

Honesty, sincerity key to good life

Shobit Arya

A SOCCER player might say life is about not losing focus on the ball while simultaneously aiming for the goal post. A cricketer might say it is all about pacing your innings well. A mountaineer might say life is all about reaching the deepest heights.

The soccer player obviously implies that we must carry out our routine responsibilities with utmost sincerity without ever losing focus from the real reason we are all here for. The cricketer is trying to strike

the right balance in life and what the mountaineer really means is travelling to the deepest heights of the self — the deeper you go, the higher you reach.

Similarly, all the saints and philosophers have described the open secret of life in their own unique style. One saintly man might say that you have the power — all the power of the universe within you and there is nothing in this world that you can-



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not accomplish.

Another might preach that you are nothing and you have to find yourself in this nothingness. An egoless and true you can be found only in this emptiness. And then there is the Bhag-

vad Gita that tells you that you must act, but act with detachment. Instead of losing ourselves in the labyrinth of words, we should try imbibe the true meaning. The best and the only way to do so is

by rising above our intellect, by listening to our heart and following what it says, thereby, create our own unique path and live our life's journey by it.

A simple set of guiding principles (old-fashioned yet absolutely effective) that might help you in this journey of life is to trust the Universe, let honesty and sincerity be the only policies and do your best. When you have given your best, you are automatically detached from the results. Bon voyage!

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