

We Have A Place
on
Earth



Musings
VOLUME-II

Musings By
CH V S N MURTHY



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To Be or Not To Be, o Muse or Not To Muse.....

The first phrase is the proverbial saying that defines the Character

The later phrase is the reflection of the first to Muse is a Reflection or a Thought on a Character , event or a life situation.

WEEKEND MUSINGS, by **Ch.V.S.N. Murthy** is a marathon process underway, which took roots a couple of years ago. it would be an understatement if i say the seeds were sown and sprouted at the same time .

While he started **MUSING**, he didn't **PEN** them. I think certain strong urge or event in his life made him to capture his Thoughts into words, much to the benefit of a small band of his friends. Over a period of time, this band turned into a larger group of friends and admirers. Currently, Faceless & Nameless followers have made him a legion of Thankful People who draw inspiration from his writings.

What does he write? if one may have to talk about, his thoughts or writings, the topicality each week, week after week, one would start wondering how could one think and write so much, then i laugh at my own stupidity, he is Not Thinking but he's Reflecting. The Sun is his Umbrella and Earth his Ship.

Reflections come from observation, analysis, role play & host of Emotions like anger , joy, love. So he's never short of topics, as he's pondering the lives of others and also that of his own. The beauty of his writing is, sharp, humorous and yet insightful, at times making the reader believe, THAT weekend was reserved for him or her. To him he's writing for none, but to himself. We all are fortunate they get circulated and we become a part of his MUSINGS.

A special note of Thanks to Kashyap Chathurvedula, he put great efforts to bring this Ebook, compiling so many weekend musings and in turn matured a good deal than many of us.

Let us get Mused and Amused, there's a Treasure Trove of Knowledge with him.

Ramana Vangala

My Heart felt gratitude and warmth towards one and all.....

At the outset I thank Kashyap Chaturvedula for the initiative taken to give Musings a shape in E-book format and his efforts at editing them crisp .

Credit goes to Ramana Vangala for giving a beautiful Title for this Book and foreward, thanks for the same. Both their contributions are immense from the day -Go- till the release of this E-Book. My Musings wouldn't have taken the avatar of E-Book. My Sincere thanks to both of them.

Im always thankful to the people who have been supportive in this journey - the Readers. Their comments, Opinions and feedback mattered a lot to me, Big Thank You ! These were their reactions, natural and fair, though I never solicited them. These Infact made me think more.

Finally I take the opportunity to sincerely thank my wife - people often say Better Half, but I rephrase as Best Half for her encouragement in my journey. There was never a single day she commented on my preoccupation, as I used to spend most of my time either reading or in front of my laptop and intermittent juggling with my Phone. It's an immense support and motivation to me in realizing my Passion in Life! And special thanks to my daughter Ankita for her frank, constant and critical feedback. Our best critics are our parents and children.

And I would like to state that the E books will be coming in parts as there are more than 250, that were captured in these 5 years. I wish to bring out E- books for my Pebbles and Giggles too!

Thank you once again

With unconditional Love

**Murthy.ChVSn
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Life is always beautiful. It all depends on us.....

A Word About....

I have been reading on & off your Weekend Musings. At the outset I appreciate your candid way of presenting your thoughts & observations on a variety of aspects relating to human behavior in general & attitudes in particular.

Your narratives bring in a whiff of fresh air in these busy times. Appreciate your efforts and energy in doing your bit, to make us all feel cheerful & motivated.

All The Best Murthy Garu
Muralidharan- Hyderabad.



Dear Murthy,

I am really happy to know that you are planning to come out with an e-book on Weekend Musings. And you have been sending us almost since 4 years!

What I am impressed most about is the simple language you are using to cover the subject you are writing on. It is really very different to put something in so simple words and make it so interesting at the same time. The subject you pick up to write on is also from day to day happenings among people. You really come up with many different subjects. Many a time I forward them to my friends and for them also makes an interesting reading. I wish I could write like you.

I am looking forward to your e-book.

Thanks a lot.
Sanjay Thanki -Mumbai



Your weekend musings are thought provoking, sometimes witty & some are so inspiring that they will turn people's life around!

Ammalu- Hyderabad



My day starts with your beautiful inspiring messages which help me to start my day with a new spirit. And my day ends with your refreshing messages, removing my tiredness and my negative thoughts. I am really thankful to you mavayya. What more can I say...

Gayathri Vangala-Hyderabad

Dear Murthy Garu,

It is with profound happiness I receive the news of your Weekend musings new avatar as an e book.

Congratulations on this stupendous achievement.

First as a charter reader of your Week end Musings series and also an avid follower of your Giggles and Pebbles, and also your substantive take on the interesting happenings around us, I find this a natural progression.

Second, your unbiased views, strong sense of proportion, your humbleness in accepting various view points, ability to correct yourself and the grandeur to say you made a mistake makes you the ideal read on E-platform. It is so rare that people make effective use of their free time and abilities- you are a wonderful example.

So once again wishing you and your e book all the best and also eagerly waiting for all your future thoughts, snippets and writings.

Thanks once again Murthy garu for making me part of the Week end musings receivers and I would always cherish it. And every line is true and from my heart.

**With Warm Regards,
TKS KUMAR- Chennai.**



Congrats Murthy Garu,

I have been an avid fan of your musings to such an extent that even if you miss 2 week, I would be tempted to ask you the reason. I have been reading it and have seen you going from strength to strength covering a wide spectrum of topics. Continue the good work sir and believe me you can always count on me.

Rajgopal-Bengaluru



All the best Murthy and Cheers to the compendium

Vivek Kumar Gupta-Mumbai



Good Evening. I read your Sunday musings. The way you present them in a nut shell always made My Sundays very special. Through your Sunday musings, you inspire the thought process to lead a simple life with positive thinking with no negative emotions.

Ramanamurthy-Hyderabad

Sir weekend musings are very good n useful for everyone

Solomonraj-Hyderabad



The Weekend Musings are quite interesting and can be one of the reasons to say Whatsapp is not just for sharing forwards and chatting. But can be used for meaningful quotes and stories. There are many such written by Mr.Murthy and have a felt really happy and enlightened reading some of them....God bless you and looking forward to the next one

Uday Narayanam- Bengaluru



Dear Murthy,

I remember long back we were discussing about effective way of utilizing your free time. That's the day you opened up and said out your heart.

During your long stint of successful career, you were very good in explaining about your product, services, ROIs etc. You used to counsel your colleagues and others. They all had faith in you and it benefited them though you never mentioned how many of them.

Well, products which you were marketing were not manufactured by you, yet you were successful. And this Sunday Musings are your own creations, thoughts, experiences and upon all these the samskaras you got from your elders. A compound of all above has to be effective and it is.

I have followed most of all your Sunday Musings. In fact at times I have re-read them. It gives strength, confidence and importance of self being.

I would always request you to keep continuing and more than that explore the possibilities of reaching maximum. Your write ups though not addressing to any individual, it's applicable to one n all in their personal capacity.

All the best and my wishes & greetings for such selfless contributions

Rajesh Shah

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Hyderabad - 98499 73355



Dear Murthy,

Yours is one post I look forward to as it's not a forward... A personal touch is always appreciated especially in this cold world where many are not in touch with reality due to their obsession with virtual reality.

Putting up an E-book is a good idea but don't let a virtual editor tamper with the language. It will change the enthusiasm with which you put forward your thoughts which makes "Weekend Musings"- you.

All the Best...

Loretta



Congratulations and happy to know.

In this busy world we are not having time for thinking and developing our skills.

All your Weekend messages are mind refreshers and gives positive thinking within ourselves.

Chakrapani Seetharaman-Quatar.



Murthy Garu,

I learned a while back the power of spaced repetition and I experience this power being unleashed when I read your week end musings - packet sized nuggets of practical wisdom periodically delivered in easily digestible and experiential language. Thanks a lot.

N.Sridhar- Mumbai.



Dear Uncle,

Your writings kick start my day, you are my friend, philosopher and guide. Your daily messages are like pearls from the ocean bed and I am blessed to find them daily. They shed light in the darkest hour and they make my celebrations brighter.

Weekend musings get me one step closer to god light my way click a bulb in my mind and they are personality coaches in their own way. Your knowledge cookies have touched and enlightened not one but many! Your daily giggles and weekend musings tickle the bone and inspire our souls and make us eagerly await every day. Bless your spirit your consistent and persistent giggles and musings.

Our day starts and ends with your treasure of knowledge .

Regards

Sravani Samavedam Tirumala - UK.



Hi Uncle,

"Murthy Uncle's write ups are very simple to understand and can be related to life practically. It does hit one's thought process and makes you think in particular direction.

I, being part of Uncle's daily contact list, his quotes have always makes me smile and start the day with a positive note. They are enough to change your mood, in many ways! And many a time my day used to end with a Happy Note!

At times the Musings are the answers to your own questions dwelling in your Mind for long. They spread a right message to people, by and large to society also. At the same time makes us to get deep into the "Topic" written, many a time!

And his writings cover every aspect of Life with varied topics; hence it attracts many-irrespective their age!

It is sometimes a bitter truth conveyed,
Narrated in a polite manner and at times frankly-without mincing words!

For Uncle: You are boon for human kind and society. Keep spreading your infectious charm of happiness forever. You are dear and special to me!

For the readers: He is always smiling, energetic and rocking Uncle. I feel his writings spread his happiness deep into you!

Thank you very much making me part of Your Life!

With Love

**Your Guddu- Uraf Jyotsna Honkhande
Mumbai.**



Disclaimer....

The Musings are my original thoughts from my Mind. And I have been peening those thoughts without any filters as I always speak my Mind-without any apprehensions. At the same time these thoughts are common and natural to any human beings and not something unique from me. Luckily I could able to express them despite having no-flair in my language nor vocabulary.

As I am not a Professional Writer-I have been writing in a simple language with my limited jargon-expressively.

People may relate to them nor suddenly think of somebody when they read certain topics-which is the possibility as we all from the same society and behavior.

And I never intended on anybody while writing. Though these writings are from my own thoughts, being a habitual reader of various Books and the nature of various mentalities I come across in my life prompted me to write certain topics for which I am thankful to them.

Similarly- the points which have been written are very ordinary, they are just reinforcement and retold by me in my way-that's all.

So,if any similarities are found in these writings they are just coincidence not taken from anyone.

I hope and sure you will like them and also request each one of you to give your feedback and suggestions on this Musings. If you like just spread them in your circle as it may interesting and be useful to themselves and their circle of friends also.

Yours
CH.V.S.N.MURTHY

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"Taking Care".....

Right from our birth we take care of so many things in life. And both words 'take care' and 'taking care' are very significant in everyone's daily life.

We take care of dolls n toys
We take care of our tricycle
We take care of bicycle
We take care of belongings
We take care of weirdest and smallest things
We take care of our books (I hope!!)
We take care of our school bag
We take care of our friends
We take care of our friendships
We take care of our Children
We take care of our Parents
We take care of our relationships
We take care of money
We take care of our clothes
We take care of our bike
We take care of our car
We take care of our home
We take care of appreciations, mementos and store them in our memory too
We take care of so many things in life
And the list is endless.
Few of us forget to take care of many things in life from above!!

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. .
. .
. .

All we do this because of our body & mind and we exist too because of our body
Why some don't take care of their body (I mean-health)

Please all of you take care of your body-that's the only place we live in!!

Life is always beautiful; it all depends on us.....



"Pets & Humans!!"

It's not uncommon that most of the people have liking towards animals and birds-of course besides human beings! - And few of them have pets at their homes. We have been seeing those pets becoming their family member; get into their family group photos also- In the social media!

It's ok to this extent as most of us are animal lovers-though all of us not have pets at home!! . The problem starts from here- as they start living with lot of limitations and restrictions without knowing and noticing!! (May be not-sorry folks-it can be only my perception!!)

And someone has to be a care taker in the family (24/7)-suddenly their entire world gets revolved around their pets-unknowingly the pet become priority for them in the world-sorry-at their homes!!

They need to plan things even they go for a film or going out for long shopping. This will restrict their movement (of course they won't agree!) and by virtue of that they reduce their visits on people and don't give priority for relationships.

