to do is to take a tiny step towards spreading peace: that is, each one of us should take a pledge to appreciate others for everything they do. Initially it may sound a bit overboard, or even unnecessary. Never mind that. Let it begin with just lip service; even if you feel differently, you

Your words are an offshoot of your thoughts, your thoughts are the by-products of your character and your character is a reflection of who you are and what you are made of. That is the impact of the words we utter. It has a bearing on our character.

can still voice appreciation. Soon you will realize that by appreciating others you are not only keeping others happy, you also remain in a state of bliss in the process. At the outset it may sound very difficult to comprehend but when you apply simple logic, you will get your answer. When one has made up his mind to appreciate others, no matter what, his expectation from others would almost be nil. And when there is no expectation, there is no disappointment, and when there is no disappointment there will be peace everywhere.

Let me tell you what I believe - that there is an element of selfishness in even so-called 'selfless acts'. By speaking, doing or even praying for the good of others, it can bring immense peace to one's state of mind. This experience can be better understood with the help of an interesting anecdote which I wish to share. Former President, the late Abraham Lincoln was en route for a late evening party. He saw a pig

struggling in quicksand. Without waiting for a moment, he stopped the car and volunteered to rescue the pig from its misery. Everyone was all praise for him. When Lincoln re-joined the party after freshening up, he stumped everyone with his candid submission - that it was purely an act of selfishness and no humanity or magnanimity was involved in it. According to him, had he turned a blind eye to the misery of the pig, his guilt would not have let him sleep peacefully and as he wanted a peaceful sleep, he ventured to rescue the pig; there was nothing more to it. By helping others, we are only helping ourselves for the better.

Your words are an offshoot of your thoughts, your thoughts are the by-products of your character and your character is a reflection of who you are and what you are made of. That is the impact of the words we utter. It has a bearing on our character. Ironically, most of the good things in life cost nothing. One such thing is words of appreciation. By putting a price tag, creating a halo or placing words in a premium zone, we are holding our peace at ransom. Fortunately, the expenditure for such words is a large heart and not deep pockets. Let us unleash ourselves by enlarging the size of our heart, spending generously on words of appreciation and thereby earn peace for ourselves.

Let 'Praise' be your mool mantra and 'Peace' be your mooladhar! ●



If you are **happy** in life right now,
it's not because **everything** about your life
is **necessarily** going right,
but because **a relationship**
that really **matters to you the most**
is going **great**.

mahātrīa Rā

What does this picture tell you?

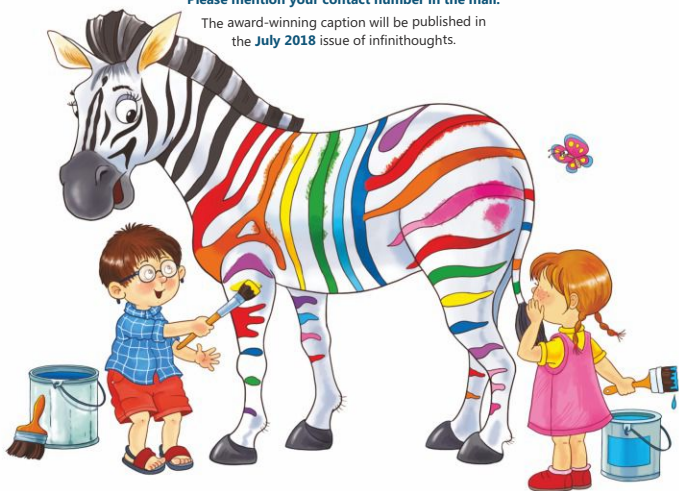
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of March 2018 contest

**Success follows those who run fast with
focus on the target...**

Deepali Goshar



The Land of Dreams



What do dreams signify? Why do we dream?

Sendhil Kumar

It was a very old secluded wooden house, comfortably nestled in the middle of a dense forest, facing a serene and beautiful lake. I was all alone in the house with no hint of people anywhere around the place. I didn't know how I got there. It all felt like it happened in the

blink of an eye. The air was pleasantly filled with cold breeze that carried a mild fragrance of the flowers around the place. I gently stepped out of the house to take a stroll and started perceiving the magnanimity of the wonderful terrain that surrounded me.

The sun was crawling down the sky, almost at the horizon, extending its mild rays that filled the lake and the woods with beautiful colours. The lush green trees were gilded with the sparkling light, and the thick carpet of long grasses that covered the banks of the lake

seemed mesmerized and waved their golden heads to the breeze. In no small measure, the lake also showcased her very own charm with her blue blanket, stained in purple over the surface here and there, and tiny waves wearing golden sparkles that constantly danced to the rhythm of the breeze. Behind the lake lay the never-ending dense forest. The terrain was so vast and seemed like a magical land. Slowly my consciousness started to fade away and I was getting lost in the unimaginably pristine land, plunging deep into it... and a sense of serenity started flowing into me. Amidst all that, I had this strange feeling, the feeling of being watched by someone.

I knew there was no one in over here, but my insight was keen to alert me that there was something there. I felt disturbed and my senses started to listen keenly. In no time, my eyes caught a very strange thing, which seemed like it had just appeared at the far end of the lake, in the middle of the thick woods. It was huge in size, standing on two legs, very still like a rock. It had a hauntingly mammoth-like appearance, a dark stone-textured body and skin, with a completely deformed face. A huge creature, nearly the height of the tallest tree in the forest, and it started moving. The moment took me aback and terrified me all at once. My awareness started waning away and with a great struggle, I tried to gather myself and focus more on that thing. When I was able to focus clearly on it, to my alarm, I found that it

Why does the dream and the things that happen in it have to be so random? Who might possibly have control of all these? And who might be the creator of such a world with immense unboundedness? What if there is an answer to this and the answer is 'me'?

was watching me. I moved swiftly to take cover behind a tree, in an effort to get out of its line of vision. Suddenly, I saw another one. My eyes opened wide in shock to discover that this one was nearer to me. With nowhere to go, I ducked down beneath the bushes to escape from its sight. For a moment, I was stunned, and a cold fear crept into me on realizing that it was not the only one there. Now, a lot of them started becoming visible to me, one by one, and they were all around me, watching me, for the whole time I was there.

At that moment, I became helpless with despair and my body felt very feeble and weak. I was reluctant to put any further effort into hiding. I dropped onto the ground devoid of any energy to hold myself up. Those creatures started searching for me, and finally one came very close to me.

