

## Present Life – A Journey of Blessings

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### Abstract

Man is responsible for his own destiny and this present life is nothing but the result of what he has done in the past (what we call 'karma'). If man wishes to reap a better harvest, he will enrich his own life. Man must begin to study his own life and he must look into his own character. He must analyse his own thoughts and actions and very soon he will find that the effect in this life is caused by what he himself thinks and does. The present paper focuses on our life and its blessed journey. Man is responsible for his comfortable and uncomfortable life. He has light in himself. The brush is with him to draw either a dark world or bright world. While wishing goodness, man receives goodness from everyone and by realising this present life as a blessed journey, we must be ready to love and serve others.

**Keywords:** life, strength, challenge, mind

### Introduction

The life of human being is a blessing journey and the path of life is of greater importance and significance that is mostly hidden from one within. The basic purpose of all the motivational speakers seem to instil motivation in the young graduates with their own experiences of success in adverse circumstances and turning buffets of time into blessings of life. Shakespeare in his play *Macbeth* quotes: "Life is a tale; told by an idiot; full of sound and fury and signifying nothing" (Shakespeare 54). Each one has different perspectives on life, but our life should not become an idiotic one as Shakespeare said. How we should restore a fine balance in our life? What are the steps we must follow? We must try to maintain a balance between anticipation and depression.

So long as life remains in the body, our whole life must be a struggle to serve our ideal with pure hearted and also with unselfish love. We should never mind what others say. Infinite strength is behind everyone. We are the children of Divine Mother and there lies our strength too. We must live boldly, work boldly, and die boldly. Swami Paramananda in his book *Self Mastery* clearly states: "The discipline of life is a very wonderful one. Mastery is not for those who are always trying to shirk and shun everything that is everything that is disagreeable. If keep on avoiding what is difficult, we shall never go one step forward. It is this which awakens our inner facilities." (Paramananda 5)

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Sleep is a natural gift given by God in this blessed life. Mahatria Ra converses on sleep in the life of a student as: “If you spend a few sleepless nights now, you will sleep well for the rest of your life. Don’t sleep too much now and be sleepless for the rest of your life. If you are going to be tough on yourself, life will be infinitely easy on you” (Mahatria 37). Shakespeare in his play *Macbeth* says about sleep as: “this life is rounded with little sleep” (Shakespeare 41). When we spend too much of time to sleep, the life span of human being will be shorter. Robin Sharma wants to help others at the same time he wants to enjoy his life for its own sake. He finally concludes his book, *Who Will Cry When You Die* with the words of George Bernard Shaw, the great orator and phonetician:

“I want to be thoroughly used up when I die. For the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle to me. It’s a sort of splendid torch which I’ve got to hold up for the moment and I want to make it burn as brightly as possible before handing it on to future generations”. Before long sleep, we must try to brighten our life and others’ life. (Sharma 108)

Life itself is a blessing journey and we must be grateful to God for giving us this life in this birth. What is the difference between an extraordinary life and ordinary life? Robin Sharma beautifully answers this question in the following passage:

The difference between a remarkable life and a mediocre one is not nearly as large as you might imagine. Nope, we all pretty much start out with the same raw stuff. Most of us are cut from the same cloth. We all can be a hero if we choose. And it just isn’t that hard. Greatness comes by doing a few small and smart things each and every day. Comes from taking little steps, consistently, comes from a making a few small chips against everything in your professional and personal life that is ordinary, so that a day eventually arrives when all that’s left is The Extraordinary (Sharma 72).

So we must try to live an extraordinary life but not ordinary life. By feeling the blessings of God, we must do our ordinary work extraordinarily with great effort and sincerity. The power of mind plays an important role in human beings’ life. Only with the power of spiritual force plus the power of mind, a human being can attain his goal. Sometimes, whatever we have planned in the mind will not happen so for a while. But at that time, we must be very patient enough to accept the reality and we must think that everything has happened only for our best results.