Whenever or where ever they visit-it's for sure most of the time they talk about their pet with visitors. If not they see to it- bring the topic of their pet. All this happen without intention. So much of craving they will develop on those pets-over a period of time their entire world will be their pet.

They won't realize that their relationships are cracking down and people have no interest in them as they keep talking about their pets always (It's like few parents always talk about their children when we go to their homes or when they come to our homes-as if there is no other topic in this world)

However hygiene they maintain at homes when they allow the pet to roam in all their rooms-including on their beds-it leads to health problems after sometime- They won't realize we humans are supposed to live with humans and maintain our relationships with our people -no doubt they may love their pets-there should be a limit. Most of the houses we see the dog as their pet-with few exceptions.

(For heaven sake I request pet lovers not to jump at me)

No doubt Dogs are faithful animals and they love all the family members in their homes where they are being cared as pets.

In fact Dog is almost equal to human (rather best among animals) in terms of understanding, thinking, communicating in their own way, showering love and demonstrating their faith- excepting that it can't speak. That's the one of the reasons-unknowingly people get attracted for dogs and opt them as their pets.

And also they behave like a small child in the family -all the family members develop the affection on them and treat them like a human being and pamper their pets heavily!

Few are so eccentric- their dog is their world and talk about them as if its' a celebrity-something others cannot take it-they should realize it!

I may not have pet at my home-but I like the pets and where ever I see in few homes I feel good. But those people should realize that their affection and time towards their pet should not be at the cost of the relationships with human beings.

Please realize and recognize before it becomes too late!!

There are few people in the world they love only Pets not human beings. So much love they have towards the pets they may born as pets in their next birth!!

After all as human beings we are supposed to Love and maintain relationship with humans first!

Life is always beautiful; it all depends on us.....



Chapter#53
Musings

"Emotions In Life".....

As human beings we express different emotions at different times-in various contexts/occasions. They are broadly as follows (I jotted down whatever I could-many more can be added.....)

When we are angry
When we are in an excitement
When we are in a happy moment
When in scary time
When in full of joy
When in a sad moment
When we are in empathy
When showing sympathy
When in gratitude
When we thank people
When we are in love
When we express respect
When we don't like people
When we like people

If we recapitulate -in every occasion of above -we exhibit and express different emotions-which are very natural to human beings-they come very naturally too!

Why do we do so? They are our intense inner feelings which we express spontaneously-most of the times. These are very natural-comes from our mind and heart-there is no need to act! Except with few people who are born actors in this world!

One emotion which I have not written in the above list is

Crying

As I want to put forth my thoughts

"Crying is not a weakness- it also an emotion"

All of us would have gone through these situations many times in our life-irrespective of the age & gender-male or female. Few people/rather most of the people have a feeling and belief that crying is a weakness-certainly not. Like other emotions-it also comes out very naturally-when one goes through certain situations in their life-as few people believe, convinced rather in a myth they try to suppress their emotions during these times!

We have been bombarded, influenced right from our childhood that crying is a weakness-more so for males (!!). And also people have perception if we cry-world may consider us weak hearted and not brave enough and do not respect?

It's nothing wrong in crying in front of your blood relations, family people and intimate people-it's an expression of your emotion! When people are in a sad mood -feel like crying please go ahead and do it-secretly-it will ease the current status of your mind and you feel better. Even psychologists have approved this phenomenon.

Hence forth please go ahead and cry whenever you feel like!! Cry happily!
Please remove those myths, beliefs in your mind on this emotion.
Life is full of emotions!

Life is always beautiful; it all depends on us.....



"Morning Walks".....

As It's not unusual that few of us go for morning walks, do yoga and pranayama-for physical as well as mental health-besides enjoying the Nature in the process!

But few People are not into it- during their walks. More often I see-they come with head phones on while walking. They may be listening to music or devotional songs -but Nature looks awesome during morning time and gives an eternal& soothing feeling-thereby 'body and soul' get charged!

They are missing the music of the chirping birds, fragrance of flowers. The smell of the plants and trees- missing the beautiful, pure and soothing breeze-unpolluted-unlike human minds!

Few people keep gossiping with other person during walks. Why can't they fill their mind with all the positivity in the morning- gain the mental and physical energy?

And also every day they all are missing the opportunity in appreciating the Nature and Wonderful creation of God-during walks!

Few people are on talking on their phones -as if there is no world without Phone. In Mahabharata we read that- King Karna had Sahaja (Natural) Kavachakundalams. Now smart phone has become integral part of our body and most important thing in our life-more than human relationships.

It's curtailing human interaction and relationships-knowingly and conveniently we ignore! (May be in future people may surgically fix their smartphone to their bodies-before God creating future generation with integral chip!)

In olden days there is a saying-Pusthakam Hastha booshanam (book is an ornament in our hand) Nowadays smartphone has become Hastha booshanam! And also become a 'karna pisachi' (karna means ear and pisachi means ghost! True translation for the benefit of the people)

Morning walks, Yoga and Pranayama should not become routine and mundane in our day to day life. Let's understand the purpose, as all of us are aware-It's not only a physical exercise to keep our body fit. It's an exercise connecting the mind and body too-besides charging ourselves with positivity!

And create an excitement in the morning walks and exercises-which will charge our body cells- and the day will make more exciting!

Let's explore and enjoy the walk of life!

Wish you all best of health

Life is always beautiful; it all depends on us.....



"Holistic Outlook on Others"

As human nature-we have a tendency to form opinions very swiftly on people due to our experiences on number of occasions.

Let's not form our opinions on people on case to case basis. It's natural that people have different opinions and thinking. Let's not cultivate the habit of generalizing everything on that person negatively. Every human being will have positives and shortcomings- and none is perfect.

We should understand that due to various reasons, their behavior with us as well as someone's experience- should not make us to close negatively on them.

We can't be judgmental on everyone due to our sour relationship with them. When someone is talking and referring about them in any occasion we need not be negative on that person all the time- and the best thing is to be quiet.

Can't we cultivate the habit of identifying& appreciating good also in others-besides highlighting shortcomings? And one should remember and realize even our shortcomings too not liked by others equally!! It's unwise to think ourselves that we are perfect and others are not.

When we can identify faults in others we should have same thinking that others also can do with us too!! As they are not expressing with us doesn't mean that we are perfect and positive-remember they are bearing with us! We should be sensible enough to understand this!

It's not necessary that everyone will have all positive things with them- few negatives can also be expected- though it's not mandatory- as we all are human beings.

We would have noticed that few people change their negativity to more positivity as the year's progress in their lives. We also should realize and understand that we should not try to 'label' people with our perception and understanding-not necessarily its true always.

In certain occasions we would have an argument or difference of opinion-should not make us to close and make a judgment on them. Besides this-whenver we observe some 'good' in them we should appreciate publicly too-besides appreciating that person on his face!

Let's have holistic approach in Life towards everything-things or humans!

And also behave; understand in such a way towards the world- enable them to give us 'good label'. Move away from 'labeling people' to the stage of being "labeled as good" by others.

It's a matter of paradigm shift!

Which we can do -if we strongly wish to change.

Life is always beautiful; it all depends on us.....



Chapter#56
Musings

"Intimate People-And People Becoming Intimate ".....

As There is a difference between these too. Generally our family members, friends and few others will be intimate to us. However over a period of time – during our journey-we meet new people and unexpectedly becomes close to them-rather we feel they are close to us and they will be very intimate to us suddenly. There can be reasons and yet times without a reason-against all logic!

Similarly it's not necessary our family members, relations and friends only- are our natural intimate people! Few people in everyone's life -other than the above becomes intimate-rather they become more intimate-sometimes (we call it's destine to happen) once we increase our circumference of our Love and caring to others too.

Love and care are not restricted words and they have broader meaning-can be used generously. When we have these experiences in our life-it confirms that we have abundance of love and affection within.

I am sure every one of us has few intimate people in outsiders and strangers too!

It's always nice and great to have more number of relationships than wealth. It may be bit easy to make more wealth-not relationships! -As we can't buy them with money.

It's not easy to have more relationships-as people should feel like making relationships with us-all it depends on our attitude and behavior.

Let the journey go on, enjoy those intimacies and make them happy-besides you being happy. After all happiness is the essence of anyone's life and that's what for we live!!

Life is always beautiful; it all depends on us.....



Chapter#57
Musings

"Who is it".....

I am in solitude and ...
I am in a state of soliloquy
Its pitch dark-no- I made it!
There was a knock on the door
"Who are you" I said
'It's me' was the answer
I am Perplexed- and asked 'I am here-how come you are away from me?'

'You are afraid of me keeping with you
And it's you thrown me away
I am trying to come back to you
As I feel you need me badly now' was the answer
Hmmm- I was in silence for a moment...
No I don't need you -I am comfortable -without you
Otherwise I need to keep on answering you, giving explanations
You irritate me, frustrate me sometimes
I am living happily-without you
The question came-after a mischievous smile...
"Then why are you in dark with all sadness?"

.
'Who said I am not happy' was my answer
Then- A soft smile and whisper...
'You don't need to....'
I know you have been having sleepless nights
At least realize now-you can't keep me away from you
And you are craving for me-but your ego is not agreeing
And without me you are not complete and can't be happy
Then '.....' came near me. Touched me with all softness- it's like an angel touch!
I melted-unknowingly and effortlessly "....." gone inside of me

Its' a Wow feeling...

Magically I got all the energy -could see and feel the World of difference.

.

I am happy now '.....' is back to me.

I realized I can't live without '.....'

Now I can withstand storms in my life and felt the strength of Himalayan Mountain

Not only me-every human being

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.Or you not curious and interested to know who that is '.....'?

.

.

.

.

It ismy soul

Any human being is not complete without having Soul in its place-not only me

Take care of it-its eternal unlike our body!

Life is always beautiful; it all depends on us.....



"Only in this Life".....

They are our parents -only in this life
They are our sons and daughters- only in this life
They are our life partners- only in this life
They are our sisters and brothers -only in this life
They are our colleagues-only in this life
They are our relations-only in this life
They are our well-wishers-only in this life
They are our friends -only in this life
They are our neighbours
Only in this life- Just for this life only
. . . .
At the best few more years
Ten, Twenty, thirty years
Even they are at fault let's be happy, bear and love them
Let's love them when we and they are alive
Instead of loving their photo after they leave this universe
It's great to love when they are alive
And how many years we live?
None is permanent here
As we are not immortals
Let's not have any jealousy, greed and selfishness
Just love-love-love-Keep loving-don't miss a day in your life

Life is always beautiful; it all depends on us.....



"Importance of 'Somebody' in Our Life"

In every important phase of human life there is always 'somebody' helps us in our Journey. But for those 'somebody' help and support we wouldn't have grown and they are there with us right from our childhood.

Please recapitulate every important moment of life-surely there will be somebody would have influenced, supported, guided, and done good things for you. Remember each 'somebody' and write their names on a note book (of course on Microsoft word-as all of us forgotten how to write on a paper with pen!!)

But for them we wouldn't have been here what we are today. If we don't remember, show our gratitude to them -life has no meaning if we are not good humans. we don't need to be rich humans-but should be good humans- When we have the qualities of good human being, money comes on its own!!

We surely are happy when we have this mindset in every moment of our life and can come up in life- and the bonus is- extra happiness is guaranteed!

In the current materialistic world-we hardly see people who have 'gratitude'. It's not surprise that few people have forgotten- rather removed this word from their life Dictionary. They think if they remember this word they will have to unnecessarily remember all those people who have helped them in their life as it's a waste of time and energy now!! That's why they remember to forget them!!

My request to those people is that-at least they should replace that word with "courtesy". As they wouldn't have forgotten the word 'courtesy' as they are forced to- in order to come up in their career as well in acquiring materialistic things in their life. But they don't understand and realize that in the process of becoming something in Life they become 'nobody' as they have forgotten 'everybody'.

Even if they want somebody or everybody in their life nobody will come near to them.

