

# DEVELOP YOUR SELF – CONFIDENCE



# **DEVELOP YOUR SELF CONFIDENCE**

*By Mahatma Devesh Bhikshu*



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# Introduction

In this age of competition, a student has to be very intelligent from the very childhood.

To my mind, the solution lies in our ancient tradition when a child's education used to begin from the time the parents thought of having a child, viz., and the day of pregnancy. This was known as 'Garbhadhan' Samskar. Now we have forgotten the importance of the Samskaras, mainly because of the Western culture, as the parents do not care to consider their own responsibilities in the bringing up of a child. Actually for the first five years and during the pregnancy period, it was the mother who conscientiously worked as a teacher of the child.

Education makes us MAN; without education, a man is no more than an animal and I must emphasize that education was known as Dharma, i.e., the two words of education and dharma were synonymous. All the same times have changed. But it is from the beginning that self-confidence must be increased in the seed of a child, *i.e.*, it should be in the vital fluids of the parents and continued all along in life!

Its importance means that one should have staunch faith in his own ability and power to undertake the task in hand with utmost confidence in order to make life really successful and happy.

This is quite possible. But we must understand the scientific process of making a MAN.

With Blessings,

**MAHATMA DEVESH BHIKSHU**

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# 1 – RECOGNISE YOUR ABILITIES

**W**hen a Youngman scans most of the advertisements, he feels discouraged because experience of some years is required. Therefore, he begins to feel short of the necessary requirement and does not dare to apply for the job for which he knows full well that he is quite suitable. In case he has the requisite confidence in himself, he should go ahead and apply for the job, stating that the experience is bound to come as and when he is employed and his skill is assessed.

And in case he is called for interview, he should not feel scared, but on the contrary, he must try his best to stand tall, not only physically, but also mentally and spiritually, seeking God Almighty's guidance all the while. Of course, he must do his best applying all his ability and skill in the job and deserve his selection over those who were experienced, more so by showing his initiative and the imagination, that may prove to the employers that a Youngman with vision is far better than an experienced hand, who has fallen in some routine expertise!



Even a child when learns to walk uses some confidence in self and, of course, by and by he begins to walk. Why this natural phenomenon is not taken cognisance by the employers insisting all the while on experience? I am certain any person who wants a really good employee should like to have a young man with initiative and drive, rather than one who wants to leave his previous job. But both have their own merits and demerits. But we must try to assess our own abilities and potentials as to my mind there is nothing that one cannot learn, if he is keen and desirous. And certainly these qualities matter a lot, besides education, knowledge and understanding of the job in question.

You must be seeing your face in the mirror many times a day and feel pleased with the personality you have. But personality in the real sense is revealed the moment you speak, more so by your day-to-day behavior and conduct in life. But the total personality you possess consists in your inner qualities, more than your external physical appearance. So, you must feel pleased and satisfied with your inner self about which many times even you are not aware of, if you

do not care to be introspective and a hard task-master.

However, one thing is certain that you possess a great potential and can easily become great, if you begin to learn more about yourself and with determination and self-confidence acquire the abilities which directly attract your attention. What is most essential, never feel shy in learning and in the long run you are bound to be happy with your achievements. Confidence comes by doing the work, which in turn is called experience; so experience is nothing but hard work and those who have initiative can actually do and repeatedly perform such work through imagination and even create the likely hurdles and solve them.

What matters most is hard work and in so far as the salary is concerned, it is bound to come in the process itself. I know a young man, son of one of my friends, who is a qualified engineer, but is jobless, despite the fact that he got some work and worked there for about two years, but subsequently retrenched. Thereafter he got another job, which he himself left as he considered that his employers were not giving him due regard to his status. Now for quite

some time he is jobless, and has come to me for help and advice. My only advice to him is to work hard sincerely whatever job he gets and should not think of his benefits, salary, etc. He must prove his worth, so that his employers may begin to feel his presence, in that he should make his position inevitable, as if he is a necessary part of the machinery without which the organization cannot function smoothly.

Work is life according to our Vedic philosophy. And when we have to work why not do it in the best manner possible? we have been advised

Aspire Oh Man I To live through virtuous and noble deeds for a hundred years, in peace with all. Thus alone, and not otherwise, will thy deeds not influence thee. Doing your duty for the sake of duty and most efficiently that may have the stamp of your individuality on it should be your aim in life.