But then, in another blink of an eye, I woke up - this time into a more real world. With a deep

sigh of relief, I realized that I was on my bed and it was all a dream. I was a little disturbed due to the dream. I started wondering about the dream a lot and about the scene that I had witnessed in it. No doubt this took hold of my mind and got me wondering.

What if a dream is another dimension of the world, where the human race hasn't physically travelled, and science hasn't conquered yet? Perhaps, the potential in that world is boundless. In my dreams, I fly without wings, time slows down and even freezes, I do unimaginable things and I have seen incredible things on a scale beyond the physical world that I live in. It seems that I can do anything I wish to in my dream. But why does the dream and the things that happen in it have to be so random? Who might possibly have control of all these? And who might be the creator of such a world with immense unboundedness? What if there is an answer to this and the answer is 'me'? Perhaps the dreamland is the world where I can let my thoughts travel endlessly in any direction. I can touch the pinnacle of pleasure as well as sink to the bottom of the deepest distress, all at my own will. It seems that there is no string to hold me back and I cannot settle down at any one point. I look almost restless. I manipulate and create the world that I wish to in my dream, be it heaven or hell. I do not follow orders because more often than not, I do not get a chance to. To be more precise, I am the narrator and they call me 'the mind'. ●

Then, Now and Ever after...

Here is an interesting incident on understanding continuum...

Usha Sunder

The best part of memories is in making them. To make my mom's 80th birthday very memorable to her, we decided to make a video of old photos. So, the old iron trunk was brought down from the attic and we found a bunch of treasures inside the creaky trunk. The trunk was filled with old photographs of birthdays, weddings and other festivals.

Here is my mom as a child, and here is a moth-eaten picture of *Thatha* (my grandfather), with the hint of a smile in his eyes. He is standing in front

of the house, when both he and the house were young! I remembered that house very vividly and even the white marble name board outside the gate which read '*Amba Nivas*'. That small house was surrounded by all kinds of trees - the neem and the mango trees standing like huge patriarchs that spread their sheltering branches above the house. My *Thatha* was a keen gardener and loved to tend his plants around the house.

And then I find another photo. It has developed a pale-yellow tint and its frame is showing signs of

age. The picture is of me as a child. I am standing with my arms folded, looking at the camera. Behind me is a tree with lots and lots of yellow flowers, bent downwards under the weight of their golden heads. I am sunny-eyed, wearing a wide grin.

Sometimes all it takes is a familiar smell or a certain taste or an old photo, as in my case, to evoke an old memory. I almost smelt those yellow flowers which blooms only in summer, as I gently held that photo. That photo took me back in time...

Everyone else in the family was busy except *Thatha*. He was sitting on the porch with me, reading his paper. Sensing my boredom, he folded the paper and took me to the back of the house.

He fetched a small spade and an old iron ladle and lead me to the corner of the garden. He showed me how to dig up the earth with the spade. I attempted to help him make the ground ready.

He pulled out a handkerchief from his pocket and carefully unfolded it. In it were a dozen brown coloured seeds. "Plant these. Keep them at elbow distance and just poke them into the earth," he said. I got down on my knees. Measure, poke. Measure, poke. The warm soil felt so good on my fingers. I sprinkled water over the little row.

We watered them every day of the week. A few of the seeds sprouted and others did not. *Thatha* said all seeds do not sprout - it depends on the quality of the soil and the readiness of the seed.

Now I understand it better: the right environment and the willingness is primarily important for any growth!

The saplings lifted their tiny leaf-arms to the sky like a seeker in devotion. The first thing in the morning I would do then on, is to go out and check the row. *Thatha* showed me how to carefully remove the weeds around each plant. Why? By now the plants have become my children and hence I needed an answer. He explained that the earth can nourish only so many plants.

Now I understand it better: regular weeding (of the mind) is required to ensure that healthy plants (thoughts) grow and stay that way.

Sometimes all it takes is a familiar smell or a certain taste or an old photo, as in my case, to evoke an old memory. I almost smelt those yellow flowers which blooms only in summer, as I gently held that photo. That photo took me back in time...

Years roll by. Our plants have grown taller. They are as tall as me. One day, we find the remains of a dead crow in the garden. We give it a decent burial underneath one of our plants. *Thatha* told me that the bird will feed the plant and, in a way, turn into a flower. A bird becoming a flower! The thought left me feeling amazed then and *now too!*

Did my Thatha try to teach me the truth that 'Life and death are one thread, viewed from different sides'? Whatever be it, it helped me to look at life around me with lot more interest!

The tree soon towered over me. It formed many small buds that bloom into brilliant yellow flowers, greeted me every morning at my bedroom window. In some strange way, I felt they are part of me and I am part of them. When they were at the height of their summer glory, my mom took our picture together - me and the yellow flowers.

Me, the tree, the yellow flowers..., mom, *Thatha*, the crow... - *Are we all part of a fabric woven by the same Weaver? Now the photo quivers in my hand in affirmation.*

After every summer the flowers fall off in due course to give way to the seeds. Rows and rows of seeds inside specially made brown pouches. Even now they look just like the ones we planted years ago. One little seed turned into all these seeds! And these seeds would grow into trees... flowers... and become seeds again... They pass on... It is a continuum.

Now I understand that I also need to pass on all the good that I have received so far from life to every being around me. I need to rush now to play my part in this eternal journey of life. ●

Almost everyone I know takes their body for granted. We are so busy in the race of life, that we often forget to oil the engines of the machine we need for everything that we do - our body.

I faced something which made me to slow down drastically. The deadlines I was setting for myself were reaching an inhuman level. For two years straight, my life followed a tiring routine - I would wake up, go to university, come back. It was, a hectic schedule and I never ever got a break. It was bound to break me, but I didn't understand it at the time.

I was so busy looking at people around me achieving so much. As a result, I wanted to do more each day. I set myself more and more targets to achieve. Along

with this, I had stopped exercising completely.

It hit me very hard when I had to go to the emergency room because of a high fever. After doing a couple of tests and talking to the doctors, they said that I was lacking in almost all vitamins and minerals, my stress levels were very high, and I was dehydrated. This was most certainly not a good diagnosis for a 20-year-old college student.

I had ignored my health because I wanted to win the race of life.

I just want you to take a moment and tell yourself that everyone is running their own race and that no one is running the same race. You can be your own winner, and so can everyone else in your life.