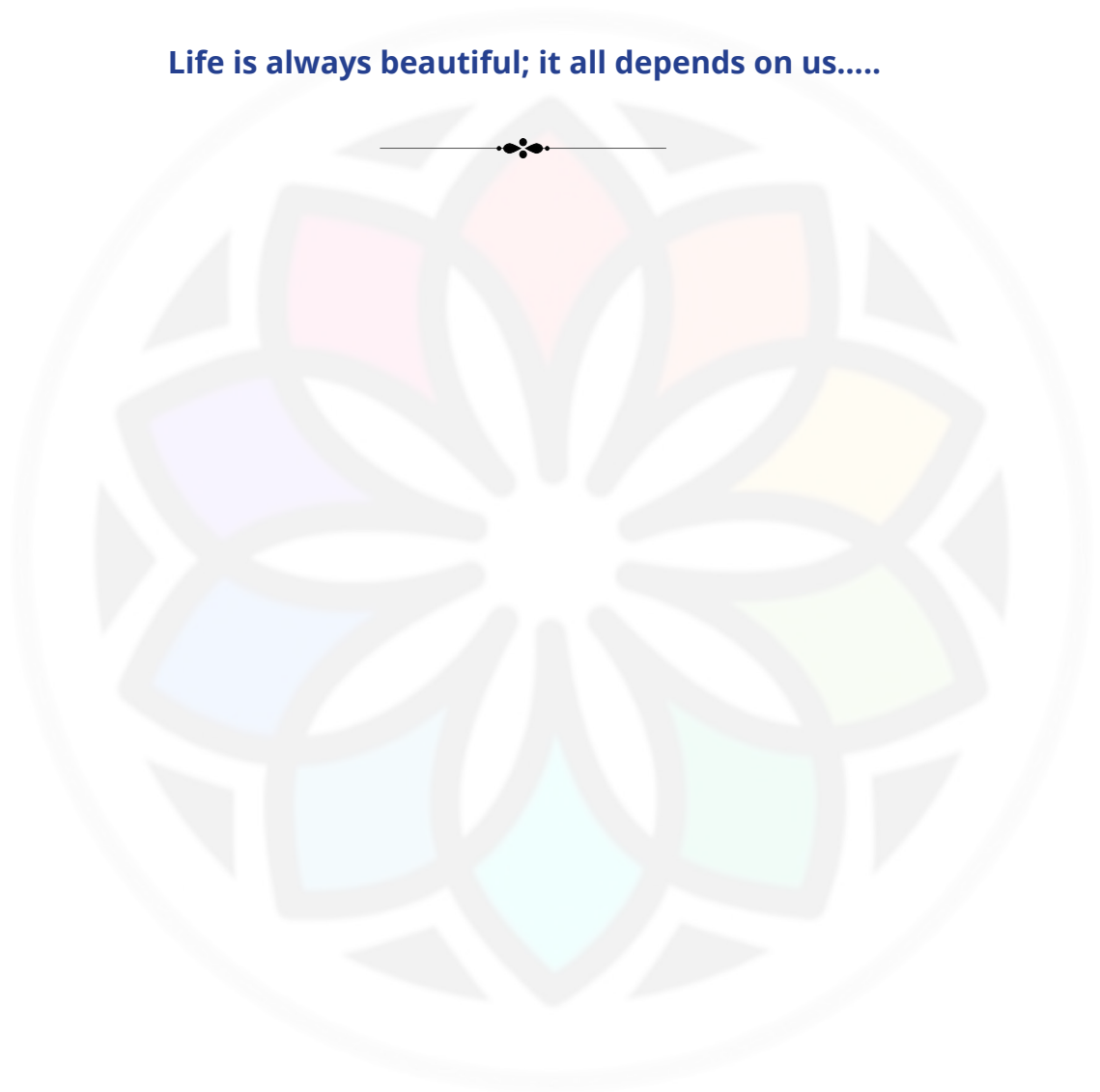
Then there will not be any meaning to the acquired wealth and career if you have nobody around you. I have seen many people in my journey and sure each of you also witnessed in your experience.

Please realize now itself –instead of getting regretted after few years in life and try to remember each and every ‘somebody’.

In fact it gives tremendous happiness to become ‘somebody’ to everybody.
So it’s our choice whether to become somebody to everybody or become nobody-still life goes on to those ‘somebody” very happily.

The human life is fulfilled and completed- if we try to be ‘somebody’ as a mission in our life.

Life is always beautiful; it all depends on us.....



"No Pain No Gain".....

In Let's redefine the above saying. We have been hearing this saying right from our childhood and we keep saying the 'same saying' to our children. It's very surprising to note-why we still feel this process as pain?! No doubt it pains us as human beings-let's not cling to it!

And start feeling that pain as an experience, feel and visualize the gain-so that we never feel that pain as pain. At least feel the same as 'sweet pain before the gain'.

It's just a paradigm shift-that's all-reconditioning our mind! Once we believe and practice in our life-can be imbibed in 'young minds' too. There are so many challenges in the current world-it helps to confront them. Life becomes easy when we have this philosophy -in overcoming all obstacles. And also this will enhance our confidence whenever we face challenges-as we remember and sure that-"this pain is a passing pain for giving us the long term gain".

Life is always beautiful; it all depends on us.....



"Body & Soul".....

All of us are lucky enough to be born as human beings in this universe-among so many creatures in the world!

By virtue of this body we have been given a name thus making relationship with the entire world during this journey of our life. Once this body becomes lifeless-everything vanishes! Due to the attraction and influence of the materialistic enjoyments available around us- Most of us never give cognizance to the soul which is within us

We should not waste this life given by God. It's not that Soul doesn't caution and tell us-we just blissfully ignore. Try to listen to your soul-give cognizance and see the magic of life. Once we have this realization(Earlier the better!!)-we enjoy more internally besides externally.

As someone said Life is a book and only two pages have been written by God-1st page is Breath, the last page is Breathless and He kept the middle pages empty to fill with love, affection and purpose of life- These empty pages have been left to every individual by God. Unless we identify and listen to our soul we can't write those pages beautifully.

Life is always beautiful; it all depends on us.....



"Emergency meeting convened by Lord Yama dharma raj"

As there was a crisis in Yamapuri Lord Yama has called for an emergency meeting. He summoned all the Senior Managers –Vertical Heads and important team members of respective Verticals. Agenda for discussion: Low inflow of traffic to Yamapuri .

Reasons identified: Latest medicines, Improvement in Lifestyles, Technological innovations in Medical and health field-which is increasing the life expectancy of human beings and causing panicky for Yamapuri- questioning the survival and existence of His Kingdom!

The inflow to Yamapuri has drastically come down in recent years-And it has come to an alarming level and causing lot of worry. And if this situation continues- all our jobs are at stake as none of us will have handful work 24/7x365 days.

Of course Lord Yama explained that due to various Time Zones on the earth we have to work 24/7x365 days and also said due to understaff in the Department few are working nonstop for which he has sympathy for them!

There was a murmur in the meeting hall on over time when Lord Yama was a giving briefing- everyone said in chorus that this request is pending with Head office(Vaikuntam) since so many months for the extra money for over time.

Yama tried to pacify them and said that he will take up the matter once again with Lord Vishnu- however he also conveyed that this is not the right time to remind Lord Vishnu-as the inflow of traffic itself has come down.

If I take up this topic now- Lord Vishnu may say- as there is no handful of work to all the hands- he may talk about retrenchment (in a typical Corporate Manager tone and style!) And all of you know that already few people are 'on bench' since few months-and as you all know I have not revealed to Lord Vishnu! (Management knows how to silence the employee demands!! And He can get away without PLA for one more year also!)

Hence Yama requested all to come with suggestions and ideas to improve the inflow of traffic to Yamapuri.

He also said that there will be best suggestion award also-if it's appreciated by H.O. Immediately one guy got up and said-Prabhu- I didn't get my last year award money so far! Please look into this at least in this year. Yama was embarrassed for a moment and quickly consoled the guy

saying that he will try to give some extra amount along with the due amount to him during next month salary (typical Indian Management strategy!)

That guy was felt very happy for Lord Yama's assurance and said with all the enthusiasm that he will try this time also to come out with good suggestions under this current crisis.

Lord Yama authorized all the Senior Managers and respective Vertical heads to implement the suggestions given by their respective team members-if the managers feel it will enhance the death rate on the Earth and improve the productivity at Yamapuri. And there is no need for them to come back to him for the approval of the suggestions.

He also announced that if it yields good result - handsome PLAs and Promotions will be announced in the interim itself-instead of waiting for the Annual appraisal time.(Again one more carrot!!)

Before concluding the meeting he told that the Vertical Heads to update him through YAMA WIFI! (Thanks to Mr. Steve Jobs)

And before leaving he requested the Special guest Mr. Steve Jobs to come out with the latest Technology and software for overhauling total operations and efficiency of Yamapuri.

And He left the Conference Hall announcing the members to enjoy the evening with the arrangements of all Entertainments and Dance Show by Rambha,Urvasi and Menaka with their respective cheer girls.

People were very jubilant for the last announcement made by Lord Yama and they are fully charged before literally charged!

The party was going on!!

Note: My Dear friends-this information has come to me through my intimate contacts in Yamapuri. As you know my networking abilities!! Hence all of you should be very careful as they will be coming to earth with novel ideas to take us there before our original expiry dates.

Few suggestions from my side:

--Don't walk on main roads while talking on phone

--Don't text/talk while you are driving

--Don't drink and drive (you can drink but make someone to drive for you-as they drive your home safely- rather you drive to Yamapuri directly!)

--While Driving MUVs/SUVs don't define the elasticity of accelerator.

--And not to forget to have your seat belt on 4 wheeler and helmet on two wheeler(if you follow this for 364 days and neglect for 1 day also-please understand that Yama team will be waiting for opportunity and working overtime to take you there to achieve their targets)

Best of Luck and have a Long Life

"Temple Visit".....

Last week I went to a temple for a special pooja. As I reached early by one hour I had to wait there. However I went to all the Deities-who are there in the temple in the meanwhile. After having Darshan of all the Deities I sat in the main temple hall.

I tried to read the 3 slokas though they are written in Kannada-as they resemble Telugu script-without much of an effort I could read them successfully and was chanting for some time.

And the priests are decorating and making arrangements for the special puja.

There have been a trickles of devotees are coming for the darshan.

Young people, families, Ladies and Gents-all walks of life's.

As -it is a temple it's customary to have kumkum on the forehead by every devotee-as we all know. Very interestingly all the youth who have come for darshan and blessings of Lord Vinayaka, (He is the main deity in the temple) had their Parikrama (Pradakshin) and had done their Namaskar (folded their hands with eyes closed) and taken Theerdham (sacred water given by poojari)-nothing unusual and disinteresting so far!

What I noticed is not even a single girl has bindi(I could see at last one girl only with invisible bindi-not dark!) on their forehead when they come to the temple-nor have they sported kumkum-after entering the temple-which is there in front of the Deity.

Some must be going to college and few must be going to their offices- would have thought of taking the blessings of the God!!

Sporting bindi doesn't speak of backwardness nor old fashioned! As youngsters think they are demonstrating their boldness/individuality by not sporting them-probably... I may be wrong in my reasoning? They are the better ones to know!! However I agree it's their personal arena-which none have right to comment. (Like uttering Bharat Maatha ki jai is not mandatory!)

Still.....

This would have been a very normal scene across India in most of the temples-it neither surprising nor unusual since few years in this country. It's a Globalization effect- we need to take everything as a package-no choice -It's like a bundled offer during festive season sales!!

I am for sure Globalization never teaches us not to respect our religion and customs. You can see all over the Globe-Every native will observe and follow their traditions and customs in their respective country.

No doubt we need to adapt as per the trend and place-but not at the cost of our traditions and customs.

It can be understandable and agreeable if it's not in India.

By now for few people I smell like a barbarian, religious, Orthodox and an Old hag etc., etc!- Surely I am not- can say with all the conviction.

I am sure most of you would have seen during the visit of Mr.Modi on 'face to face' at 'Face

Book' Head quarters-

Mr. Mark Zuckerberg was saying with Mr.Modi-again 'face to face'-of course to the Global audience too- that Steve jobs advised him to visit the temples in India when he just started FB! On the lighter vein all the top Businessmen of US take a cue from Mark and start visiting Indian temples during their next visit-In fact the place referred by Steve was -Kainchi Dham Ashram in Nainital, Uttarakhand.