One who does not recognise his own self, knows nothing. Hence please concentrate on your own abilities and never try to belittle them when the time to put them into action presents in your life. This is also self-assessment and certainly you have immense powers, but you do not know these.



You should speak through your actions and deeds. In other words, you need not boast, as your work will speak for you. Our leaders and politicians brag about their work, but during the last 45 years where the country has gone!

A man who does not work but remains idle, is an enemy of the society. But in our country many people do not find any work to do, either physical or mental, because of the wrong system of education and the wrong policies of the Government. Otherwise our country has so much to do, while, on the other hand, so much of manpower is going waste. What a pity?

Oh Man I do your work yourself and enjoy its rewards. We must have the ability to work hard, thereby keeping ourselves self-reliant and strong.

Oh Youngman! Labour so hard with your body that you may get so much perspired and your sweat may begin to run like water. Even intelligent persons, who keep busy on mental exercises, must do some physical work to keep healthy and fit.

Ability comes by doing the work and it is much better to start from the lowest rung of the ladder and ultimately reach the top, rather than sit at the top and

then feel frustration! In such cases, I would advise people to utilise their intellect and imagination, by initiating such other activities in the organisation that may prove helpful, not only to the institution, but to the country as a whole.

In this connection, the story of how a lion cub got somehow mixed up in the herd of jackals and began behaving like them is relevant. But after sometime when he saw his image in the water, he realized his own self and the abilities and the prowess that he possessed and began to roar like a lion.



**WELLNESS TIPS:  
RECOGNIZING YOUR  
ABILITIES AND  
EXPANDING YOUR SKILLS**

## 2 – THE ART OF LEARNING

**T**here is a quotation – “A learned person learns from his experiences, but a more learned one learns from others’ experiences.” All the inventions and discoveries have been made through practical experiments. What is the use of such a knowledge or education which is written in books but not utilised. The Chinese saint Confucius says – “Man should not only wander in search of knowledge, but should try to utilise the same in life.”

Mahatma Gandhi has written – “Whatever portion of knowledge, filled in the minds of men, is utilised has its value; the rest is nothing but useless burden.” Hence the value of learning in our practical life is so visible that all the people feel wonder at such noble people and consider it a miracle, because of the penance and hardship entailed in their practice. Hence we should keep an ideal in mind and learn the method of practising the same.

The value of physical work is much less as compared to the mental or intellectual-Hence try to learn and find out new fields and pastures that have



remained untraversed so far. We should always increase our mental faculties.

Whatever objective a man thinks in his mind and works in that direction, he is able to achieve the same.

This is the natural trait of a man to learn more and more, as our scriptures have also told us that when a student/brahmachari returned from the Rishi's Ashram on completion of his studies.

Never be indolent in self-studying and giving discourses. You must even be vigilant to satisfy your curiosity in the field of learning of your choice. It is said that the three foundations of learning are:

- (1) seeing much,
- (2) suffering much, and
- (3) studying much.

While as a student, most of our knowledge comes through listening, as we advance in age, we can devise various other methods to make education an interesting experience.

Just as a child is curious to learn more and more about as many things as possible, it is a human trait and we must be curious to learn in detail going into



the depth of all what we want to study. We can always keep this trait in mind and utilise it for better purpose, making our learning interesting at the same time. This idea if practiced daily can even become exhilarating and as a result you will feel happy at the end of the day. Because of the simple fact that you have not undertaken this as a task or work, but as a play and this mood should give you pleasure, instead of being tired. But I would like to caution you here that even play or game has become 'work' for those who have taken this seriously and earn money thereby as is happening in today's world. What Develop Your Self-Confidence an irony of the situation in that physical games, e.g., boxing, lawn tennis, cricket, etc., are more paying job than any other work, excepting the tinsel world actors. But they also play as actors and actresses for people to enjoy

How far they themselves enjoy, is difficult to surmise!

The question is how to make the process of learning so interesting that a student may naturally feel attracted towards it? Generally, most of the

students consider it a burden, so tedious a responsibility as has been said:

To study is to chew the iron-grams.

According to most of the students, it is unpleasant and boring as also a distasteful imposition from outside; they do not put their heart and soul in their work, thus ending with a second or third division.