Create an environment for yourself and everyone around you to grow, but not with your health at stake.

Research says that stress and anxiety levels in high school kids today are as high as that of the patients admitted in hospitals in the 1950s for stress and anxiety. If you are stressed, talk to someone if need be. It doesn't matter if you are 15 or 50. Stress can affect you at any age.

And worship your body. It's time we understand the saying by Ralph Waldo Emerson, "The first wealth is health." We have been hearing this ever since we were children but never realized its importance. However, these simple words are meant to be the foundation of life. And I hope we can all live by them and prioritize our health.

It's time we pay more attention to our health instead of being engrossed in the rat race.

Akanksha Madaan

LISTEN TO
YOUR BODY

The visit to the emergency room was a wake-up call for me and now I follow a healthy routine. This is what I do. You too may consider it...

Hydrate. Drink a minimum of two litres of water in winter and three in summer. The more, the better.

Exercise. Choose a workout that suits you. It could be hitting the gym for someone, yoga for another. A bracing 45-minute walk is good as well.

Talk to people. Don't seclude yourself. We are social beings. We cannot undo that.

Get enough nutrients. If you lack vitamins and minerals, see how you can fix that. Have

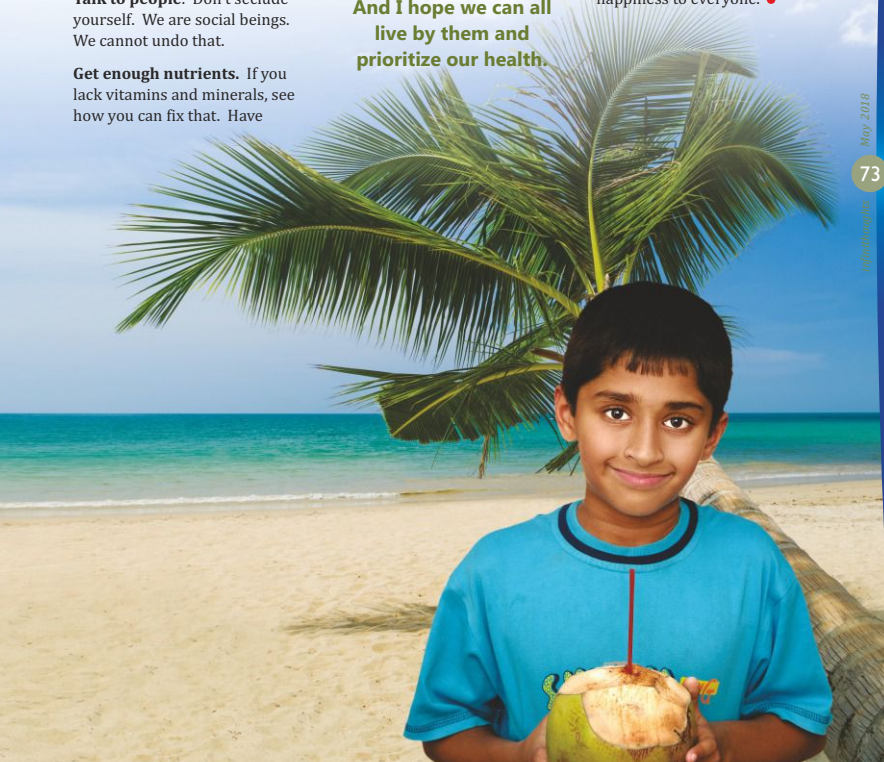
**Worship your body.
It's time we understand
the saying by Ralph
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importance. However,
these simple words are
meant to be the
foundation of life.
And I hope we can all
live by them and
prioritize our health.**

coconut water. It has 20 important minerals. Also, remember, Google is not your doctor.

Eat home-cooked meals. Eat all your vegetables. Add more greens to your diet. Your tongue might not like them, but your body needs them.

And always remember that most of your problems are solved if you go to sleep early and wake up early.

Here's wishing good health and happiness to everyone. ●





Make a list of things you'd like to say 'YES' to...

Share the Top 3 things you'd like to say 'YES' to...

RESPONSES



Best entry

March 2018

Yes, to staying fit, yes to being true to myself and yes to letting go of things I cannot control.

Leena Sharma



A tete-a-tete with my favourite God in a quiet temple; a cool breezy evening, when my thoughts flow into a beautiful poem; lingering memories and melodies to cuddle the soul...

Madhumitha R

Taking measurable risks to achieve my goal; a call to my friend to share my ideas; learning something new every day.

Rohini Mahadevan

No mobile day; dinner with family; learning new technology.

Komal Ravi shah

Planting a seed; help others whenever possible; a long walk in the beach with best friend.

Livina Roopaga R

Yes to prayer, self-development and social-responsibility.

Venkatram K S

No TV or No mobile day; clean the mess in my room; learn a dance move...

Padma Kumari N

To be a part of something bigger than myself; to help people who need emotional support and provide them hope; to work towards my goals and inspire others to do the same.

Varshaa Mohan

Listening to soulful music; meditate for inner peace and spiritual detoxification; indulge in physical activity.

Suchitra Reddy

A leisure walk; a day with books and Illayaraja's music; decorating my house.

Vidhya Raghu

Hugging my dad; converse with my mom; playing with my daughter.

Aditya Telidevara

Help sustain the Mother Earth; giving back to the society; contribute to individual and world peace.

Vidya Sathish

To read self-help books; to eat out at my favourite restaurants; to buy and wear new dresses.

Sangeetha Manivasagan



**You get an extra hour today!
What will you use it for and why?**

(not exceeding 33 words)

The Best Entry will get a DVD of *mahātrīa*

Please post your entries along with your name and city before **31st May 2018** to
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How to be happily successful at work?

mahatma Rā
clarifies...

What cannot be done out of happiness can never be done out of unhappiness. If you get stressed because of your responsibilities, you cannot respond with ability. Work feeling on 'Top of the World', and not as if, there is a 'World on your Top'.

How often people process the problems of the coming year, the coming month and the coming week, and fail to do anything about what could have been done right now! Driving the car through the traffic without the steering wheel, is of course, a problem; but with the steering wheel, isn't it just a challenge? Compared to the infinite human potential each one of us is made of, can any situation about life be termed as problem?

What is the point in overburdening ourselves with tomorrow's challenges today; after all, what can be done tomorrow can only be done tomorrow. The secret of unburdening is to focus on getting your 'today' right; getting your 'now' right. Never make your present moment your enemy. Anything done out of unhappiness will only bring multiplied unhappiness.

