

The Life Flow



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It is tough indeed to accept yourself as you are. Human mind loves to dwell on what is past or distant from us. Acceptance calls for courage to live in the present. In order

ACCEPTING YOURSELF

to live in the present, you need to come out of the past, however, glorious or sordid. Accepting the present is a sign of wisdom, the outcome of one's deepening awareness of the existing reality. Being aware is a big move towards the right direction.

The willingness comes as a shift in your focus. You cease to be a prisoner of the past. You also refuse to be a day dreamer. You become a realist. It is the dawn of an insight. You tend to believe man is not a paragon of virtues alone. Shakespeare

seems to appreciate this simple truth better in Measure for Measure:

They say best men are moulded out of faults,

And, for the most, become much more the better

For being a little bad.

It is imperative to accept yourself for who you are. You need to embrace yourself with your particular abilities as well as eccentricities. It is only then you could accept the truth that you may not be able to accomplish many things in life, and yet there are many

things which can be achieved only by you. There is absolutely no one in the entire universe born with the same attributes and assets. God's each creation is a masterpiece, designed and empowered to fulfill specific goals. Accepting yourself implies appreciating yourself for being the unique you. The role given to you in life is in keeping with your credentials. Take it all into your strides. Celebrate life with all its limitations and accomplishments intact. Life has equal share of peaks and valleys, which are

interrelated. They together contribute to the fun and frolic of life, making it deep like a sea and lofty like a mountain summit. Human life has its ineffable charm provided you can see life as a long journey full of highs and lows. It is true both are two sides of the same coin. They complement each other adding to the richness of life.

It pays great dividends to accept oneself in totality. This must begin with the realization that many things are given in life but once. What is given is given. Your body is

one such gift. The way you look, color of the skin, hair, eyes, face, and height -all these need to be accepted with gratitude. Here, Sachin Tendulkar is a classic example, who once wanted to become a good pace bowler. But his coach told him categorically that given your height you would not make a great bowler. Sachin was quick to accept with humility the truth what is given in life is given and went all out to become one of the best batsmen ever in the world. Accepting yourself could be a life transforming experience for you as well!

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