The more persistently, perseveringly and regularly a person studies a subject, the more he will be able to understand its basic concepts, and that which appeared to be tough to follow in the beginning will become quite interesting.

With constant practice, even a dull-witted person becomes an expert. Practice makes a man perfect. Hence if a student works hard and continues to do so regularly without break, he is bound to succeed in his mission. There can be no two opinions on this point. If you learn the hard way and overcome the difficulties with courage, you will relish your work all the more and are not likely to forget easily what you have learnt.

Even otherwise whatever is learnt and memorised as a child, is not likely to be forgotten. Experience

tells us that childhood memories become our life-long partners. Nowadays 'learn while you play' methods are being devised, particularly for small children who grasp the fundamentals of their subject without being conscious of it. For grown-up children, lessons on different subjects are given on television. This makes the task of learning easy and interesting, because even ten thousand spoken words cannot make such a great impact on the mind as one visual scene.

We must change over to national language to make the learning process easy and accessible to all and without much cost, as also the education system should be job-oriented. These two devices

- (i) National language, and
- (ii) job-orientation

are certain to motivate students to evince keen interest in learning and prosecuting their studies. Another important and effective method, whereby we can make our students to take keen interest in their studies, is to institute some prize or reward to almost all the students with a commendation certificate, appreciating their achievements in whatever field they have made. Surely it should be possible for us to find some merit in almost all the students and by



giving it recognition, they are likely to study eagerly. This is a psychological phenomenon and may be utilised for good purpose in making our students better future citizens. Of course, hard work has no substitution indeed!

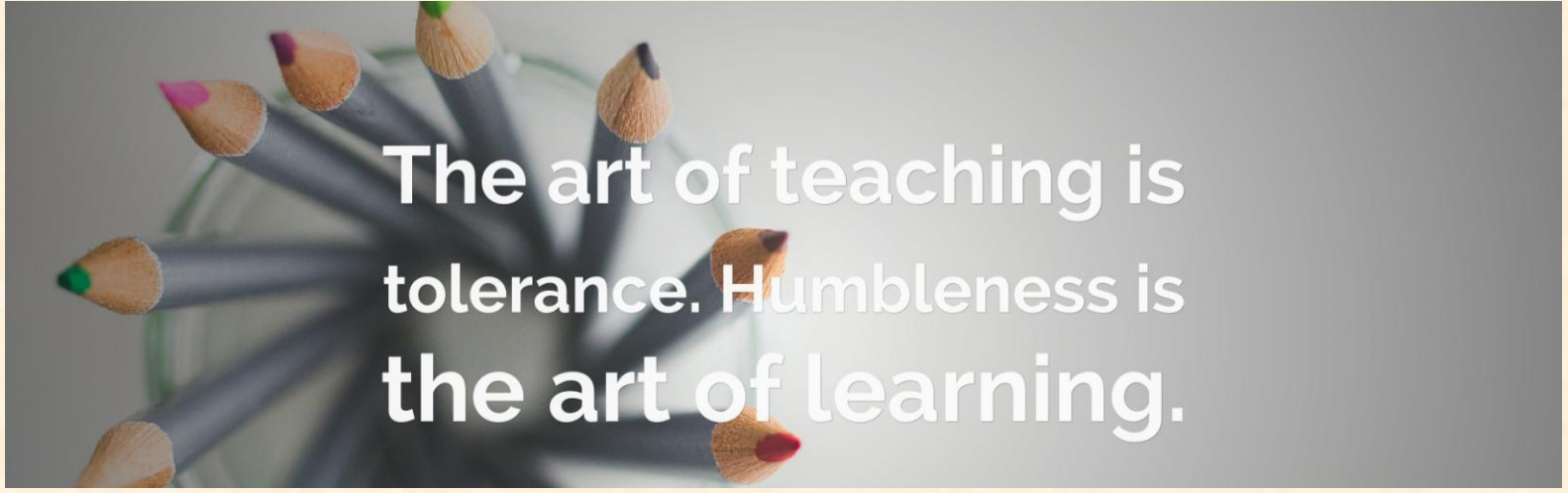
Another fascinating method is to reduce the subject-matter into a few words, phrases or Suktas; you may call them catch-words that should remind you almost the gist of the whole. You may even be able to make your own poetry of the main points that can remind you easily of the points worth remembering.