Some of the motivational speeches have been a turning point in the history and they have revolutionized the world. Some of the famous speakers such as Swami Vivekananda, Mahatma Gandhi, Martin Luther King, Theodore Roosevelt, Winston Churchill, Jawaharlal Nehru, John F. Kennedy, Patrick Henry, Nelson Mandela, Steve Jobs, Dr. A.P.J. Abdul

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Kalam etc. are still remembered for their oratorical skills as motivational speakers. These orators delivered many speeches during their lifetime but a few of their speeches are still widely read and listened to across the world. Most of their speeches come with one or the other inspirational motif for the people.

We must sow or plant good thoughts in our subconscious mind whereas it grows very young but never grows old. We must try

1. To keep the 'youth' in us alive.
2. To unload the burden of expectations.
3. Not to wait for a miracle.
4. To stop failure by attempting again and again.
5. To be unique to find a solution to the problem
6. To feel that the Power of Mind is within us and do not try to search for it anywhere else.

Once we have strengthened our mind, no problem can drown us. Walking is a good exercise so that soul, mind and the body will be strengthened. We must live a life of unbiased living like that of a water droplet on a lotus leaf, the great example shown by Lord Sri Krishna in *Bhagavad Gita*. It is worth to mention here the familiar quote of Swami Vivekananda "the whole world is a gymnasium and we have come to this world to strengthen our soul". So whatever happens in life we must try to accept it and strengthen our mind and soul. God created us with the intention that we must accept His precious gift of salvation all the way through Jesus Christ and live forever: "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life" (John 3:16).

Our mind assumes a teeming variety of modifications. Just mere understanding of the illusoriness of such modifications will not help us. We have to develop the power to counteract them, let the modifications arise, but we should not get ourselves involved in them. At the outset, controlling the thoughts of passion comes out dreadful and impossible. We should never try to suppress our thoughts because suppressed thoughts are more dangerous, and they get stored in the sub-conscious mind in the form of seeds. On every occasion, when the conscious control is destabilized, they are apparent themselves with a bang and for that reason, the pessimistic desires should be substituted with positive ones, or sublimated by analytical reasoning and noncooperation with them. Light dispels darkness. Similarly, each higher sublime thought is a beam of light that clears the dark clouds of wickedness thoughts. Realising the power of mind and this blessed life, we must try to live peacefully.

Peace and prosperity can be made certain for the entire humanity only by generating a new thought-force. Dissemination of teachings and philosophies of Saints and Godly men

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will set out a long way towards the creation of transcendent world of grace. We must cultivate the habit of reading the literature and writings of holy men to purify our thought. Thoughts are the grounds or seeds of all our physical actions, sensation and urges.

When we have the habit of studying Sacred Books, we will have strong will power. At first, we may not grasp the meaning fully but after some days, we will begin to understand the ideas reflected in the book. Concentration plays a vital role in developing our mind power. It is also worth to quote here about duty and God, said by Swami Ramakrishnananda, the disciple of Ramakrishna:

Devote yourself to work, both physical and mental, and keep your mind always fixed upon God. It is wise to fix the mind upon a certain object, if it cannot always be fixed upon God. The mind thus trained will not find much difficulty in fixing itself upon the holy feet of Him. (Ramakrishnananda 17)

### **Conclusion**

Even in this new technology and machine world, perhaps with little more plan and foresight, we must try to improve the standard of living and the quality of life. It is our responsibility to do something great in this blessed life, especially to help the needy. Living enthusiastically each day creates a positive effect. Here it is worth to conclude this paper with the following poem:

#### **Challenge Life**

Greater thy challenge, greater thy conquer;  
Forced simple man emerges as a champion,  
Do underestimate thy incapability, overestimate thy ability  
Destroy self-created problems, overcome thy worries.

The one step ahead of Indian Barrister leads him a Great Mahatma!  
The compassion in a teacher steps her to be a Mother Teresa!  
Overcoming all his failures succeeded Lincoln, the great American President!  
The unknown stammering voice's effort made Shaw, a great Orator!

Unaware of the date with confirmed return tickets...  
This life journey... Where it does end?  
A short span of living but a long span of feelings!  
Is not human's physiology equivalent to solar system?

Is not memory stored in mind equivalent to sun's capacity?  
Do Innumerable blood cells equivalent to innumerable night stars?  
Challenge life, challenge life or life does challenge You...  
Live enthusiastically, build this present life, a blessed journey.

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