Do you realise that the energy you thus exude out of your unhappiness has such harmful effects that you are in fact contaminating yourself as well as those around you? The happiness of your team will be the first casualty. We are just getting a project ready, not fighting a war. I see so many people go through worries and tension to make things happen. Why don't they realise that the negative vibrations they create are going to act as the greatest impediment to the success of the project? We are here to clear the mess, not create the mess. It is not the question of tough times never last but tough people do... it is the question of how centred and happy you were when you

went through those tough times. If you are centred and happy, then going through tough times is not tough. Let me repeat, what cannot be achieved through happiness can never be achieved through unhappiness. Let everything come and go... not the undercurrent of happiness. From a happy heart radiate those positive vibrations that have the power to bring divinity to your doorstep. Build an organisation, a team that is happily successful.



Without getting things within you right, nothing outside will become right. So constantly ask yourself, 'Am I at ease with this moment?' Like the beating of your heart, like your breathing, let this be an incessant lingering, 'Am I at ease with this moment?' If you aren't, then you do not have to change what you are doing; it is sufficient to change 'how' you are doing it. When any moment puts you at dis-ease, first *accept what is* and then follow it up with a prudent choice: *change it if it can be changed else remove yourself from it.*" Your inner transformation will have a positive effect on your team too.

Have faith in yourself; if you can't, then have faith in those who have faith in you. You should believe in your management. No management in today's competitive world will give you a responsibility unless they are convinced that you are capable of handling it. Have faith in the decision of your management - they've decided that you are good

enough and entrusted you with projects and a team to execute it. When your team observes a happy manager at work, they too stay inspired.

As a rule, when you don't have enough faith in yourself, have faith in those who have faith in you.

It is in moments of darkness that we discover the stars. However bad the traffic jam may be, we will all eventually reach home. It may move inch by inch; it may then stop a while; it may again move inch by inch... all the same, we will all eventually reach home. Knowing that, eventually, we will reach home, might as well, enjoy the traffic jam. The way to the picnic must be as exciting as the picnic itself.

To lead a team you need to be happily successful. Develop yourself as a happily successful leader; create a happily successful team and an organisation. ●



Imagine you have kept a cooked potato uneaten in your tiffin box for one day and that too inside the car. How would your car smell the next day? Awful, right?

Imagine if the tiffin box remains in the car for a week. The smell would be intolerable despite the AC and any air freshener.

Shockingly, it's no different for the human body. When there is toxic accumulation in the body through wrong foods, decade after decade, our body starts stinking in different ways. It eventually interferes with normal functioning and our body's elimination process becomes impaired, and the toxicity shows up in several different ways.

If a lunch box, not cleaned for a week, starts smelling bad, then how about our body and the toxins within? There are many

people who detox their body through one-week detox camps, but they continue to overburden the body the rest of the time. A real detox happens every day through a routine set of practices like drinking herbal teas, avoiding processed foods, soft drinks and sugar. A real detox takes more than a week; it could take several months depending on the age and lifestyle of the person. Not too long ago, detoxing was reserved for the most extreme groups of people who were into naturopathy, etc. However, today many people are taking up the practice.

While it's not easy to clean the rotting lunch box that has been lying in the car for a week, it can be done. The smell gradually subsides. During the process of cleaning, there would be a foul smell in the air. But then, with time, cleansing happens.

Like that, fasting is an internal cleansing process. The first experience for most people who attempt fasting even for a day, are usually negative. As a result, people become very weary of fasting. Even a few hours without food can cause headaches and discomfort: the tongue turns yellow, the breath becomes foul, weakness and dizziness set in – all symptoms lead us to believe that fasting is undesirable. However, these are the body's way of removing toxins from the system, toxins that have been stored for years together.

Our body has been brilliantly designed - it decomposes and burns all the cells and tissues which are aged, damaged or weakened through a process called autolysis. Further on, new cell growth during fasting is stimulated and accelerated as the required proteins are

DETOX EVERY DAY...

It's not enough
to detox just the body.
What about your mind?

Shobs



re-synthesised from decomposed cells. In fact, sensible fasting every so often delays aging.

Some of the symptoms of a non-toxic body are:

- Feeling fresh on waking up
- Cravings reduced compared to what one experienced earlier
- Feeling light in the body
- A desire to eat healthy food
- Sound sleep
- Fewer aches and pains

Now take a second to think about a time when someone did something that wasn't agreeable to you. At that moment you would have smiled and moved on, but you would have noticed that your heart was beating a little faster and may be your stomach was whirling out of pain. And there was a toxic emotion within you. In less than 60 seconds we will know whether we have handled the emotions positively or negatively.

Although people eat natural foods and nourish themselves at the gross level, how about toxic emotions? Well, for many people, negative emotions like anger, anxiety, rejection, depression or loneliness may be the reason for stress and diseases. How do we emotionally detox ourselves? While positive emotions like joy, kindness and happiness can change the cells in our body, negative emotions too can impact the cells. Some of the symptoms of the emotional burdens we face with every passing year are intense anger, hostility, resentment, disagreements, sadness and weeping. As we grow older, these emotions become too heavy to handle. It is like carrying a huge sack of potatoes. It's too heavy to carry on a daily basis.

But people say that body has the ability to heal itself provided we pay attention to it. The human body is a remarkable machine, and it will work hard to restore the balance. Every system in our body will do plenty of overtime

work to maintain homeostasis. But there is usually a penalty to be paid for overtime work; it usually results in lifestyle diseases.

When we are stressed, we are filled with negative emotions. Our body will give us certain physical clues like stomach upsets, headaches, vomiting and skin rashes. These symptoms are the body's way of getting your attention to let you know that what you are feeling is tipping the emotional scale and that you are out of balance. The harmony is missing. Can we detoxify our emotions? Can they be reversed? How do we begin to detox the emotional body?

- It has been found that people who express their emotions live longer with lower stress levels. They live in harmony with themselves. The more expressive you become, the healthier you become. It is something we need to gift ourselves. Like

ADVT.



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How do we emotionally detox ourselves?
While positive emotions like joy, kindness and happiness can change the cells in our body, negative emotions too can impact the cells.



manage stress more effectively and works on different levels of our being to help us regain emotional equanimity.