But if you still think that learning is a tedious business, here I may tell you about a little inspiring story from the German author Schiller – “Once upon a time, the birds had no wings. They crawled about on the earth. Then one day God threw wings at their feet and commanded them to pick up the wings and carry them on their backs. At first it seemed very hard. The little birds didn’t want to carry those heavy unwieldy wings. But they loved the Lord and in obedience, they picked up the wings and carried them on their backs.



“And lo, the wings got fastened there! What they once had thought was a hampering weight and a burden, enabled them to fly!”

Indeed it is one of the greatest lessons of life that the burdens we carry by necessity or by choice, instead of weighing us down can actually lift us up in life. Certainly the students who have to accept the burden of learning, because there is no escape from it, why not change your attitude towards the burden and sing your way through life, thus making it not only acceptable but interesting and pleasant? Your learning will actually lift you up ultimately and will make your life purposeful, like the burdensome wings of the birds that become attached to their backs, enabling them to fly. Your learning and education will certainly lift you up in life!



The art of teaching is  
tolerance. Humbleness is  
the art of learning.

### 3 – AN AIM STIRS YOU TO ACT

A student's aim for the present must be to qualify in the various subjects he is required to study with some recognition, so that he may be able to hit his ultimate aim, which must be to become a useful member of the society, rendering noble service, in turn receiving money with which he can happily carry on with his family. But this is just ordinary business of life and no more.

Those who have no aim in life to serve their country, such persons are cheats as they are like parasites, who only take and never give; they undoubtedly perish like insects and moths. Is it not quite true that those who gave up their all, sacrificing even their lives in the service of the people, rose to eminence and were able to attain real greatness.

According to Mahatma Hans Raj, to do one's duty honestly and sincerely is real greatness. In one of his lectures, he said:

“A man should have an aim in life, a centre, on which he may be able to stake his life, if necessary; he may be able to give up his all material wealth and

family, wife and children gladly. There should be some purpose, for which he may feel elated and a sense of pride; he may be able to say that whatever may happen, regardless of any consequences, he will not retrace his steps. Under such conditions, a man's character and his actual worth is known."

In *Ramayana*, we read about the episode of search for Sita, when she was abducted by Ravana and most of the Vanara chiefs, like Angad, Hanuman, Jamwant, etc. were despatched southwards, knowing well that Ravana's Lanka was situated in that direction. When these people reached the sea-shore, they were perplexed as to how to cross the vast expanse of the sea and who amongst them could accomplish this feat? After most of the Vanaras had expressed their inability, Jamwant approached Hanuman saying – "Oh Hanuman I Why are you standing so quietly? You are the only one who can easily do this task as you are the son of Pawan (Wind – God) and you have the knowledge of the rays of the sun, which you can easily harness in your aid, to carry you through across the sea. You can easily carry out this mission successfully. Therefore go and we all will be awaiting



your return here from Lanka, with the good news of Sita's where about."

These encouraging words instilled confidence in Hanuman, who was able to accomplish the job to the satisfaction of all. Another episode from Mahabharata, where Maharishi Vyas ji has narrated the tale of a kingdom which was ruled by a young monarch, his father having died earlier in a war. The name of the Mother Queen was Vidula. It so happened that a neighbouring ruler attacked the kingdom of Vidula and her young son along with his army went forward to thwart the attack. According to the custom in those days, he went to the war front on the head of his army as the Supreme Commander of his forces. A fierce battle raged between the two forces and many soldiers were killed. The young prince, though brave, became nervous and left the war zone in fright, heading towards the palace. The news of his flight from the battlefield reached the ears of his mother Vidula, who came to the main entrance gate of the palace and admonished her son, saying – "Oh Coward! Here is no place for you. It would have been much better had you not been born or died soon after birth. You do not feel ashamed – How dare you



come here? Don't you know that a Kshatrani does not bring up her children to see such a day.

Life, though short, if spent with brilliance and lustre is much better and praiseworthy, than a long-span but giving smoke all the while. So, the Mother Queen Vidula turned him back, inspiring her prince son, with confidence. The young prince collected his forces and was able to vanquish the attackers and became victorious in the end.