And as all of us knew that it helped Steve Jobs for the transformation and made 'Apple' as an iconic brand. He made history-and not gone to History -still creating history!!I am not saying just because of his visit to India he made "Apple" as a great company-Hence intellectual people not to jump at me.

(Even Tim Cook-Apple CEO- made his first visit in Mumbai to Siddhi Vinayaka Temple only-three days ago!)

Please remember that India not only a Karma Bhoomi-it's a reservoir of intellectuality and soul searching place.

It beats all the logic in the world (No! sorry in India!!) most of the youth doesn't realize and give no cognizance-when they visit a temple and make a wish to the God for fulfillment-how it can happen without adhering, respecting and following the custom.(It's all together a different story still God bless them!!)

And also we can see all the temples in India (most of them) with fully packed during festivals and also you can see the most of the youth-during exams time, Visa interviews, so on and so forth.

Which tantamount -that God is need based -expect the God to fulfill their wishes-whenever they pray? It's an unconditional condition from them to God!!

The point which I am driving here is it's not that God will not answer their prayers.

For a minute don't say I am doing 'moral policing' -this word has become a very fashionable tag by everyone nowadays and used very generously! (by self-declared Intellectuals)

And all our TV channels rattle on this and take me for task and go for higher TRPs!

The same young girls when they get married-automatically they become very religious -If not all-few -who wouldn't have sported Bindi/kumkum before marriage. Achhi bahu!

What hypocrisy!

May not be? I don't know!! They only know and you know!

Perhaps they may feel that they have to behave that way-against the traditions- to be called as a rebellion-behave rebellion-to demonstrate to the family and to the society- that they have their individuality during their younger days!

And flow with the young crowd in the society-called trend!!

I will give a weird example here.

One of the parents were sharing with me the other day-when she told her school going daughter to sport Bindi-she refused to do so and she got cultural shock for the reply by her daughter!

"If I go to school with a Bindi on my face-students say to me-

"Are you an aunty?"

It sounds so funny and weird.

Where are we heading for?

Yes- no doubt we give the benefit for their teen age, the frame and state of mind during that time-However elders should do their communication with their daughters instead of becoming spectators.

But -It's unfortunate that even the parents are supporting them and not able to explain them about our traditions and customs, becoming helpless-which is totally inappropriate and unfortunate.

Why?

Pamper

Fear

Too much of love towards their children

Not to upset the child

The parents have forgotten the proverb which they would have heard in their childhood
'Spare the rod spoils the child'

It may not be relevant in the digital age- to talk about rod-but it's the responsibility-at least of the parents to convey to their children. Nowadays few children may take rods-may not be literally- on their parents!!Young age in Digital age!!

And the irony and weirdness is that most of the parents- crib and complaint on this with their age group whenever they meet-what helplessness for telling a school going child!!

Ironically same girl once she gets married become woman-in all probability she will have all the beliefs under the Sun- and follows everything -most of the women-excepting few are so called cultured and highly individualistic lot??!!

Is it means that so called traditions and customs are for women-not for girls at their young age?

I am leaving this subject to each individual as I am nobody to conclude on their own opinions in this changing world. And I respect, accept their opinions and tastes!

However I expect all to give a thought on this.

Finally- I am tolerant and proud to be born as an Indian- this country and people are very tolerant-just because few are not accepting my views-I will not leave my country!!(Just on a lighter vein!!)

Note: Please don't read this only for Bindis/kumkum. The relevance is to our traditions

Life is always beautiful; it all depends on us.....



"Milestones- Redefined!"

Most of us have a common understanding about 'milestones' in our life. If we achieve something considerable we call them as milestones. The other dimension to it is the 'following people' are milestones rather they work as our milestones in our life. Few of them would have made tremendous amount of influence on all of us at various stages of our life.

It's not necessary that everyone will influence, impact us for milestones-Few will become milestones in our life.

As we come across- each one of them in our life-in order-I call them milestones- though they are the influencing factor for achieving something!

Instead of calling our achievements as milestones-if we consider 'them' as milestones-one can excel in their life- If one is OK with this new dimension - may be the current generation and younger parents can teach their children- So that the children will look at these people with a different perspective.

Our parents
Sisters and brothers
Elders in our family
Relations
Teachers
Neighborhood
Friends
Colleagues
Bosses
Leaders
Strangers
New acquaintances
And many more
Just give a thought-think out of box!!

Life is always beautiful; it all depends on us.....



"Sun Rise & Sun Set"

Most That's the job and duty of the Sun! And benefits are innumerable –No living creature can survive without Him-He is our oxygen. Just imagine for a minute if he doesn't come on duty and take leave for few days. That will be end of the World and Kaliyugaanth!

Few of us - get up before Sun comes on duty-undoubtedly Sun likes them. (My special mention to-Mumbaikars-they wakes up the Sun and reach homes after Sun gets down from duty every day-salute to them!) On the other hand Sun has to wake up others in the world! And He gives a wonderful day to all of us- it's up to us to make it properly and productively.

In every walks of life-rather every human being-after the daily morning chores at home- go to their respective places-schools, colleges, offices, businesses and so on....and return to their homes-no sooner Sun goes off from his duty!

In fact all of us know that Sun works 24/7X365 days (And no holiday, no sick leave, no casual leave, no privilege leave-no salary, no bonus and no PLA!! Still He doesn't crib!) As we don't see Him after sunset we feel He is having only 12 hours duty-it's not overtime for him-it's his duty cycle. Of course I am not rather saying nor advocating you to work 24/7 x 365 days!

During the duty period of Sun how many of us use our time productively?-making useful for ourselves and to others besides doing our official duty-studies, etc., For most of the people it's one more day has come and gone -wasted one more day in their life. Unfortunately few of them get used to it- In this process- forget to live and they just exist in the world-without meaning and purpose!

On the other hand-few people make the best use of the day in their life-every day. Over a period it becomes routine and goes to their DNA-It's not necessary that we should die with same DNA what we acquired at the time of our birth! They are the firm believers in this philosophy-they add value to their original DNA!

And few feel that the time given by Sun is not sufficient for them as they try to explore lot many things apart from doing routines- and they wish "day time" should be longer to them. I am sure you agree that-we all of us sometime or the other would have felt 24 hours in a day is not sufficient and wish for more hours!

In fact God gives them longer life instead of increasing from 24 hours in a day to few hours he gives more years-we don't realize and waste them too! Hence let's not waste those valuable 24 hours in our life-they come every day!

Please don't waste days in our life-they are very valuable-one day passed means-one day reduced in our life. Just imagine if we keep on wasting our time-the days become months and years. By the time we realize our time is up-without doing anything!

Please use the time productively. It's not that always we think of earning- it can be learning and living happily also.

It's just a small thought and mindset does the magic in Life.

Life is always beautiful; it all depends on us.....



"Good Virtues"

Making mistakes and doing wrong things are very natural in human life. And its natural in nature that few people are unethical-will have no values in their Life. It's not that they are happy-they think and appears to be happy – but their conscience keeps questioning them every day!

We keep seeing them amongst us in our day to day life- despite the fact that every adult would have been taught during their childhood about honesty, values, morals and cultural pillars of human beings-by teachers, parents, elders and also from society.

Commonly- good virtues are in born- and few of us learn- imbibe more deep into our mind as we grow in our age and at various stages of our life.

Problems and financial difficulties are very common in every one's life-right from Ambani to street beggar- And it's not that -we only- encounter them-everyone in the world has-what varies is?

Magnitude!! And how we deal with them under those circumstances?!

Of course few people are greedy in nature in amassing wealth and enjoying all the worldly attractions-by any means. That's the way life is for them and don't feel ashamed too!! I get surprised how they answer their conscience every day.

Let's not buckle under pressure and become slave for the situations by losing our integrity and honesty. Did we not see our parents the way they were struggling during our childhood? Did they not stand with all the honesty with moral values-against all odds?

Are they not inspiring us? Of course few people become dishonest for the materialistic possessions in the life-despite all this.

In fact those situations give us enormous opportunity to demonstrate our morality and strength of our values. More often we think through our emotions not by mind.

Our mind will lazing inside in a comfort zone and shall not allow us to give the work to it. It's mastering us- we become slaves and do all wrong things!

In the eagerness to come out of the problem-we seriously look for a salvation or solution and shortcuts! This feeling and situation gives us tremendous experience. It's not that experience matters- what matter is -how one looks at that experience and move forward?

When we are committing anything wrong- we feel guilty within- it's not that the 'wrong-doers' (I don't like call them as sinners!!) are living happily-they always have the guilty feeling in the sub conscious mind and have to answer their conscience all the time. They find it extremely difficult and struggle a lot in this process-internally.

Besides this they always are worried about the repercussions of their wrong doings-back of their mind. They very well know that 'these deeds' will put them into trouble sometime in their life and have to pay the full price! (May be double the price sometimes!!)

But they keep a pretty brave feeling to the world that they are leading a happy life!!

The smallest example which each one of us would have gone through in our life is- Whenever we are driving our vehicles -when we don't have Driving license or any other relevant documents- we go through the guilty feeling and fear when we see the traffic cop. Then imagine what goes on in the wrong doer's mind-when they do wrong things habitually!

Even in the world-people differentiate between them and good people-world behaves, respect accordingly. In the current days as world respect people looking at their positions and wealth- few may think it may not hold good-it's individual choice what they want to be?

Who are we to debate on someone's choices?

There will be a breaking point for them too-as one cannot define the elasticity-especially on bad and negative things!! Once they realize and determine to change-having felt guilty all these years-they can. They should consciously make an effort to change- at the same time it's their responsibility to demonstrate and make the world to notice the positive change in them.

*There is no point of getting into realization at old age or on death bed-as
nothing could be done-as our time is up?
Lets' cultivate 'honest living'; propagate to our children and others too.
This will leads to happy living.*

Life is always beautiful; it all depends on us.....



Chapter#67
Musings

"?????????????"

What....

We look in every Story

We look in every movie

We look in every speech

We look in every teaching

We look in every discourse

We look in every lecture

We look in every reading

We look in boss Bashan

We look in a meeting

We look in almost everything

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Bottom line!!

When we look for 'bottom line' in everything.....

Did we ever think what the bottom line of our life is?

Introspect

Look inward

Discover

Rediscover

Till you get the answer

Make happiness is a way of your Life!

Life is always beautiful; it all depends on us.....



"Windows".....

There are few people who doesn't open and close windows at home-whereas it's not an exaggeration that- there is not a single human being who is not opening and closing windows in their systems and smart phones. We all are familiar and enjoy operating these windows-closing and opening too!! It's become routine and part of our life-barring holidays and Sundays! (Though I doubt it!!)

These windows are giving tremendous opportunities, knowledge- the benefits are endless!

And most of us have become mechanical in our life thus behaving like robots-without any feelings and emotions. In this busy world-we have no time to open the windows of our Heart and Mind! It's not that we were not- Now we have forgotten and lost the sensitivity towards everything.

Don't you think it's much more important to open these windows more often-if not daily- as a human being?

Please start opening these windows before they become rusted. May be we will never be able to open in later part of our Life- Even if we open with great effort- we can't see anything or anybody!

What we see is our solo picture like our Selfie!!

Life is always beautiful; it all depends on us.....



"Breaking News from Heaven"

Discussions in Heaven on Future technology!

After seeing the current digital world on the Earth-Lord Vishnu has called Mr. Steve Jobs-their I.T and Innovation Department Head, requested him to invent a new and revolutionary technology keeping ahead of the one which human beings are currently using. And also expressed that whatever the gadgets human beings have been using for different purposes-has to be consolidated in 'one' with new invention in His Kingdom!

After working on this assignment-within few days itself- Steve has invented one 'divine microchip' (If it's on Earth he would have named as 'i chip') to be implanted in the bodies. Lord Vishnu was delighted for this invention and ordered that 'divine chip' to be implanted in the bodies of all the Gods & Goddesses including their workforce as a one stop solution and convenience.

(In fact Steve was planning it for human beings-unfortunately he had been called in a hurry by God to heaven-Otherwise US would have started using by now in Obama era and before Brexit referendum itself!)