Some of the beautiful features of an emotional non-toxic body are:

- Feeling positive emotions, a lot more year after year.
- Eating healthy foods when one is stressed.
- Coping with situations in a positive way.
- Sound sleep.
- Lesser intake of caffeine and junk food.

Mahatria says, "When we are conscious of our life, everything that is life positive expands and everything that is life negative shrinks." So, when we become aware of our happiness, it expands. Thus, when you become aware of the well-being of your body, you will be surprised to know that your well-being keeps growing every day and consequently, pain and suffering keep coming down. The more you enjoy your health, sooner than later you will find your body expressing the same through good health. All we need to do is to become conscious of our body. When we enjoy the positives of health, then pain will become just a part of the body's mechanism.

The next time you consider a food detox, consider an emotional detox as well. They both work together as one unit called well-being. Let's follow good lifestyle practises at the physical and emotional level to detox ourselves on a daily basis. ●

how we learnt cycling, we need to learn to be expressive. To start with, you can start expressing your positive emotions and progressively begin expressing your negative emotions too.

- Laughter is a great way to detox. In a research study on cancer patients, they were divided into two groups. While one group watched a funny humorous video every day, the other group watched tourism videos. The group who watched the funny videos, besides reporting feeling less stressed after the films, had better immune function compared to the group that watched tourism videos.
- Self-love is very important. The media has repeatedly

portrayed thin, tall and fair as the ideal we must aspire to. We are bombarded on a daily basis with images of what we should look like or feel like. This can create pain and be discouraging, but by realising that each one of us is a gift from God and by practising self-love, we can discard these negative emotions.

- It's okay to cry. We have all had moments in private where we just break down in tears. Shedding tears is a great way to express emotions and learn more about yourself. Tears are therapeutic.
- Take time out to pray. Research has revealed that few things are as effective at promoting emotional healing as prayer. It helps you



SPORTS REVEAL CHARACTER

David Wagner

A S GOPAL

There was this young man living in California who went to play Frisbee with his friends on the beach. One day as he was chasing to catch the Frisbee, he was running in the shallow waters of the beach, when a huge wave came in. Noticing the wave, the boy tried to jump over it but lost his balance as the wave was bigger than what he expected. He lost his balance and landed on his head. It hurt his entire system so badly that it left him paralyzed.

It was so sad that at the age of 21 with his whole life ahead of him, everything came to a standstill. It looked like the doors for his future was shut.

Champions emerge from such adverse situations. When life shocks them, they with their response, shock life. **David Wagner** was one of them.

He had to discontinue college and had to take up table tennis as part of his rehab. However, he became the national champion in table tennis three time in a row.

Strapped to a wheelchair, he understood, he has a way with racquet sport. He enrolled to get trained on wheelchair tennis. Since he had a liking to the sport and with his continuous efforts, he started showcasing his talent on the big stage.

David Wagner started participating in the quadriplegic tennis tournaments. He started winning it and went on to become the world's No 1 ranked player in that. He started winning the Grand Slams, the Paralympics both in singles and doubles.

He is also invited to teach in training camps, where he continues to inspire others who think they need to give up. David inspires everyone that when life makes you immobile, if we decide we can find a way to move above all distress and be an inspiration to the world. ●

I could feel my heartbeat clearly, I am feeling butterflies in my stomach, there is an unknown fear in me..."

If one feels this way before a stage performance or during any situation where important decisions have to be made or when targets need to be achieved within a time frame or just before the examination, is there something wrong? No. This is the body's way of keeping one in a completely alert state. But if these alert signals become extreme or too intense, then it can affect the mental state of the individual, which in turn can affect the body later at a cellular level. This process is called stress. And this is identified as the root cause of many lifestyle diseases in the modern era. It affects everyone – the young or old, men or women, the king or pauper.

In simple terms, stress is the gap between the expectations and consequences. We get stressed when our expectations have not been met. It can be triggered by simple matters in our day-to-day life like the maid not showing up for work or bigger challenges like failure in business or relationships or a debilitating illness. The degree of stress may vary according to situations. Even if we are normally quite cool, calm and collected, there could be situations that could provoke and push us towards the stress zone.

However, since stress is perceived by the mind, if you take a similar situation, the stress level will

vary from individual to individual. Let's take the example of A & B, who are friends. When they have to go out together to meet somebody, A would always take his own sweet time because he is chilled out and laid back. But for B, being on time is sacrosanct. B would keep checking the time and would keep calling A to find out where he is. Finally, A would breeze in with a smile as if nothing has happened. But B would be very stressed out by then.

The mind gets agitated in such situations to a certain extent. When the mind is agitated, the brain releases certain chemicals and neurotransmitters which have negative effects at the cellular level. It does not happen with one incident; however, recurrent stressful situations (mild, moderate or severe) build up negativity gradually at the cellular level. This affects the body's immunity, and results in lifestyle diseases like diabetes, obesity, hypertension and heart diseases.

But, stress can be positive too. Stress actually keeps the mind alert. Whether one is getting married, joining a new organization, performing on stage or embarking on college life – basically beginning something new or doing something new – one tends to feel anxious, or even stressed. But, in these situations, the stress (nervousness) is positive. By nature, we fear the unknown. Many times, this fear is overcome by our faith that everything will go right. This faith comes from either our self-belief or from our belief in a higher source. Life is all about

Beware of Stress

Stress is the root cause of physical, mental and emotional distress.

Vijayalakshmi J



responses and reactions. When we respond with positivity and ability, life will move on. In a way, that makes life simple.

The challenge lies in the situations where we react. Again, this reaction will vary according to the intensity of the situation and our mind's ability to cope with the situation. When the mind is in a better state of control, we will sail through these situations with ease. If the mind is not in control, what happens?