Similar examples of Adi Shankaracharya and that of Vir Hakiquat Rai are worth noting. Both of them died at young age – of course, Vir Hakiquat Rai was murdered by the Muslim rulers at the age of twelve only, while Adi Shankaracharya was probably poisoned by his opponents!

Buxton said – “The longer I live the more certain I am that the great difference between men, between the feeble and the powerful, the great and the insignificant, is energy – invincible determination-a purpose once fixed, and then death or victory. The quality will do anything that can be done in this world and no talents, no circumstances, no opportunities will make a two-legged creature a man without it.”

The aim of Swami Vivekanand 'Man making is my mission' stirred the heart of Subhash Chandra Bose, who did not accept the assignment offered to him because he had obtained fourth position in the I.C.S. examination. But he prepared to sacrifice all his life in the service of the nation.

The first political act of importance that he undertook after joining the Congress was to organise the boycott of the visit of Prince of Wales to India in December 1921. As a result, he was arrested and was sent to jail. During the period of about twenty years from 1921 to 1941 when he left India for good, he had been arrested eleven times. He successfully organised the youth movement in the country and was duly elected President of All India Youth Congress at Calcutta. He also became the General Officer Commanding of the Volunteer Corps. During the sitting of the Calcutta Congress, a procession of nearly a lakh of workers came to present a petition to Mahatma Gandhi and the demonstration showed the fiery spirit of Subhash Chandra Bose as this was all because of him.

In Mandalay jail in Burma, he became seriously ill and wrote: "Far from my motherland in the prison

cell, passing month after month, one question that came to my mind again and again was – For whom, with what exhilarating idea, we do not get oppressed by the prison tortures but becoming more and more powerful ? The soul gave the reply – Bharat has one aim; it has a glorious future and we are heir to the future Bharat. We are shaping the history of new India and will do so. On the strength of this faith, we tolerate all the pains and sufferings; we are thus able to reduce to powder our present difficulties and adverse circumstances with the attack of our idealism. On this firm faith rests the immortal energy of the Indian youth”.

Subhash Bose practised what he preached and had an impeccable sense of discipline. He lived an austere life and was fully convinced that the outcome of the war was going to change the nature of struggle for Indian Independence. In a book published by the Ministry of Information & Broadcasting, it is stated – “No one amongst our national leaders, except Subhash Bose, was able, in fact, to win over the loyalty and respect of the Indian soldiers and convert to the national cause. He succeeded where others



failed. It was indeed a miracle that he was able to form the Indian National

Army out of the Indian mercenary soldiers. It was Subhash that gave the most impressive example of the ability of Indians to unite, to fight and to win. His only aim and mission was to free India from her bondage by all possible means.”

Subhash Bose also organised the Indian women in support of the movement and raised the women’s regiment known as Rani of Jhansi Regiment of 500 strong, commanded by Dr. Laxmi Swaminathan, a Lt. Col. and a remarkable lady by any standards.

But the Axis Powers lost the war and in May 1945 Germany surrendered. When on 6th and 8th August Atom Bombs were dropped on Hiroshima and Nagasaki in Japan and Russia declared war on Japan, on 15th August 1945 Japan officially surrendered. Yet Subhash Chandra Bose issued a special order on that day stating that it was an undreamt of crisis in the liberation of our Motherland, but only a temporary setback, and to demonstrate their undying optimism and unshakable will-power in the temporary hour of darkness. The roads to Delhi were many and it still remained their goal. There was no power on earth



that could keep India enslaved. India should be free before long. Unfortunately he died in a plane crash while proceeding to Dahreri on 18th August 1945 from where he was to go to Russia.

His last words were – “I have fought for India’s freedom till the last. Tell my countrymen India will be free before long. Long live free India” Then came the famous trial of I.N.A. in Red Fort, which created a stir in the minds of the masses and even the military. His message to the youth is most inspiring:

‘We have come with undying hope, infinite enthusiasm, incomparable energy and indomitable courage. That is why our life-source can never be obstructed. The high mountains of mistrust and despair may come in our way; the entire human power may attack us perversely even then our genial move shall remain unfiltered for a long-long time.’

In a message to Gandhiji in a broadcast from Azad Hind Radio on 6th July, 1944, Netaji said:

“..By going abroad on a perilous quest, I was risking not only my life and my whole future career, but what was more, the future of my party. If I had the slightest hope that without action from abroad we

could win freedom, I would never had left India during a crisis. If I had any hope that within our life time we could get another chance—another golden opportunity for winning freedom, as during the present war, I doubt if I would have set out from home.”