Now all in the heaven are very happy as one chip has made their life simple. They yet to know that- it will have GPS also-where they can be tracked Live by Lord Vishnu from His Super Monitor! After seeing the amazing results of the chip- Lord Brahma went to Lord Vishnu with a suggestion that he wants to create all Human beings with this 'divine chip' as an in built from the creation stage itself! As this will facilitate his job also for tracking and auto calling-once the expiry date has come for each human being-so that Lord Yama need not depute his team on a tour to all over the Globe!

Besides this-it also helps him to plan the facilities & budget allocation accordingly- for the heaven as well as for the hell.

Lord Vishnu said with a mischievous smile "Hold on sometime Brahma- when the appropriate time comes I will allow you". And also told him- if everything is taken care with one chip there will be a total chaos on the Earth. And said- let's see the functioning of the chip here with our people, based on the feedback and inputs from them we will do for humans also at a later date.

So my dear folks-as I have seen all this with my “divine eye” we can expect some innovation in the human beings in the near future. So let’s prepare for the revolutionary change due to technological advancement with the will of the God!

Now I started imagining the future human beings in the coming generation. They are looking like aliens in the ‘physical format’ with ‘divine chip’ implanted without using any one of the gadgets which we are using now!

Now I will go beyond my imagination to enjoy the fun at least virtually. Now I will leave this to your wilder imagination-beyond!

Note: *When next time I talk to Lord Vishnu -I shall suggest him to implant chip with a “memory back up” for few as an experiment!*

*I am sure with the addition of Alvin Toffler in Heaven we can expect most futuristic things there also!
Shall update you on the latest happenings of Heaven and Hell too!!
Learn and keep enjoying life 24/7*

Life is always beautiful; it all depends on us.....



Chapter#70
Musings

"You Be".....

You be the motivation
You be the inspiration
You be the attraction
You be the loving point
You be the shoulder
You be the annoyance
You be the sounding board
You be the source of happiness
You be the disturbance
You be everything
You be their Soul

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Then you are the Unconditional Giver...

If you are not the one to give!

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Find a giver!

Life is always beautiful; it all depends on us.....



"Soul & Body"

One is visible other is invisible

Invisible Soul is sporting the visible body and Soul is not a thing-it's a divine light. It helps as a torch bearer to each of us and guides to the correct path- By nature every soul is very pure and pious.

It's not easy to discover the soul by one and all-though it tries to talks to us very regularly- we just snub it!!

There is a difference between taking birth as a body of the human being and taking birth as a human being- Essence is the soul. It's not that few do not have souls- they have- but they don't give cognizance!! As human beings all of us give utmost priority to our body! Very few of us understand, realize and identify the Soul-oneness.

Like we cover our body with daily dressing our Soul is covered by the same body-as simple as that. If our dress is evident so is the soul-if we can hear the sound of our soul we will be at 'peace'-not into pieces in our daily life!

Let's cultivate the habit of talking to ourselves every day for happier Life.

Life is always beautiful; it all depends on us.....



"Perception"

(Personal experience)

The place where we live in are Central Government Staff Quarters-has two gates with security posts. We use the main entrance gate every day and the rear side gate is used with less frequency. I see the watchman who stands in the front main gate always looks active and appears enthusiastic-When I ask him "how come you look always active despite being on duty for morning till evening?"

He says "Saab- for doing this mundane and routine job I need to be active-otherwise it's difficult for me to do the duty-every day-if I am not active myself"

When I asked the same question to other watchman-who is always looks dull. He says "Saab- the job is such a routine and mundane one- I become dull and get bored"

The same job how it varies from person to person-It's purely perception-due to different attitudes! Incidentally they both are brothers.

Life is always beautiful; it all depends on us.....



Chapter#73
Musings

"Guardian".....

We all are familiar with this word right from our childhood. We would have seen in many places either Parent or Guardian was signing during our school and college days. As per requirement and availability- either parents or guardians use to sign accordingly. After growing into adulthood-we never remember the word "guardian" at all-of course few forget the word "Parents" also nowadays!

Whether we remember, use this word or not- at every stage and every crucial time someone would have did the role of our 'guardian'. We may not notice nor give cognizance to them-but it's a fact of life. However we surely remember when we become 'guardian' to someone and expect the gratitude from them-ignoring the fact that we have forgotten all the 'guardians' in our Life.

There is an "Invisible Guardian" who has been taking care of us-let's not forget Him at least in our Life!

Life is always beautiful; it all depends on us.....



Chapter#74
Musings

"Life Digitized Not Technology".....

All of us have human relationships with number of people-among our friends, colleagues, relatives and well-wishers. Among them in few cases- we keep meeting people at frequent intervals-if both are living in the same city. If they are living in a different place-the communication and interaction is over phone as well as texting (due to heavy addiction of whatsapp!)As meeting them personally is a very rare occasion!

In a one to one relationship there will be sharing and caring between people. As a cascading affect there will be an emotional bonding takes place besides unconditional love, care and affection.

In those instances-the way in which their emotions are shared that they will have the feeling the other person is in their presence-even when they are on phone as well as texting. This gives them the comfort feeling and yet times gives tremendous confidence- with the feeling of someone is there for emotional support. And more often they speak out their mind-without apprehensions!

The strange and funniest part is if the other person goes out of station for few days-they feel they are missing the other!

Is it strange and funny? Certainly not- as their bonding becomes relationship due to the care and support the person gets from the other. It gives a feeling that they are in their presence mentally & physically-though not literally. This will make them the feeling of missing.

It may look strange phenomena- and may be the reason for this can be is-in the current busy & highly competitive world-everyone is working and living in isolation (few opts it by design!). And carrying the day to day pressure-even students and working people-for that matter in every walk of life. As the world has become very competitive in every field- situations demands that one has to be on their toes all the time-24/7X365 days!

I do not want to rattle on "In those days" or "In our days". Let's accept that those days have gone and they were different. In the current scenario people have to rush through their day to day life, goes through the daily stress-and families become nucleus-the reasons are best known to all and the list is endless!

Unfortunately none in the family has time to spare and spend the time among them. And the irony is in the name of technology & digitalization few people have gone to extremes and living with 'silo mentality'.

In this process people have embraced the technology and gadgets-more than human relationship. One needs to understand that we are not robots and no human want to become robots! As human beings-all of us need to have human relationships. Technology and gadgets are not going to give solace-it gives comfort, convenience and facilitate our life.

One needs to take out time and meet their friends, relations and their well-wishers! As the saying goes 'where there is a will there is a way!' Don't take technology and busy life as a ploy! Let's use the technology for the best possible ways-but not at the cost of human relationship. We already are seeing people have stopped calling over phone in most of the occasions-its only texting-either wishing or conveying any important news too!

And the height is -few at home communicate by texting-not in verbatim-among themselves. May be the way in which we are obsessed and become slaves to the technology and gadgets-in future-few may forget to talk also as they would have forgotten to talk-like 'primitive man'- used to have sign languages!

Let's learn to balance our life for happy life-as sheer intelligence in technology will not give happy life-without human interactions with our dear and near ones!

Life is always beautiful; it all depends on us.....



"Life Simplified ~ Destination America".....

After completion of Tenth standard
Intermediate, Engineering, Visa, Toefl
Visa, MS in US
Phone calls and Skype with parents and relatives
Completion of MS-Job-H1 B Visa,
Buying Swanky Car, Nice place to live
Visiting parents every year
Marriage-
Green Card-Kids, house/home
Small investments in India
Husband and wife runs on routines-while parents take care of their children in US
Both of their Parents visiting US on a rotation-till the children are grown and manageable!
Becoming busy in their work and accumulation of wealth
Clearing all sorts of their own loans and loans taken for the kids
Sandwiched between Emotions and Logic/ quality living
In a Confused state, stress due to inner feelings- when their Kids are growing
Inability to decide whether to come back or stay there
By the time they realize relationships dwindle in India
And finally-the parents who are the cause for their existence are no more in the Universe!
And no reason and logic to come back
Decides and continue to stay back
Life Goes on... Morosely, mechanically
And Journey continues till the End

This is a cob web-where most of the people are getting attracted and falling, in the name of the career, wealth, comparison, Globalization and few parents dreams-as they compare with the neighborhood in India!

There is nothing wrong or right- as it's purely every individual choice and their opinions should be respected!

Here the parents live with World of Philosophy and automatically they get into spirituality by default-

In a way it's good for all as one need to be spiritual and philosophical in life at least in the end!
As everyone has come to the world as a Loner and will leave as a Loner!

Life is always beautiful; it all depends on us.....



"In Despair".....

It's not uncommon that few people will be in despair at certain point of time in their Life. If someone approaches you in despair (even if you have volunteered!) extend your shoulder, hand hold and care them till they come out of their crisis and become normal.

Normally, in those circumstances people take you intensely and talk to you intimately (even you also do it) due to their 'state of mind' during that time. And it will turn into a mutual bonding during this period. Your mission is to bring them back to normalcy with your soul and heart.

In most cases-no sooner they are out of this and get into normalcy- obviously the frequency of mutual contacting will be on a decline. And it has to be that way!-as they should neither cling to the problem nor to you forever.

However the relationship will continue-may not be with same intensity and importance-which is very obvious. If you are no more important to them-what you were-don't feel or get hurt-just move on to your Mission!

If you have this passionate habit- you will get someone else who must be looking for a shoulder or you look for someone who is in need! Take care of them and move forward- Of course one can do this if they have the passion with unconditional care and love-not as a duty!

However one can try to be passionate and can rekindle anyone by invoking the humane, love and affection!

Give a thought and make an attempt if you are not the one to feel the kick of happiness-which can only be felt and can't be explained to the world!

If you are the one-my salutes- feel blessed and continue to do!

Life is always beautiful; it all depends on us.....



"Food & Thoughts".....

Hi folks,

Most of us are aware what Alzheimer is. For the benefit of few who are not aware the following is just to understand.

And the myth in our Country is that only old people get this disease. Yes its true- The disease gets at old age only-that's why people think so.

But it's not guaranteed whether we are prone or not when we become Old-as one day all become Old (unless someone is Chiranjeevi - looks young and live forever-without expiry date!!!) So let's understand the intricacies-effects and how to be careful at young age itself to avoid when we become old.

Don't laugh it off- take care of yourself- you may not remember this article-if you don't take care now!!!-As you would have forgotten everything (due to Alzheimer!!)

The idea of sending this article is as a weekend reading-people have and take out time to read each word.

Go on reading...

Alzheimer's disease (AD), also known as Alzheimer disease, or just Alzheimer's, accounts for 60% to 70% of cases of dementia.

It is a chronic neurodegenerative disease that usually starts slowly and gets worse over time. The most common early symptom is difficulty in remembering recent events (short term memory loss).

As the disease advances, symptoms can include: problems with language, easily getting lost, mood swings, loss of motivation, not coping with self care and normal daily activities, and behavioural issues.

As a person's condition declines they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death. Although the speed of progression can vary, the average life expectancy following diagnosis is three to nine years.

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps the greatest misconception about the disease," says Gary Small, M.D., director of the UCLA Center on Aging.

Researchers now know that Alzheimer's like heart disease and cancer, develops over decades and can be influenced by lifestyle factors including cholesterol, blood pressure, obesity, depression, education, nutrition, sleep and mental, physical and social activity.

The big news:

Mountains of research reveals that simple things you do every day might cut your odds of losing your mind to Alzheimer's.

In search of scientific ways to delay and outlive Alzheimer's and other dementias, I tracked down thousands of studies and interviewed dozens of experts. The results in a new book: 100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss (Little, Brown; \$19.99).

Here are 10 strategies I found most surprising.

1. Have coffee.

In an amazing flip-flop, coffee is the new brain tonic. A large European study showed that drinking three to five cups of coffee a day in midlife cut Alzheimer's risk 65% in late life. University of South Florida researcher Gary Arendash credits caffeine: He says it reduces dementia-causing amyloid in animal brains. Others credit coffee's antioxidants. So drink up, Arendash advises, unless your doctor says you shouldn't.

2. Floss.

Oddly, the health of your teeth and gums can help predict dementia. University of Southern California research found that having periodontal disease before age 35 quadrupled the odds of dementia years later. Older people with tooth and gum disease score lower on memory and cognition tests, other studies show. Experts speculate that inflammation in diseased mouths migrates to the brain.