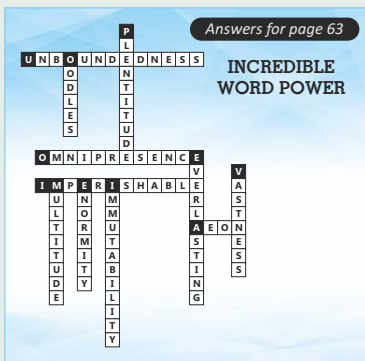
- As mentioned earlier, stress may manifest as lifestyle diseases over time.
- Every time we are stressed our body's muscles go into spasms, especially the fascia (the covering of muscle tissue). In particular, the neck and shoulder girdle muscles, upper and lower back muscles, and the calf muscles tend to absorb maximum stress. These muscles not only absorb mechanical shock but also absorb mental stress. Haven't we all at some point or the other thought, "I am carrying the burden in my shoulders. I am not able to let go of my past and my upper back feels heavy... Even if I'm alone, if I am financially independent, I can stand straight with spine erect..." Knowingly or unknowingly, our mind will process such thoughts and pile up stress in our body parts. This is what later manifests as aches and pains.
- We end up eating wrong foods at the wrong times; we eat even when we are not hungry. This will manifest as obesity followed by hypertension and cardiac problems.
- We develop bad habits (thinking that they are relaxing) starting from excessive TV watching and playing video games mindlessly, drinking, smoking, using drugs, etc. This may later manifest as some form of psychiatric illness.
- We end up sulking, filling ourselves with negative thoughts and negative emotions. Later this can manifest as health issues in different systems of the body.

How do we overcome stress?

- Exercising regularly will release certain chemicals and neurotransmitters which can produce a feel-good effect.

- We should feast and fast sensibly.
- Positive relaxation techniques like listening to music, nature walks, learning some art form, can help us relax.
- Deep relaxation technique like Jacobson's relaxation techniques, *yoganidra*, etc., can really ease stress.
- Meditation on a daily basis for at least a few minutes is a proven stressbuster.
- Filling the mind with positive thoughts and emotions through affirmations is extremely helpful.
- Having a pet is now proven to bring down stress levels.
- We need to celebrate the positives in life and give less attention to the negatives.
- Overall lifestyle modification is necessary.

We all know most of the above mantras for a stress-free life, but we still end up getting stressed! However, now that we know how stress affects our mind and body, shouldn't we do something about it? Stress is the root cause of physical, mental and emotional distress. So, do what is required to lead a stress-free life. ●



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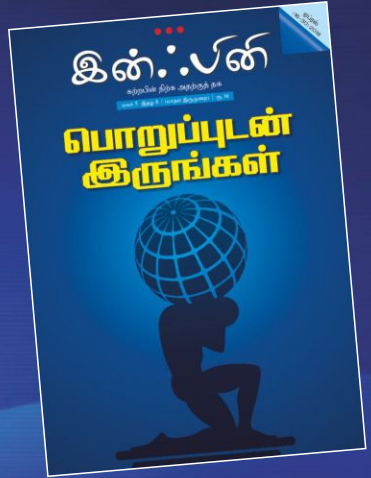
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What is morality? How do you label actions as moral or immoral?



Our experiences parent us. All of us are bound by our instincts, which is to avoid pain and embrace pleasure. A man is no different from an animal in this aspect. In fact, at the instinctive level, man is animal. However, man is a thinking animal and a thinking animal is very dangerous. So, the wise men who walked this planet before you and me, to ensure that man directs his thinking towards creative endeavours and not towards destruction, built a constitution of right and wrong and expected man to abide by it, which we call morality.

Cave man could make your treasure his by physically overpowering you, just as animals do, but in an evolved world it is considered morally wrong. The man from the Stone Age could overpower you, and your woman would become his woman; in a civilised world it is considered morally wrong.

However, the fact remains, even if man is morally abiding he hasn't truly outgrown his instincts. He is still drawn by the pleasure of other people's wealth and is still a victim to the pleasure of temptation of another man's woman. A part of every man is still animal. There is a constant war between the animal within him and the man in him - a war between instincts and conscience. It's as simple as this. Man's conscience tells him that exercise is good for his well-being and encourages

him to take it up. Yet, the instinctive animal within him tells him that exercising is pain and asks him to avoid it. So, every morning there is a war between his conscience and his instincts. The irony is that his instincts have been groomed by his own experiences, whereas his conscience has only been borrowed and inherited from others. Any day, experiential knowledge is more potent; and hence, more often than not, the animal within triumphs over the man. This split between his instincts (pain and pleasure) and his conscience (right and wrong) is referred to as sin.

That is why eating non-vegetarian food isn't a sin to some, as their religious or personal constitution does not consider it wrong; but the same act would be considered a sin if you were from a Jain family, which believes in vegetarianism. If there is a split, it is a sin. It is called a sin because a man with a split can never be at peace with himself, and no one can be at peace with a man who is not at peace with himself. Evading tax may be pleasure, but is it morally right? That's why tax evasion robs you of your peace of mind.

When your life is governed by pleasurable rights and painful wrongs, when your instincts are trained to be in harmony with your conscience and your conscience is evolved to guide your instincts, when your life is one beyond split, then you are living a life of absolute morality. ●

Don't say

Muskaan Agarwal

Don't say I'm too young,
For I feel I am seeing enough,
Watched my friends walk out the door,
Leaving my room empty and footprints on the floor.

Don't say I'm too naive,
And you're right I don't know it all.
But I've wiped my tears and stayed strong,
Even when my spring leaves did fall.

Don't say I'm too immature for someone my age
When I laugh at nothing and dance in the rain.
Don't try to fit me in the same cage,
Where the effort to fit makes every part of me ache.

Don't shush me when I express my views,
And look at me like I'm impossible.
It feels like I'm back in the same shell where everything is a blur,
Where I feel stupid and my voice starts to quiver.

Everyone is different,
Some fragile others carefree.
Give people their space and time,
Respect their limits and you'll see...

There's more to this painting called ME. ●



Subrahmanyan Chandrasekhar

(19 October 1910 - 21 August 1995)

● ● ●
All things die, even stars! When stars run out of hydrogen, they become unstable and collapse in themselves. But not all stars collapse in the same way. Some of the most massive ones explode into a supernova and then collapse down into neutron stars, or black holes. We know this because of the work of astrophysicist **Subrahmanyan Chandrasekhar**, who was awarded NOBEL prize in 1983 for his contribution to the field of physics. During his NOBEL prize acceptance speech, he chose to read aloud a poem by another Indian Nobel laureate, which he had memorized from his youth in India; it was Rabindranath Tagore's - 'Where the mind is without fear ...'

Born in Lahore (which was then part of India), 'Chandra' was home schooled until middle school, studied at the Hindu High School in Triplicane, Madras (now Chennai) and then Presidency College in Madras before earning his doctorate at Cambridge (UK) in 1933. In 1937 he started his career at the University of Chicago, USA where he worked as a devoted teacher and research guide for almost 6 decades. He was managing editor of the *Astrophysical Journal*, the official publication of the American Astronomical Society, for 2 decades.