Obviously the flight of Netaji from India and the establishment of the I.N.A. formed very essential elements in the new powerful forces, which contributed largely to the withdrawal of the British from India. The I.N.A. trials sparked a movement in the hearts of the people of India of such a magnitude that even our forces could not remain unaffected by its spirit of nationalism, as became evident from the mutiny of the Indian Navy in 1946. So, when it became quite apparent to the British imperialists that it was no longer possible to subjugate the Indian people, they left after dividing the country on communal basis.

Many revolutionaries like Ram Prasad Bismal, Chandra Shekhar Azad, Bhagat Singh, Khudi Ram Bose and many more who laid their lives for the aim of getting India freed from the clutches of the British imperialism, were responsible for the cherished Independence.

## 4 – WIN OVER WORRIES & FEARS

**T**hough our country got independence more than forty-five years ago, yet most of our people are still suffering from serious ailments of poverty and affiliated afflictions, all because of the corrupt leaders and selfish politicians on the whole. While Netaji Subhash Chandra Bose used to say:

"In a society, where there will be no inequality of wealth, each individual will have equal opportunity for education and advancement; in a society, where labor and work shall get full respect and there will be no place for idlers and lazy people ; which will be free from foreign influence and interference, I dream of such a State. This dream is eternal truth for me, for the dignity of this truth everything can be done, all can be given up, all kinds of sufferings may be endured; to make this meaningful, even to sacrifice our life is to attain heaven."

Despite the warnings we received and Mahatma Gandhi as also some noble and sincere leaders like Sardar Patel, Rajrishi Purushottam Das Tandon and many more who wanted to take the country along



our own tradition, culture and civilization, Pt. Jawahar Lal Nehru acted as a dictator and even did not care for the Constitution by getting the same amended according to his own whims and fancies, copying the western style in all respects and even the most important aspect of changing to the national language was thwarted by his Congress Government.

Pt. Nehru was brought up according to the English customs and had little knowledge or love for Indian people, culture or civilisation. Hence he did not care for the country, but for self and his own clan. He exploited the poor by following the English ways of life and was responsible for all that misery India is facing today. The dream of all the great and even common people was belied because of his adamant attitude. Otherwise the condition of our country would have been much better I He was afraid of the change-over; that is why he only took the line of least resistance, ignoring the wishes of the masses.

Worries and fears of any kind are the most evil enemies of self-confidence. These have to be won over not only for the betterment of the nation, but also for your individual success.



As is the Universe, so is our body and similar is the case of the nations. The philosophers and great thinkers of even the western world rued about the advancement of their own countries, as the system completely eroded nobility, humanity and virtuosity of their masses. But our leaders consider otherwise!

In so far as the country's affairs are concerned, the picture is very dismal, let us therefore turn to our own personal matters. According to many great thinkers, it Develop Your Self-Confidence is entirely up to us as to whether we want to be happy or worried; it is wholly of our own choosing. Abraham Lincoln, one of the great Presidents of the U.S.A., stated in one of his lectures that people are as much happy as they want to be. And conversely they are certainly as much worried as they desire. But the question who wants to be in worries, pains and suffering? Is this not a dilemma? All the same the selection is in your hands!

In this context, Indian hero Kishore Kumar, who has since expired, used always sing songs cheerfully. Someone once asked him – “What was the secret of his being so cheerful?” Kishore Kumar replied – “there is nothing secret in my being cheerful all the

while. This is as obvious as your nose is on your face. When I get up in the morning, there are two things before me and I have to choose from amongst these. I make selection of remaining happy and cheerful and that is all to it.”

There was a couple; the husband was a professor and his wife was just a housewife. But the habits of both of them were entirely different; the professor husband always remained cheerful, while his wife was most of the time miserable, feigning some trouble or worry all the while. When a newcomer came to their house, the professor introducing used to say that he himself was a professor of history, while his wife was the owner of a factory. And when the newcomer asked about the production of her factory, the professor would say that troubles, worries and pains were produced in his wife’s factory I Many of us are the sort of people who own such factories and mostly remain sad or sorrowful for no rhyme or reason!

