

CHANNEL YOUR INNER SELF

***"Sometimes the strength within you is not a big fiery flame for all to see, it is just a tiny spark that whispers softly 'You got this, keep going.'"* – Unknown**

Each time Jai flipped and tossed the coin in the air, (in the 80s blockbuster, *Sholay*), the coin would invariably land up to favor Jai in his endeavors and pursuits, much to the chagrin and ignorance of Veeru, who was oblivious of the sacrifice that Jai was making each time to save his best friend Veeru from any pitfalls of life. His magnanimity and self abnegation cannot be attributed to a very happy life. Rather, being born and brought up in the quagmire of poverty and humiliation, he should have come out to avenge the wrongs and unleash his fury upon the world. Jai, is rather humbled by his experiences, ennobled by the suffering. He rather transcends petty feelings and emotions and emerges a messiah for others around.

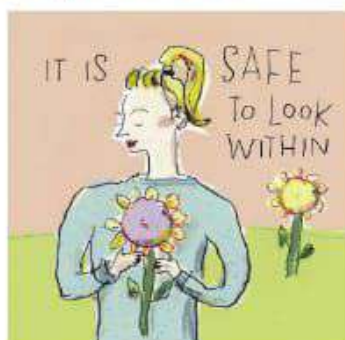
To question the sanctity of the example of the character here, to say he's himself a petty thief and offender is beside the point, for, 'Every sinner has a future and every saint a past.'

Take a look at Howard Roark, the main protagonist of *'The Fountainhead'*. He is subjected to the crippling mentality and psyche of a society that thwarts his progress at all times, never lets him have his due and encourages mediocrity. Go back farther in time. Consider The Maid of Orléans or who you know as St Joan of Arc. The teenage peasant girl of Medieval France, led France to victories in the hundred years war in the 15th Century. Instead of being honored for her contributions and sacrifices, she was rather tried for witchcraft and heresy and burnt at stake in 1431.

What was the source of strength of these characters/ personages (fictional, real or historical), the genesis of their power? What kept them all going despite the odds? This courage, the indomitable spirit came from within, from their inner selves.

Our entire lives are often spent in channelising our energies in the wrong direction, in living life according to the others' paradigm of 'good life', 'well being' and 'productivity'. So much so that we forget who we are, and become the other that we struggle to identify with at a deeper level of our consciousness. We live life through 'object referral' that is with reference to things and objects around us, rather than living it through 'subject referral'- which to quote Marcus Aurelius means "Look well into thyself; there is a source of strength which will always spring up if thou wilt always look."

Relying on our inner self enables and sustains us for an entire lifetime while depending on the world outside, seeking validation and satisfaction from everyone around has disabling effects. Having faith in yourself, in your innate abilities to be good and do good to others opens your minds to the cosmic energy that nurtures us in return for the good intentions that we hold and facilitates a meaningful existence. We don't have to wait for the good to unfold, we rather have to see it unfold every minute and every second of our lives and experience the bliss that it brings along.



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