Among his awards were Britain's Royal Medal of the Royal Society of London, the U.S. National Medal of Science and the Padma Vibhushan award by the Govt. of India.

In his later years, Chandrasekhar devoted himself to exploring the common ground between artistic creation and scientific discovery. Among Chandrasekhar's scholarly papers were 'The Perception of Beauty and the Pursuit of Science' and 'On Appolonius, Kepler and Einstein, Newton and Shakespeare, and Madonna and Mrs. Pelham'.



Here are a few quotes from this scientific star of the past...

- 1 It is, indeed, an incredible fact that what the human mind, at its deepest and most profound, perceives as beautiful finds its realization in external nature. What is intelligible is also beautiful.
- 2 I would feel that an appreciation of the arts in a conscious, disciplined way might help one to do science better.
- 3 In some strange way, any new fact or insight that I may have found has not seemed to me as a 'discovery' of mine, but rather something that had always been there and that I had chanced to pick up.
- 4 Science is a perception of the world around us. Science is a place where what you find in nature pleases you.
- 5 God is Man's greatest invention.
- 6 The pursuit of science has often been compared to the scaling of mountains, high and not so high. But there is nothing mean or lowly in standing in the valley below and awaiting the sun to rise over Kanchenjunga.
- 7 Posterity in time will give us all our true measure and assign to each of us our due and humble places, and that in the end, it is the judgement of posterity that really matters.
- 8 He really succeeds who perseveres according to his likes unaffected by fortune, good or bad.
- 9 The black holes of nature are the most perfect macroscopic objects there are in the universe; the only elements in their construction are our concepts of space and time.
- 10 There is, in general, no correlation between the judgement of posterity and the judgement of contemporaries.
- 11 I am aware of the usefulness of science to society and of the benefits society derives from it. ■

Very often we come across stories of how we, the youth, are full of stress and tension these days in order to reach the top of the ladder in thanks to the rat race. We want the best of everything. But in this pursuit of 'the best' are we compromising with our happiness?

Why don't we accept things? Why don't we accept ourselves? Why has it become so difficult for us to accept ourselves as we are; to be happy with our success and achievements; to truly value ourselves and our decisions regardless of what the world thinks or will think of us?

Are we stuck in the labyrinth of the pre-conceived societal notion of what 'the best' is?

In this world of mad competition and the unending rat race, everyone wants to be at the top; everyone wants to achieve the best. Everyone has big dreams. It is perfectly fine to think out of the box, beyond our comfort zone and to dream big. But, at the same time, what is also important is to know ourselves first. What do we really want? And what have we achieved so far? Are we ready to sacrifice a bit more to gain a bit more? Is the trade-off worth it?

It is not necessary to forgo our achievements and happiness just because some acquaintance of ours has done better or just because our family expected more from us. We aim for the moon but when we miss it, we don't realise that we still lie among the stars. We stop valuing ourselves; we stop

FINDING OUR NEW BEST

appreciating our efforts and hard work just because we are at number two or three.

But, that is not the end of life.

As long as we are content with our efforts, we should not let anyone spoil the taste of our success. Because nobody is the same. Everyone has a different potential,

a different knack for things, a different capacity, a different background, and a different story. Let us, for once, stop comparing our story with that of others. Let us, for once, readily enjoy our success and our 'best'. At the same time let us strive to upgrade our 'best'. Let us find *our*' new 'best'... time and again. ●

By comparing ourselves with others, we are only setting ourselves up for disappointment.

Ridhi Garg





Number sense, is an attribute found in every successful businessman; with his excellent number sense, **Suyash Saraf** has the potential to emerge as one such.

He has stood first in India, obtaining a A* in two subjects (Maths and Accounts) and A in two other subjects (Business Studies and Accounts) in 12th Standard, Cambridge International AS and A Level examination this year. Behind the poise and polished demeanour is a confident and ambitious future star. He is also an accomplished sportsman, having represented his school in Basketball, Football, and Tennis. He is riding on the wave of achievements and is set to soar even greater heights in the coming years.

Here are the excerpts from an interesting interaction Usha Sunder had with the young champion, Suyash Saraf.

How did you develop this number sense in you?

Although the Cambridge AS and A level allow calculators in class and during examinations, I kept away from it. That helped in developing my mental arithmetic. The inspiration came from my dad and granddad; both are quick with numbers and they seldom use any calculators!

What do you think has contributed to your success in sports and in academics?

Consistency, I guess. I always had fixed time for studies - 5 p.m. to 9:30 p.m. What I study within that time is my choice. Of course, I do take short breaks in between. Regarding sports, I simply love it. For the past 12 years I have been trained to play Basketball, Football and Tennis. Watching these games on TV is my favourite pastime.

My parents never put performance pressure on me either in sports or in studies but were supportive of everything I ventured into. That is the biggest gift I got, I would say.

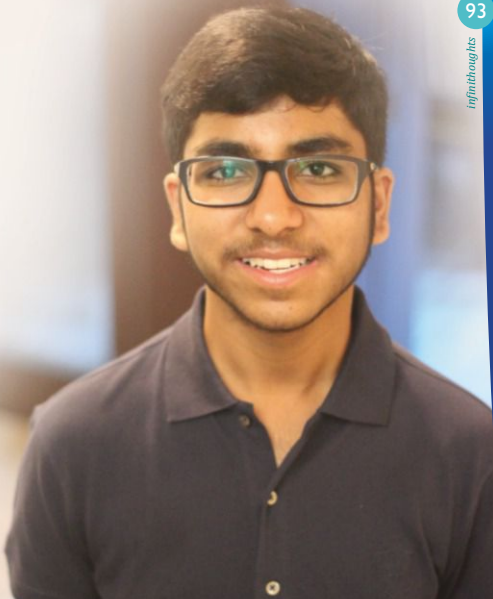
Who are your heroes in these games?

LeBron James in Basketball, Rafael Nadal in Tennis and Team Chelsea in Football.

What do you plan to do in the future?

Short term goal is to enrol into B. Com (Finance). Long term goal is to become an entrepreneur. I also enjoy working with children. I am keeping it open, as of now.

We wish the star of the future Most and more in all his future endeavours. ●





Just this much

In **academics**, answers are **question dependent**;
but in **leadership**, solutions are **situation dependent**.

The leader who leads by the philosophy that
there are no '**no solution**' situations
is the **leader of the future**.