The world is according to your view. So we must change our outlook as best as possible in order to enjoy our everyday life. The best remedy of removing the ailments of worry is to keep yourself so much busy that you may have no time to think and get tired

so that you may be able to do only most essential, viz., taking food etc. and a few hours to sleep!

During the Second World War when Hitler had let loose all the destruction and fury over England, the Prime Minister, Mr. Winston Churchill, was surrounded from all sides with problems, he had to work eighteen hours a day underground, he was asked by someone as to how he was able to discharge his immense responsibilities that must have kept him worried, Churchill's reply was – "I have very little time already; where is the time for worries?" Hence the simple rule is that we must always keep our mind busy on good and constructive ideas, ever thinking of today.

Because life exists today; yesterday is gone already and tomorrow never comes.

What is past is past and that which is to come is not certain. Therefore, man should do that which pertains to the present.

Mahakavi Kalidas has described the importance of present day in glorious terms – In his immortal poem, he states that we must welcome dawn, because life belongs to our present day and is the sum-total of



all. All realities are hidden in our present day, as yesterday is gone and tomorrow is only a dream. In today is hidden all the boons, the significance of work and development and the secret of success. Enjoy it while working for the good of all; never allow this to pass without adding lustre to life as a whole. Because if it is gone, it is gone forever!

Our late Prime Minister Lal Bahadur Shastri was quite small in size; hence once a correspondent asked him that it must be a matter of worry to him.

Nanak says – Remain small like the tiny grass; all great ones have fallen, but the small grass remains happily when a storm rages on the earth. Even remain polite and you will be loved and respected. Besides that which cannot be cured, must be endured happily with cheer. Compromise with what is true and bow down like the tiny grass, otherwise if you show erectness like a tree when the wind blows with fury, you are going to break down.

If there is some remedy for the ills, find it out immediately. But if you cannot find any remedy, then why keep on worrying for nothing.

The best remedy for fears and worries is to pray and keep on doing your duties most sincerely,



honestly and truthfully. You must have faith in His will and accept by adapting yourself to the adverse circumstances, if you feel you are surrounded by some, trying your best to come out of them to the best of your ability. Never give up but think of a way out and leave off worrying. Because if you keep on fearing the worst, you are likely to feel depressed. On the other hand, if you deliberately shake these off from your mind and be bold to face the worst, preparing yourself mentally and physically, you are bound to feel comfortable! Only rare people are able to understand the riddle of life.

Like a wheel, the good and bad days go on turning, as day follows night, so night is followed by day. After pain, you feel more joy in pleasure

After pitch darkness, like the sight of light, similarly after experiencing sufferings, pleasure is more enjoy-able. One who is facing troubles becomes poor, such a person though alive bodily, is considered like a dead one.

So, even in troubles and sufferings we must thank God that we have endured our sins' results. And now the good days are bound to come, which we can enjoy keeping our head erect.

## 5 – FRIENDSHIP AND REVERENCE

**A**ll of us want that we may be liked and loved by the people around us. In other words, we may raise our personality to such a height and fame that even people, not within our limited circle, may come to know about\* us and begin to admire us. This can be achieved by many ways, amongst these one is public service by doing good deeds and noble actions through giving the divine message of the Vedas, Upanishadas, Ramayana and Mahabharata, like our sages and saints.

But there are others also, like the politicians, the athletes, the sportspersons and those in films. All the same, you can also make yourself shine in other activities of life by doing some outstanding feat par excellence. Even many writers have made their names. So, either you do something brave, courageous that may deserve mention, or you write about such brave and courageous people who achieved greatness. Whatever you do, you must become so specialized and expert that your name may be remembered because of your actions and

deeds. Nowadays women who are very beautiful take part in beauty contests and they are liked and loved by the people at large.

All the same, from the point of view of civilisation, we must be polite and humble as well as tolerant about other peoples' views and opinions. We should not forget the fact that if you care for others, they are likely to care for you. But if we become indifferent towards others' interests, how can you expect that others will look after your interests. Love begets love and hatred begets hatred. Selfless service is the best means of your love to the people -and certainly it is bound to be responded in large number.

Some great thinker has said – “Whosoever I meet, he is in some way better than myself. Therefore I take some lesson from him.” Having recognised the good qualities in others, you must appreciate it from heart and soul. But never try to flatter, as such a measure will soon be known and your respect is bound to diminish accordingly.