3. Be a "Googler".

Doing an online search can stimulate your aging brain even more than reading a book, says UCLA's Gary Small, who used brain MRIs to prove it. The biggest surprise: Novice Internet surfers, ages 55 to 78, activated key memory and learning centers in the brain after only a week of Web surfing for an hour a day.

4. Grow new brain cells.

Impossible, scientists used to say. Now it's believed that thousands of brain cells are born daily. The trick is to keep the newborns alive. What works: aerobic exercise (such as a brisk 30-minute walk every day), strenuous mental activity, eating salmon and other fatty fish, and avoiding obesity, chronic stress, sleep deprivation, heavy drinking and vitamin B deficiency.

5. Drink apple juice.

Apple juice can push production of the "memory chemical" acetylcholine; that's the way the popular Alzheimer's drug Aricept works, says Thomas Shea, Ph.D., of the University of Massachusetts. He was surprised that old mice given apple juice did better on learning and memory tests than mice that received water. A dose for humans: 16 ounces, or two to three apples a day.

6. Protect your head.

Blows to the head, even mild ones early in life, increase odds of dementia years later. Pro football players have 19 times the typical rate of memory-related diseases. Alzheimer's is four times more common in elderly who suffer a head injury, Columbia University finds. Accidental falls doubled an older person's odds of dementia five years later in another study. Wear seat belts and helmets, fall-proof your house, and don't take risks.

7. Meditate.

Brain scans show that people who meditate regularly have less cognitive decline and brain shrinkage - a classic sign of Alzheimer's - as they age. Andrew Newberg of the University of Pennsylvania School Of Medicine says yoga meditation of 12 minutes a day for two months improved blood flow and cognitive functioning in seniors with memory problems.

8. Take D.

A "severe deficiency" of vitamin D boosts older Americans' risk of cognitive impairment 394%, an alarming study by England's University of Exeter finds. And most Americans lack vitamin D. Experts recommend a daily dose of 800 IU to 2,000 IU of vitamin D3.

9. Fill your Brain.

It's called "cognitive reserve." A rich accumulation of life experiences - education, marriage, socializing, and a stimulating job, language skills, having a purpose in life, physical activity and mentally demanding leisure activities - makes your brain better able to tolerate plaques and tangles. You can even have significant Alzheimer's pathology and no symptoms of dementia if you have high cognitive reserve, says David Bennett, M.D., of Chicago's Rush University Medical Center.

10. Avoid infection.

Astonishing new evidence ties Alzheimer's to cold sores, gastric ulcers, Lyme disease, pneumonia and the flu. Ruth Itzhaki, Ph.D., of the University of Manchester in England estimates the cold-sore herpes simplex virus is incriminated in 60% of Alzheimer's cases. The theory: Infections trigger excessive beta amyloid "gunk" that kills brain cells. Proof is still lacking, but why not avoid common infections and take appropriate vaccines, antibiotics and antiviral agents?

What to Drink for Good Memory

A great way to keep your aging memory sharp and avoid Alzheimer's is to drink the right stuff.

a. **Juice** : A glass of any fruit or vegetable juice three times a week slashed Alzheimer's odds 76% in Vanderbilt University research. Especially protective: blueberry, grape and apple juice, say other studies.

b. **Tea** : Only a cup of black or green tea a week cut rates of cognitive decline in older people by 37%, reports the Alzheimer's Association. Only brewed tea works. Skip bottled tea, which is devoid of antioxidants.

c. **Caffeine beverages** : Surprisingly, caffeine fights memory loss and Alzheimer's, suggest dozens of studies. Best sources: coffee (one Alzheimer's researcher drinks five cups a day), tea and chocolate. Beware caffeine if you are pregnant, have high blood pressure, insomnia or anxiety.

d. **Red wine**: If you drink alcohol, a little red wine is most apt to benefit your aging brain. It's high in antioxidants. Limit it to one daily glass for women, two for men. Excessive alcohol, notably binge drinking, brings on Alzheimer's.

e. **Try to avoid**: Sugary soft drinks, Especially those sweetened with high fructose corn syrup. They make lab animals dumb. Water with high copper content also can up your odds of Alzheimer's. Use a water filter that removes excess minerals.

As India has almost a fourth of the world's Alzheimer's patients-and it's on the rise- with doctors adding that underreporting is the biggest problem.

Life is always beautiful; it all depends on us.....



"Enjoy the Journey of Life - Not Destiny!"

In the journey of our life- most of us look for destiny-typically for old age after clearing the responsibilities etc.,. In this anxiety we forget to enjoy our journey as the focus will be on the destiny.

By the time we reach so called destination-can I say Old age? What we find there? Nothing....

As there was nothing in the so called destiny we would have wasted our entire life without enjoying en route! We start regretting & cursing ourselves, after realizing the fact. Even the smaller moments in our life could have been enjoyed-missed-unknowingly.

The irony is that every one of us would have seen with our eyes and experienced- the life cycle within our families and surroundings. Topping on to it we comment on them-after their departure, that they didn't know how to enjoy their life! Despite this-most of the people get into Life's cobweb and lead it mechanically.

Life per se is an excellent opportunity given by the God- to live and be happy in every moment of our life. It's interesting and exciting- we should be bubbling with joy and happiness in every moment of life. There will be gradients in life- which are very natural-they will pass on and we need do to move on. There will be lows and highs in everyone's life. Don't cling and stay back with worries.

In this Life cycle, we should learn to negotiate situations as every situation teaches us- lot many things. And it's a routine in every human being's life - from cradle to grave-as no human being different at the end!

*Learn to enjoy and be happy at every moment of your
journey-don't wait for the destiny to enjoy!*

Life is always beautiful; it all depends on us.....



"Trust"

Trusting others and being trusted are equally important –however it's always nice 'being trusted'. There are few people, we see in our life- don't trust anything and anybody. 'Trust deficit' in them is causing not to trust others. There can be many reasons for this phenomenon-can be- their basic nature, and circumstances under which they have grown. Whatever the reasons-one has the opportunity to come out of it-if they are inclined to!

They don't realize that others won't give any value to them and to their behavior-if they don't believe the word 'trust'. The basic requirement for living in the world is 'Trust'-you can't live without that even for a day!

Everyone wants trustworthy people in their life in every relation. If it is the case why don't they understand that they need to have basic trust on human beings? In fact they also suffer from this phenomenon as they will not be at peace as they don't trust anything and anybody. Their mind is filled with all doubts and apprehensions (not necessary negatively!) And always look disturbed.

No doubt we can't trust everyone whomever we encounter, as all are not trust worthy. However we need to have basic ability and common sense to find those people and differentiate them from the crowd. It's similar to have the intelligence to deal with stupid people in our Life!

We need to behave and interact with them cautiously-that's it-even if we don't trust in heart of heart. We shouldn't exhibit our opinion and feelings-as-with few people it's inevitable in our life!!

*So be natural when we find trustworthy people in
your life-if not-pretend and become an Actor!
You can trust on me on the above!*

Life is always beautiful; it all depends on us.....



"Relevance of 'Elders' in Our Life"

In the modern and digitized society-most of us are living in isolation, mingling with very limited people. For them, the family is just the people at their Home (I wanted to call it as 'House'- as 'home' has a better and broad meaning. Still.....)

India is a land full of (not land mines!!) ancient history and culture. And all of us have been brought up in an excellent culture besides listening to history. Our existence is because of our parents, who are now elders. Needless to say the younger generations is more knowledgeable and have the higher earning capacity. I will not say anything on "values" as they are getting redefined very frequently in the name of "Globalization"!

However few of them don't give cognizance to the parents as well as to elders of their family. Whatever they are today- there are an undeniable efforts and sacrifices of their parents as well as few supporters. Besides the Technological advancements, Digitalization, opportunities, finances which are available today made them whatever theirs today's "status" they boast of- besides the "status" keep in FB and Whatsapp!

They should remember that all these opportunities were not there when these elders were youngsters few years ago! No doubt younger generations are more knowledgeable for obvious reasons. But it doesn't mean that they themselves declare and behave that they are more intelligent than their parents and elders-though they are-as we have the culture in India, respecting our elders and not to flaunt our egos!

Disrespecting elders- tantamount that they are not respecting history- And their parents and elders go to history in the near future. Even this generation cannot stay young forever (there is an expiry date for everything and to everyone!). When they become elders they too go to history- they don't make any history to their children!

Wisdom always takes the Human beings, Society and the Nation Long way-not the Egos!
Let's remove our 'ego' without 'ego'-as it harms us in the long run
if we continue to nurture and nourish 'it'.

Life is always beautiful; it all depends on us.....



"Gold is in the Mind- not only in Mines"

We are proud and happy that India is the second largest consumer of Gold in the World. And all of us know what craving Indians has for this Yellow metal.

No doubt real Gold is available from mines and most of it finding its way to lockers as well as ornaments–But how many of us realize that Gold is within!

We can make or create gold in every opportunity life provides us in our day to day living. As we are so much engrossed in our routine & mundane things-our mind doesn't smell them -rather our mind tells us but we don't give any cognizance-which is a fact in most cases.

Let's have a steely determination towards our goals and aims in our life- Whatever we are. As a nature most of us have a tendency to be loose and relaxed in our thinking. And few of us have no aims or a goal in our life-just life goes on.

It's like 'Sun comes in the morning and goes in the evening' and has a sigh of relief that we have passed one more day in life. And the irony is few of us don't have clarity at all in our life and simply wasting the time unproductively.

And in this digital age there are umpteen opportunities in our life to grow in our respective fields-thanks to the World Wide Web too.

Instead of cursing our current 'status' (not what we write in FB and whastapp!!) and situation-let's come out of the laziness, create and grab the opportunities. In olden days people used to wait for opportunities-it's no more holds good nowadays.

The current time which we are going through is purely for the people who have hard, smart work with all the aggression and creativity. There is no place for the people 'who park their bums' and waiting for opportunities to fall in the lap or their laptop and smartphones!!

It's literally in our actions. It all depends on us.

It also there in the minds of 128 crore plus million people abundantly-let's explore and let our Country move forward in the coming years!

Life is always beautiful; it all depends on us.....



"Festivals".....

Festivals hook and reconnect us to God-from our routine- to understand more about Him. They work as reminders about our traditions, religion and God. And give enormous opportunities to realize about Him as well as make us to understand & realize the purpose of life. All festivals- in every religion are a reminder to human kind- from God- to remind us to live happily and peacefully-besides knowing the purpose and importance of life.

All the waves in the Sea keep coming to the shore-but never the shore can or inclined to hold those waves. But Sea conveys and reminds to those waves that their roots are from her. Similarly God try to come near to us as a reminder through festivals. As all of us come out of him to this World and goes back to His home!

Let's start looking our life from this perspective too-whether one believes it or not-this is "**Shristi Dharma**" !

Life is always beautiful; it all depends on us.....



Chapter#83
Musings

"Can We See God"

Yes we can-provided we have the inclination and determination. Whenever we look for a misplaced item at home we will have thorough search till we get it-As we have the wish and focus to get that item. Whereas somebody does a wishy washy search-they don't get it!

In a similar way we need to have the urge and determination in search of God. Once we start looking 'within' we will be able to discover the God. God is a 'Belief and Trust'; he is not into the business to prove his existence to each one of us!

It's the choice of the human beings to discover Him in our own interest!

Just make an effort to discover-and surely you can-if you are determined! He gives an opportunity to each one of us to interact with Him as He loves it!

He has no partiality-unlike human beings!

Life is always beautiful; it all depends on us.....



Chapter#84
Musings

"Effort Is The Key for Achievement"

For Believers:

We believe that we bring our karma/good deeds of our past life and its helping us in our current life.

All those got accumulated due to our good deeds- those good deeds again by good effort which we did during that time. And it was not sheer luck-except our effort!

If it is so why don't we make every effort in this life in our day to day life for our achievement?

(For all)

Is there any logic in saying and taking the ploy of "luck" when things are not favoring us? Can we achieve and attain without trying with our sincere effort?

Just ponder over it-let's cultivate and institutionalize the habit of making sincere efforts in every of our task-instead taking the shelter of "luck" and "destiny". It's nothing but escapism by using these two words frequently-without making any effort from our side!