Excerpts from the book **Most and more...**

mahātrīa Rā



As 2018 dawned, my mum gave me the idea of a 'Happiness Jar'. She got this brilliant idea from Elizabeth Gilbert, the author of 'Eat, Pray, Love'. The 'Happiness

Jar' can be made with any kind of jar. You can decorate it however you like; I decorated mine with smiley face stickers. Or, you could decorate it with ribbons - that is how my mum

has done her's. Once you have done that, it is ready to be kept wherever you want and to be used whenever you want.

Here is a simple but inspiring idea to make you realize all your achievements and all the good that you have done!

Dvishan Raao

MY HAPPINESS JAR



You can choose to go to the jar daily or weekly. You have to leave the jar there until you do something great or exciting, like riding a bike for the first time or climbing a tree without help. Once you have done something like that or achieved something you are proud of, just write about it on a colourful card or a sticky note with the date and leave it in the jar. You can also write about certificates you get, like I did for my English work, and merit for earning 100 house points in my school, which was followed by a celebration party.

At the end of the month, open it and see what all you have done through that month. The point of this is to reflect on all the good things you have done. You will be amazed at the things you have achieved and will attract more of the same. Initially when I began using this 'Happiness Jar', I used to do good deeds and achieve something or the other, just so that I will have an opportunity to write about it and post it in the jar. Over time, it has become habitual; habitually happy, habitual achiever!

I also posted a video about the 'Happiness Jar' to teach other children how to do it. I wish that other children will fill up their jars too and feel proud. Collection of happy memories helps us to remain happy and we too start attracting more and more of such moments in our life.

Now it is time to write a note! ●

The Lock

Harry Houdini was a master magician but an even better locksmith. He was very proud of his skill to open any type of lock.

"However intricate and complicated the lock is, I can open it! And that is a challenge!"



A little town in the British Isles had just completed an escape-proof jail and they challenged the great Houdini.

"Houdini, here is your challenge! Come to this new jail establishment and escape from it! If you do so, we will accept that you are the greatest locksmith!"



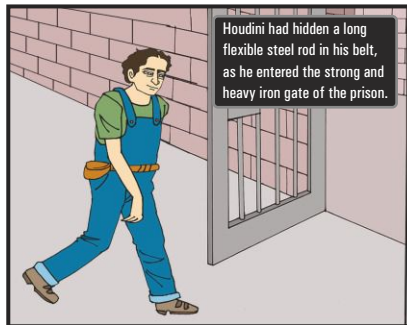
Lots of money and lots of media coverage was involved and Houdini liked both – prosperity and publicity.

"Yes, I accept the challenge! On one condition... I should be allowed to enter the jail in my regular clothes and that nobody should watch me at work."

"Okay. We will give you 60 minutes to unlock yourself, out of the prison."

"Why so much time... I don't need more than 5 minutes with any lock!"





Houdini had hidden a long flexible steel rod in his belt, as he entered the strong and heavy iron gate of the prison.



He worked for 15 minutes. He kept his ear close to the lock... 30 minutes passed...

There was a look of embarrassment on the usually arrogant face of Houdini.



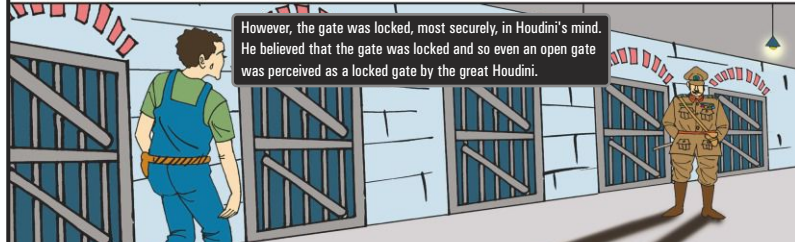
45 minutes passed; he was perspiring.

"This is very strange... Hmm"



After 60 minutes the exhausted Houdini gave up and leaned against the gate...

And it opened! They had never locked the gate! It was a trick on the great escape artist!



However, the gate was locked, most securely, in Houdini's mind. He believed that the gate was locked and so even an open gate was perceived as a locked gate by the great Houdini.

The actual challenge is not out in the world but between your two ears. So, what challenges do to you, depends on who you are and what you believe in.

Life is a puzzle...
...with a solution



How can we stop religious fanaticism?

mahātrīā Rā
clarifies...


Most terrorist activities are manifestations of religious fanaticism. We may not be a direct sponsor to these terrorist activities but most of us are religious fanatics. Mass social fanaticism is nothing but congregation of several individual fanatics. Most people are social hypocrites. Even the most intelligent of men become utterly foolish when it comes to their religious sentiments. We have brought disgrace to the founders of each of the religion. We have vulgarized their teachings and preaching. Each and every one of us should cry in shame for the way we have abused the wisdom of our spiritual masters.

Can't we embrace God without embracing religious fanaticism? Can't we experience God without a chosen classified place of worship? Can't we have an identity of our own than the one borrowed from religion? Can't we be good and noble human beings and avoid religious bloodshed? Can't we embrace humanity with a sense of equality

dropping behind all religion-based inequalities? Can't we make a beginning in our own way?

Religious tolerance alone will not be enough. We must renounce religious fanaticism. We must denounce all feelings of superiority and inferiority derived out of religious fanaticism. Remember, true spiritual evolution is to outgrow from the bondage of all religion. Will God reject us if we go to Him as a human being, just plain simple human being without any religious prefixes or suffixes? I claimed that I am from this religion because my dad said that he was from this religion. I just want to remain the child of God, who will agree with me, that he himself does not belong to any religion. I as his child too do not belong to any religion.

Let us walk our life with purity of thoughts walking towards spiritual evolution. Let us choose our right to live and not interfere with others' freedom to live. Let our neighbours never starve. Let us resurrect a new world. Come... Let us go the other way. ●



its
technology
that changes
the world

Technology is inseparable with human life. Its trying continuously to bring the world smaller than yesterday's. The nation is investing huge money every year believing in technology, for better governance & better life. When a country is believing & investing in technology, why can't we? Start exploring companies working on technology, and invest in them. Technology and Change both never dies.
Happy Investing!

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EVERY RIVER GIVES BIRTH TO A CIVILIZATION.
SHE IS THE MOTHER WHO CRADLES LIFE AROUND HER.
THIS MOTHERS DAY, LETS PLEDGE TO TAKE CARE OF HER.

MOTHER'S DAY | 13 MAY



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