

Stop Thinking You Are Useless

Talk: Swami Sukhabodhananda

The art of wise living involves the art of wisely discovering one's talent and then optimising it. Nature has given everyone some talent or other. The mind is not serious enough to discover what that talent is. One is lost in making comparisons with the other, thereby adversely affecting the quality of life. The moment you compare with the other, the focus is on the other, and hence energy is not available to look within yourself.

Why silently whip yourself by branding yourself as useless? Thus, one's hurt body (psychological) increases; with this hurt body, if you see the other, then you do not objectively see the other, but you see with the backdrop of your inner hurt. This in turn distorts the perception of the other and hence deepens conflict. Please see this disorder within. With this disorder, even if you are 'better' than the other person, your inner bitterness continues and hence you will not be able to enjoy your success.

No wonder comparison has become prominent among principal stress-creating agents and hence psychological disease. We are constantly taught to compare from childhood. Parents compare you with other children, boss compares you with the other and hence this inner chaos.

Comparison is good servant, bad master:

Now, how can we live life without comparisons? Can there be growth if there is no comparison? You have to relate to comparisons wisely. If you wisely use comparisons and not allow comparisons to use you, then you will profit from comparisons. Hence, your brain has to search for such a way.

How can one go about that? Let us say your colleague's performance is better than yours.

Pause for a moment and learn to enjoy your colleague's success instead of becoming jealous. If you become jealous, you become bitter. If you enjoy his success, see how nature has made him talented, and then you will not be bitter. Then, your mind is in a happy state, such a mind then looks into what are his winning strokes and what is his cutting edge, and thus you will learn from him rather than be bitter. With a happy mind, you will see how your colleague has discovered his talent and in that process you will look, explore and search into what is your talent. The art of such exploring is the first step for creative living. The key is to search for your inner talent.

Once, a group of illiterate people found a treasure box which had a number lock but did not know how to open it. They tried all methods including black magic, dancing around it, spitting on it. They could not open it.

Finally, they were disgusted, and went their way after leaving the treasure box. After some days, a knowledgeable man saw it, found out the right combination of the lock and opened it and found the valuable jewels.

One is like a treasure box. One's jewel of talent is hidden in the treasure box of life. One has to find the right combination and open it. Thus, learn to discover your talents and abilities.

With this attitude, your work life, family life and social life will be a source of inner awakening. Be sensitive to the possibilities of life. *Follow Swamiji on our website, www.speakingtree.in*

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