

The Life Flow

DEMYSTIFYING LIFE



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However, both form the subject matter of major religious discourse. It is important for us to distinguish one from the other. This could be one among many profound purposes of human life. The noted Irish playwright George Bernard Shaw is apt in his observation:

"Life is not only about finding yourself, life is about creating yourself"

The moot point is to create one's reality. We must think in order to create. The more we think, the more we will create. That demands clarity of purpose. A burning desire to reinvent life is what it takes to lead a life of purpose. Human life everywhere is clamoring to be transformed.



once we pause to introspect and reflect. It is equally important to grow mindful. Self awareness could be the stepping stone. The world outside is truly the reflection

aspire to see more vibrant and progressive society, it is time we created such ambience within. Is it possible to restructure life? Can one really demystify life with a

How can one do that? In fact, the destiny of every life on earth is to evolve. Physical evolution, however, has to be preceded by the evolution of the mind. Human life is the sum total of his emotions, thoughts, beliefs and actions. Our feelings are of vital importance just as the thought process holds the key to the treasure trove. We have to look for a recurring pattern in them. Life affirming emotions and beliefs deserve to be nourished and nurtured. Negative emotions and experiences of life need to be accepted in the same breath as an integral part of the actual reality. White is as real as the black but together they constitute the ultimate reality. Let us not be

either side of the coin and vouch for the veracity of the truth. We have to have the gumption to accept life as it might unfold, before we could embark on our unique mission of creating our distinct identity. We would do well to ruminate on the words of 18th century English poet and letter writer- William Cowper:

"Knowledge is proud that he has learned so much; Wisdom is humble that he knows no more."

Come, we live life only to impact many more lives. It must become our mission to explore new possibilities to help humankind move to the next level of evolution. But we must do all this with a sense of humility and servitude!

Life appears surreal; the challenge is to make it real. There exists certain amount of anomaly in what one is and what appears to be. The looks are proverbially deceptive. There is a need to bridge the existing gap between the two. Appearance and Reality are two distinct facets of life. One revisits the analogy of