Is it that God has no business except taking care of us, every minute? If so is the case He would have created Robots-not human beings! Even the other creatures in the world are surviving with the effort-not by sheer luck.

Let's cultivate the habit of making every effort and struggle in our Life.

Life is always beautiful; it all depends on us.....



"In Today's World People".....

In Today's World, People.....

Go to temples, Churches, Masjids and other religious places

Always talk only good

Perform all religious chores

Giving sermons

Aware of good and bad

Discuss bad in the world

Give lectures on corruption in the world

Give free advice to people

Gives the examples of great and noble people

Explains how human beings have to lead their life

Describes the good things seen in life

Make motivational stories available to them

Explains how to love people and show empathy on them

Have World of knowledge

Tells everyone to have belief in Good and God!

Be kind to humans

Help the deprived

Behave without ego and hatred

Sustain human relationships!

.... And

They know and explain the purpose of Life

Most of us are doing this in our day to day life!

If we don't practice and not changed ourselves-we are fooling ourselves!

And

Don't we think it's high time to stop giving bullshit to ourselves and to the World?

Let's rededicate ourselves towards Good Practices in Life!

And my salutes to the people who are practicing!

Life is always beautiful; it all depends on us.....



"Measure Your Life with Relations-Not only Wealth!!" ..

In our journey of Life-from Breath to Breathless-humans needs money-you can't just think of living without it. And every Parent needs to have sufficient money in upbringing their children at every stage. They try to give best clothing, best food, and best environment-everything best to their children. They imbibe the Ethical values, morals, self esteem and holding Dharma-at any cost.

This becomes priority for the parents and their needs take back seat every time. Always Children's needs become priority for them. Every Rupee available will be spending on them-without a blink -it's not sacrifice-. It gives them utmost satisfaction and enjoys the happiness on their Children's faces and imagining their bright future.

This will have a tremendous positive impact on the Children's Life and their future. When they were brought up under this atmosphere- I am sure the Child will be growing very positively with all the basic qualities, becomes good human being.

And their Parents become role models to them.

The above narration is very typical in most of the homes and above is the ideal situation I could imagine positively for all!!!

Now the perception starts

As the Children were brought up under this atmosphere-when they grow and getting in to jobs-Money plays an important role in their Lives in their subconscious mind-as they remember the struggle their parents went through.

Few will start accumulating wealth-as the conditions during their childhood impacted them-forgetting the fact that their Parents have taken care of them-with the limited resources available to them. And they have been happy throughout their Life- never ran for Wealth and always have been happy.

In the process of accumulation of wealth, measure themselves year after year by their Social status, as a natural process. Human relationship becomes least important in their lives and take back seat-and for few no seats at all!!!

Obviously they have no time for Friends, relations, well wishers and some time for Parents too (in fact most of the times-not sometimes-) forgetting the fact that “whatever they are Today is just because of their Parents”-what an irony!!

And the best part is their Parents never think ill or bad about their children-despite all this-they move on-mentally-some physically too!!

That’s why they are called Parents!

Now time passes on-it will not wait for anyone as the saying goes- This so called Child-after becoming an adult-obviously has to get into the shoes of their parents as a natural Life cycle(by the time their parents may be there or they would have left this Universe-that’s irrelevant here!!!)

When their children get into the obvious Life cycle!!-this Fellow with his Life Partner-looks here and there to spend time-as their children has no time and they also busy in what this fellow was doing all his Life.(history repeats always-that's what we read in history books and we have been seeing also!!)

When you neglected-rather never given cognizance for friends, relations, well wishers and parents-during your Younger and Earning days- they won’t come to you suddenly-when you want them!!!

And your Wealth can’t buy them as well as the Past too.

You live in regret –despite your Wealth –besides having Wealthy and Healthy children.

No doubt we need money for the survival and for the minimal needs-others are just incidentals (one need not to be Philosophical nor spiritual-the hard fact is -we don't carry anything when we leave this Universe. The funniest part is the people who do all this forget that they will also have to face the same situation in the end!!)

Besides running and making Wealth passionately-build the relationships and number of relationships with the same Passion & tempo- enjoy the magic and happiness of Life!

We have no spare Life and have “only one” - Live to the fullest and happily and make others happy!

We have come to this Universe as Visitors-Make the trip worth before we back home!! And remember to leave our Foot print..

Life is always beautiful; it all depends on us.....



"Karma & Destiny"..

(Don't take shelter under this...)

We-humans-obviously I am addressing to humans only naa? How other creatures can read this? Oh no..I am becoming intellectual slowly...no...I don't want to...as already World is full of Intellectuals..!!

I want to be Actual-Not Intellectual!!

By nature I have the habit of talking at length, writing at length, chatting at length-as I don't know Shortcuts in Life-And I don't want to cut short my Life-not for me.. for your sake only..see I am selfless!!!

Of course I never had any problem for myself due to this habit-only to my family, bosses, super bosses and to all-including my team members-they were helpless in telling me probably-on a lighter vein-with a fear that I may increase their targets or other apprehensions-just kidding..

No way-they are not like that..just pulling..Always I had best team..

As I have done the preamble, familiarization to all of you(I know for sure by now few of you are fed up with my familiarization....?!!!!)- Let me come back to the subject.

It's very natural in every one's Life- that ever since we attain the age of knowing-what is good and bad in Life-we start learning(Even insignificant, weird and unwarranted things also...) right from the Childhood -College days- at work place-even in our Personal Life.-(learning-It's a past tense, present continuous tense and future tense also. Some addiction to grammar!!!)

(In those days we used to get(most of them) "wisdom tooth" during our Teen age-unlike these days -where people are getting Wisdom Tooth even at the age of 25.! It's a different thing that some people even at middle age they wouldn't have discovered their Wisdom tooth!!!!???)

For lucky people the Wisdom will come after the marriage-with spouse entry (they are called either lucky man/lucky woman) May be this is the reason our Elders used to say "Marriage will bring luck to few"!!

Ok. I will come back to the point...

When going is good - things are happening in our way and favor-obviously we feel happy-take the credit, attribute to our intelligence- exclusively- no credit to anyone and no blame game-lot of clarity!!

When things are not falling in place as per our expectations/wish- First we blame the entire World. Immediately we turn to the "Karma/Destiny"- We know-It's not correct-still the State of mind will make us to think that way for soothing ourselves.

In every circumstance and critical situation- most of the times-certainly we would have had better choices. But -it wouldn't have occurred any good idea, thought, path, solution, during that time- to us-due to various reasons. May be lack of effort, sincerity, approach, ego, lack of grasping and understanding, lack of guiding force/mentor -lot many reasons...

Few of us would have realized at hindsight ...and would have improved at our later part of Life- using those experiences& Learning-would have slowly forgotten the word "Karma/Destiny" or must have used them seldom.

No doubt that would have made a tremendous difference in their Lives- would have taken them to places in their professional Life (here-I am not talking about the Tag or Position). As benefit of this- their personal Life would have been much happier-compare to others-as they wouldn't have taken too much shelter under the name of "Karma/destiny"!

I have seen both varieties of people in my professional Life span of 35 years-good experience for me- as Learning is two way-thanks to each one of them!

Whoever is still in this frame of mind-please come out -introspect, take the help of others-if you are not able to resolve. Move forward -come out with flying colors in your Personal as well as Professional Life- Instead of blaming fate, karma and all bla.bla..Let's not be escapists!!!

After all there are lots many good people in this World-may are beside you!!

There are lending ears and helping hands - available around you and surround you-in needy time-just identify them...

At least if next time something adverse happens-if you remember above my purpose of this small writing is served as a reinforcement.

Life is always beautiful; it all depends on us.....



"Correction".....

We keep correcting ourselves in Life right from childhood at every stage. There is no human evolution without these intermittent corrections. Certain corrections happen by Nature- very naturally, some are with human effort. One needs to correct themselves in order to progress and move forward in Life!

The people who has no attitude for correction- at least should try to do Mid- term correction in life- failing which they will not get the opportunity for correction-as God does the 'final correction'-without giving any opportunity for any more correction.

No doubt it calls for lot of courage and strength to correct ourselves-if we have the steely determination we can do it!

Let's make ourselves happy by correcting His deliberate 'incorrect ions' with our corrections- as He expects us to do!

I promise you, He will be glad for seeing the correction of his created imperfections!
And also you can contribute to your DNA for your next generation in your family positively!

Life is always beautiful; it all depends on us.....



"Morning Walks".....

It's not unusual that few of us go for morning walks, do yoga and pranayama-for physical as well as mental health-besides enjoying the Nature in the process!

But few People are not into it- during their walks. More often I see-they come with head phones on while walking. They may be listening to music or devotional songs -but Nature looks awesome during morning time and gives an eternal& soothing feeling-thereby 'body and soul' get charged!

They are missing the music of the chirping birds, fragrance of flowers. The smell of the plants and trees- missing the beautiful, pure and soothing breeze-unpolluted-unlike human minds! Few people keep gossiping with other person during walks. Why can't they fill their mind with all the positivity in the morning- gain the mental and physical energy? And also every day they all are missing the opportunity in appreciating the Nature and Wonderful creation of God-during walks!

Few people are on talking on their phones -as if there is no world without Phone. In Mahabharata we read that- King Karna had Sahaja (Natural) Kavachakundalams. Now smart phone has become integral part of our body and most important thing in our life-more than human relationships.

It's curtailing human interaction and relationships-knowingly and conveniently we ignore! (May be in future people may surgically fix their smartphone to their bodies-before God creating future generation with integral chip!)

In olden days there is a saying-Pusthakam Hastha booshanam (book is an ornament in our hand) Nowadays smartphone has become Hastha booshanam! And also become a 'karna pisachi' (karna means ear and pisachi means ghost! True translation for the benefit of the people)

Morning walks, Yoga and Pranayama should not become routine and mundane in our day to day life. Let's understand the purpose, as all of us are aware-It's not only a physical exercise to keep our body fit. It's an exercise connecting the mind and body too-besides charging ourselves with positivity!

And create an excitement in the morning walks and exercises-which will charge our body cells- and the day will make more exciting!

Let's explore and enjoy the walk of life!

Life is always beautiful; it all depends on us....



"Change".....

Everyone in the World knows and says that "change is not constant" and "Change is inevitable"
We all are aware of them and no need to endorse by any one of us.

What's the take away from this? Just use this very often-in our conversations-as this sounds good and fashionable.

The question is- Are we ready for change? If so, how quickly?

We all are aware that we need to change ourselves for the improvement and betterment in our Life. Everyone wants and expects others to change- but we don't make any effort to change ourselves. If we want to be happy let's change ourselves, as we have control on us and not on others- besides - we want to be happy with the change. We can't give ' our Happiness' remote in to someone's hands-obviously.

Let's not be conditional that we will change when others change. Few people have a habit of cribbing for their current situation-and keep complaining-it can be anything under the Sun-vary from person to person.

It can be health:-one needs to change their routine and take precautions

It can be financial condition:-need to plan and rework-or an advice can be taken from the knowledgeable people.

It can be current job status: need to discuss with colleagues-bosses and others-who are relevant

It can be with family members: should discuss and thrash it out

It can be with so many other reasons...

The list is infinitive...goes on

We should be aware that in order to bring the improvement from the current situation- at the outset a 'thought should 'occur to change-before changing ourselves. The irony is most of the people fall under this category and they expect miracles should happen-without moving an inch physically and mentally in a right direction.

Then - without making any effort to change our thinking, behavior, habits and attitude -how can we expect things to change from the current situation?- Neither it happens automatically nor magically-After all life is not in an auto- mode.

Let's understand and realize that we are the sole beneficiaries from the change- and the cascading benefit is to our family, friends and world around us at large.

When you think of the word "change"- 'change' yourself to bring the 'change' within you and not try to 'change' people and expect people to 'change' and world at large!(confused!?!It's not my intention! Please read once again)

There will not be an iota of improvement from the current status without changing 'within'. The problem with all of us is-what goes on our mind is -"we know all this stuff. ""Enough lectures on this" so on...

But we are so lazy to change- (you have not like the word 'lazy' have your own word (!!))Sorry!!!- even for a "thought of changing...!"