Remember that the most important and sweetest thing for a person is his own name, with which his heart is captivated. Hence never try to be disrespectful to anyone's name. If you can remember



peoples' names of your acquaintances correctly and always call them with due respect and reverence, he is bound to feel attracted towards you, and your relations will henceforth become strong and sweet. Moreover, always ask such questions that may be of interest to him and he may feel elation in replying the same. Encourage him to talk about his own self because that gives him pleasure and you become a good listener.

It is a weakness or you may call it inspiration that each one of us wants to be important, but only a few try in this direction. You give importance to others by letting others feel so and in turn you are bound to get the same. One important point is that we may as far as possible try not to indulge in arguments, as such a course invites bad feelings, though you may be able to defeat the other party because of your strong points, but you are likely to have an adversary or even an enemy only by your behavior. How can you win friends by hurting the feelings of others? It is only your politeness and humility that may be able to earn you friendship of most of the people.

In case of any error or mistake on our part, we must readily agree and seek others forgiveness,



instead of being adamant. Because such a course will earn you respect and reverence – this is a fact which we must realize and always act in friendly manner. You have to attract and remember one drop of honey attracts more flies than a bottle of oil. When you feel that somehow antagonistic feelings are being aroused, it is much better to withdraw with apology if the circumstances demand.

Always try to place yourself in your opponent's shoes and then think as to what you would have done in similar circumstances. Even if you consider that you would not have acted the way he did, you should forgive him in your own generosity and continue your friendship or at least ordinary relations. In case you want to be sweet, you must learn to forgive and forget. But do not excuse yourself on any count under any circumstances for not behaving properly! Generally people act reversely and herein lies a grave blunder. Greatness consists in breeding sympathy, tolerance and kindness.

In order to arouse enthusiasm, you must appreciate others, thereby encouraging them; do not criticize, as by doing so you will make your enemies. But be anxious to praise for the merits that they

possess. In case we want to make friends, let us greet people with animation and enthusiasm. When somebody calls you on the telephone, use the same psychology, speaking “Hello” in a tone that may speak for you intimating the caller that you are really pleased to talk to him. You must become genuinely interested in other peoples’ welfare.

According to the learned people and sages - A friend is one who does his best to dissuade his friend from doing any sinful act and always tries to engage him in work that may be in his interests; he expresses amongst the people the best qualities of his friend, never leaves him in time of difficulties and helps not only by giving aid but whatever is possible. These are the indicators of a good friend!

How many of us come up to the standard these days, because such a friend should himself be not only honest and truthful, but really a man of excellent character. We must never seek friendship for securing our selfish ends, but our motive should be to serve as best as possible, even at the cost of our life.

In this world there are all kinds of people. You cannot be friendly to bad and crooked ones, but at the same time, try not to come in conflict with them. I

want to emphasize that your confidence should never be shaken by worldly troubles and tribulations and even if someone gets angry with you or tries to put hindrances in your way, you have to be calm and forgiving in your attitude, as it is true that cold-iron cuts the hot-iron, as ultimately you are going to be lauded for your efforts, but there should be no feeling of taking revenge or such like reaction from your side.

In order to make our mind contented, peaceful and stable, we ought to be friendly with those who are leading a happy life; we ought to take pity and be helpful to those who are in distress; we ought to feel delighted in the company of virtuous and noble people; we ought to ignore those who are sinful and evil-minded and bad in character. These are the four kinds of people found at all the places in this world and the behavior and conduct as instructed in the above mentioned Sukta is sure to keep your mind at ease and will certainly enhance your reputation and self-confidence in you.

‘A man is known by the company he keep’s is a well – known adage. Therefore it is not advisable to be friendly with bad and evil people because such a



course is fraught with grave dangers of all sorts in life and even our purpose of leading a magnificent life and gentlemanly stature is lost thereby. We should rather try, if possible, to reform such people, of course by hinting indirectly and so sincerely from your heart and soul that may even move them at least temporarily for the time being, if not for good. But please do not come into clash with such people, of course unless you want to sacrifice your life for the sake of doing good to others. Undoubtedly such persons become great and they are remembered, rather become immortal for all time to come.

Friendship with God is reserved for those who reverence him.  
With them alone he shares the secrets of his promises.



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