I am sure we will be more conscious of this and make an effort in this direction. On a lighter vein-few may change-by stop reading my weekend musings-with all Gyans and Bhashans... Of course always you have this choice!

Life is always beautiful; it all depends on us.....



"Just Demonstrate.....Don't Make Statements!".....

Many people are aware that they need to show gratitude, love and respect towards others- especially from whom they have benefitted in the past. However-very few people only demonstrate!

And when we love people one need to demonstrate-when we respect people, we need to. Even parents when they love their children they demonstrate in every given opportunity. Even the children when they grow up should demonstrate towards their parents.

It's not sufficient to say and making statements about it, without demonstrating-besides preaching them.

Please remember that there will be a number of occasions we come across in our life-just demonstrate your love, affection, care, gratitude, happiness-don't keep it in your mind!

Institutionalize this as a daily habit-before running short of time!

I promise-you gain and will be happier in your Life!

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"Serious Fun"

(Not for Intellectuals!)

M There were Good Olden times-during our younger days-we used to be drilled by the School Masters on English Grammar-vocabulary, Spellings etc., and we used to have daily tests on English Grammar alone...

And the Pupil-whomever has knowledge on the above had been considered as bright student -by Teachers. And was getting admiration from our own friends in the School-besides -there used to be 'glee' on our parents faces!!!

Of course we also used to feel great about it...

And there was no problem of British Grammar and US Grammar (rather British English vs. American English) in our Childhood- Nowadays we get confused while we type-suddenly the computer says our spellings are wrong for some words (We often get a doubt on our knowledge and learning-thanks to US English Vs British English)

We stay cool..-As we now know who is David Cameron, Putin and who is Barack Obama, Donald Trump, besides-Mark, Indra Nooyi, Sunder Pichai and Satya Nadella-more knowledgeable!!!
Coping up with Youngsters...

After 5 decades of the passage of time-everything is changed (as a law of Nature!!!)
If we talk about Grammar-Usage of English words, spellings- it looks weird to the younger Generation-and we look like Cavemen/Primitive Men-If not Barbarians!!! (Surely they will not say so-as they are our kids. No kidding!!)

No doubt we (Aged ones) have the capability for adapting ourselves to the current situation at any age. Now we are into the flow with younger generation-connecting to them (sync with them!! Am I right Geeks...)

Usage of Abbreviations

In the advent of the Digital Technology-We are deep into the usage of the same in our day to day Life-usage of emails, phones, FB, WhatsApp, what not...(Not only we are in to Public-even our Life gone in to Public Domain(I call this as " Google is watching us!!")

It's alright-as the saying goes-we have no choice and living by compromising all our privacy with this technology. And let's move forward-Move India Move-for better.

Social networking sites have dramatically & swiftly changed our Life-especially in India. As we are the most tech savvy people in the world-and has quicker adaptability of the Technology in to our-body and minds!!

(Few Intellectuals said this-I endorse and acknowledge as I do not want to pick up an argument with them...I know you all also agree with me...ha ha)

And they, not Intellectuals-Social Networking sites!!,taught us "virtual Living"-May be next Generation gets shocked/surprised knowing that-" few decades ago People physically used to move for get together and social functions."

As they live more into their Own World-moving from Virtual World.

I appeal someone to find a better word than "Virtual World" for the next generation..

When their Great Grand Parents tells all this as stories (Will they?-we look weird to them (of course I will not be alive by that time!!!How Lucky?)

So much of texting is happening on Social networking sites -we use lot of abbr(abbreviations!!) (haha ..See I am also using abbr-though I have no abbs!)

My request to all of you (In fact few years back I sent a mail on this subject-not with this detailed!! Now I am improved..) Not to use Abbreviations-especially when you are wishing some one

For example:

GM-Good Morning

GE-Good Evening

GN-Good Night

You are wishing someone -you should wish what you want to wish-they also should know what you are wishing and those wishes should reach them. Don't cut short your wishes.

One more area-Most of the people as reciprocation to someone when they get festival wishes or any other relevant wishes-simply-they text back" same to you"

What is this same to you?-it's certainly not appropriate.

(I am not daring to say it's wrong-as people will feel bad!!)

(Of course someone harshly commented to me-its' ok using abbr-no argument with those people-of course India is a largest democracy in the World)

Type your complete wishes-otherwise -it sounds very casual to the other person-and they will not feel your wishes-seriously.

Alternatively- don't reply to them (though it's not good etiquette)

Instead of Improper wishes-bad etiquette is better -I feel..I know few will not agree-it's Ok for me-as all of you are aware I am frank-and whatever I feel like and comes into my mind I will..

Lastly -still some people have misnomer-when they wish someone first time in the day even-in the afternoon-they wish as Good Morning-Please understand you are wishing someone at that time-morning has passed-afternoon has entered-you need to wish Good afternoon. If you are wishing someone in the evening-you can't say Good morning. Am I right?

(I know lot many people get surprised for this silly thing-but even today I come across people wishes this way!)

(Note: I solemnly declare I am not a master on the above- I have just written my thoughts with fun. Not with the intention of hurting anyone on their knowledge, intellectuality and behavior...)

Life is always beautiful; it all depends on us.....



"Understand the Subtle Difference".....

How our behavior and Act is generally considered?

A) In the materialistic world:

Though our 'Thought and intent is bad', if the Act is good externally-people appreciate and becomes cognizant!

B) However How God considers?

Even if your 'Act is good' with bad 'Thought and Intent'-your Intent is considered, not the Act!
So, let the "Thought and Intent" always be good!

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" Don't envy that Gods are immortals!"

As per our mythology, God has taken many Avatars (for a specific purpose) and all Avatars had their last day-once the Mission was accomplished. When the Gods whom we worship, themselves are not immortal (for e.g.: Lord Rama, Lord Sri Krishna-For that matter same is the case in every religion, none were immortals) why we behave, day in and day out that we will be permanent here, amass things and craving for materialistic possessions?

Even the Earth on whom we are living is also not permanent. Typically in every lease we will have specific period/ time bound and agreement between two parties. Whereas we are on lease- destined by God-without any agreement, without knowing the period too.

Let's live happily during this period-as none of us know when the lease period expires!

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"Why do you allow someone to control your happiness?"

I still don't understand the logic of living with -negativity and animosity on people. Few situations would have made a bitter in our life by few people- which is not uncommon in anyone's life. However we need to have common sense and wisdom not to get influenced in our whole life-as it's going to affect us, not others!

It's not that we are not aware of the reality-however it's the weakness of the human mind causing this syndrome. All the learning with our basic academic back grounds- one need not be intellectual to realize this.

Why we are not realizing the fact that we are here to live our life happily, and it's our call to be happy? And not that someone will continue to affect our happiness throughout our life! Is it making any sense to us?

It's very important introspection every one of us should do as we are here to live happily and make others also happy!

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"Contacts List"

In our Life, whomever we meet, become familiar- we add them in our contact list as a practice. And over a period of time the list swells!

As the time passes we keep adding names-few become dearest one, few become special. And few contacts go to passive list, then to dormant, then to "voters list". Eventually these contacts can be used only by Government for their census and we use delete button 'on them'- as we don't need "Voters List"!

It's not necessary that our own people only are intimate. In fact in today's digital world "own people disown their own people". And some strangers enter into our life, become close as well as soul mates too!

However each one of us will have dearest List-few are near & dear and few are dear though they are not near in distance! These are the people who will not have ego and attitude problem and the mutual relationship is unconditional. And we move on interact with them without any inhibition and apprehension.

They will be with us forever-handle these relationships carefully as they are more dear &valuable than our Wealth!

Don't worry even if your dear ones are leaving from you, as they have their own reasons to jettison you!

The life is with the people whomever you see, encounter and interact from morning till night! (Right from the Newspaper boy to your Security person) It's your Mind and Heart decides and takes care, whom to keep in your Life canvass!

Let live peacefully and happily as that's the purpose of Life!

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"The Naked Truth Is Always Better Than, The Best-Dressed Lie"

The above was in vogue in olden days, but it doesn't gel to people in the current World!

In these days, nobody wants to know 'truth and true of themselves'. And the sugar coated and diplomatic words only soothe & please them.

You become an enemy by speaking the truth and trying to correct them. And they wouldn't like to be in relationship with you- as we are living in a more Selfish and Diplomatic World!

In a "True relationship" ideally diplomacy is not called for, but we need to be diplomatic in order to maintain and sustain those sorts of relationships!

When the World is transforming, everything is getting redefined (to be frank, World is not changing-people's minds are!) As we are also living in the same world- try to be more accommodative to them too as we want to live happily and peacefully with all!

It should be our call to be happy in life!

Hence start practicing the diplomacy and become a perfect diplomat. And don't get surprised you will be liked by one and all for your new talent-as people wanted them to treat this way!

Truly I am 'frank' in giving this diplomatic advice!

Life is always beautiful; it all depends on us.....



"Cement(ing)"

Smooth
Soft
Binding
Strength
Togetherness
Coziness
Warmth
Stable
Sustenance
Adaptability
Long standing
Molding
Many more.....(I am not a Civil Engineer naa!!)

When Cement can have all these properties, as humans why can't we?
Are we not worthy as cement also?

Why do we make ourselves more insignificant?
Is it that all of us becoming mechanical due to technological advancement and automation are happening in the World?

And in this process are we becoming robots?
On the contrary, things have become simpler due to the technical advancement and we should take out time (if not more time) to behave like a human being and enjoy our life with all the happiness!

We have all the time to sustain our relationships (not virtual) and make it more bonding!

I am sure most of the people have the desire to do, however feel it's not possible in these days!
Let's try, make an attempt and rediscover yourself- after all, nothing to lose-at the best bonding takes place!

Life is always beautiful; it all depends on us.....



"State of Mind"

When we don't like a person- our thoughts will be negative about them- whenever they talk or whatever they talk. Many people don't understand and realize that the problem is with "our state of mind"- not with those persons.

Our mind never allows their conversation into right perspective- as we configured their names into 'negative area' in our hard disk-mind!

There would have been a difference of opinion or it would have been a bad experience with them-which is common to anybody! That should not make us to lose our common sense thus make a wrong personality about ourselves!

And besides this, one loses their common sense and makes mistakes with this "State of Mind", which may turn as blunder in their latter part of their life and pay heavily!

If you are also one of the persons with this nature, please come out of it at the earliest-as your mind makes it contagious to your system to think in a similar manner whomever you don't like. And your hate list goes and grows up in your mind-like your contact list!

Besides, it doesn't give any pleasure to us by thinking negative about someone always-except inviting 'free disturbance' to our mind forever and causing no bearing to them!

Better to realize at the earliest instead of losing our own happiness lifelong!
It harms us more than anybody!

Life is always beautiful; it all depends on us.....



"Are we 'religiously' religious?".....

It's not uncommon sight nowadays in India that all the religious shrines are house full, more packed on holidays and festivals! The rush is like in Malls and Multiplexes!

And many people are religious in their day to day life-But how many are truly doing it with all the honesty through the soul?

Besides, they feel others are sinners and they only favorites to God, Is it an ignorance or stupidity?

Many of them don't leave their anger, hatred ness towards people. And store the past incidents in their mind under lock and key.

Will the worship has meaning and is it fruitful?

The purpose of worshipping is augmenting our thoughts and moves ourselves towards self-realization. We are supposed to attain the stage of unconditional loving and imbibe forgiveness. Is there any point of doing daily religious chores as mundane affairs, without leaving our jealousy, anger, hate?

Is it not nothing, but fooling ourselves?

And there is no point of reading religious books, listening religious discourses and performing religious rituals without changing our thinking and attitude towards people. When we seek enlightenment as human beings we should change towards good and wellbeing of others too! Is it not?

The very purpose of doing all this is to attain selflessness in life and make our Life worth and purposeful.

Is there any point of keeping anger and grudge on people till the last breath of our life!

It's not something great to say that "we carry nothing" and still we continue to carry our negative thoughts and won't try to change attitude towards others!

Please introspect and change towards better from bitter to sweeten our life!

Let's not fool around, waste our life and don't blame the God at the end!

Life is always beautiful; it all depends on us.....



Life is
always beautiful;
it all depends on
us.....



We Have A Place on
Earth