

# MAGIC OF MOTIVATION

MAHATMA DEVESH BHIKSHU



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## Introduction

Consider yourself as one of the divine beings, the immortal sons and daughters of the Almighty, who has bestowed on most of the human-beings like you all the godly virtues that He possessed. It is now entirely up to you to know about your powers – physical, mental and spiritual faculties in order to make proper use of them for your good and happiness as well as of all others.

Have you ever imagined of such a boon ? But you had it all the while ; only you were not aware of it. In my humble manner, I have tried to bring this to your kind notice.

With blessings,

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Yours faithfully

**Prakash Chand**

## Belief in Self

Everything begins from self and until and unless you realise this fact, you are bound to lean on others for leading you and in the process you become mere one of the followers. Hence there is need to assert yourself and there is always an opening to one who is really desirous to work and put into action his vital energy and strength, with careful ideas. Naturally the thought of shouldering certain responsibilities occurs and this should fill you with courage and a spirit of challenge to act.

This may be termed as 'Self-motivation' because the urge to be someone amongst many, has its own charm which should not be resisted but supported with all your power that you possess. Never consider even for a moment that you are not up to the task you are going to face in its execution and the various hurdles which you may be required to surmount. What matters most is that you must have firm belief in your own self. Hard work makes up for all the trivialities and certainly these are going to succumb before you.

You will be surprised to discover your hidden talents that came to your rescue at the most opportune time as you go on advancing without being daunted, whilst searching the new avenues, that you hardly imagined in the beginning. We are born to display all our faculties and show to the world what we are capable of and not to shrink back and if necessary seek the guidance from your friends and those who had to undergo such an

experience OR even the true assistance and help from the Divinity.

Never try to follow the routine method as that will certainly put you in a groove. You must get excited about the venture and have free access to the Vedic scriptures which should be at hand for consultation all the while. Of course, you cannot avoid certain methodical routines, but even those should be done with a smile and a spirit of challenge. What should matter to you is that you love your work from heart and soul and never consider it a drudgery that has been thrust upon you.

Such an attitude of mind should give you self-confidence, needed most at all times of whatever work you have undertaken. In the process of doing the work, you are bound to become proficient. Because it is the practice that makes a man perfect, whilst as a matter of fact your perfection reflects in your work and action. Remind yourself again and again, whenever the mood of slackness enters in you, to get excited about the task in hand and marvel at its perfection.

Necessarily, you are bound to grow through change in all respects and your belief should get strengthened in you. It is all because of your own enthusiasm that you created at all levels in your colleagues and workers who are working with you all along. Your self-confidence, enthusiasm and power must percolate to others; these should be so efficacious that others may look with wonder and awe at your spirit of action and the sincerity and faith in the work in hand. All your action must be result-oriented, so that it may become manifestly clear to all that the hard labour put in has been paid fully well.

In case there had been some failures or mistakes, these must be forgotten, making all efforts to avoid repetition of the same or even others, being enthusiastic all the while and meticulous to detail, forming a habit ingrained in your nature. Your programme detail-wise be prepared for each and every day, so that the work to be accomplished is up-to-date or even in advance of the date, you had anticipated. Such an event should give you thrill and confidence in your ability and capacity, assuring you of doing more than what you actually expected.

Your enthusiasm should be more flowing when any tough task or problem is in hand, with firm determination it is most essential that you stake all your skill and concentration, making possible which in the eyes of others would have been well-nigh impossible to achieve. Of course, you need to review your performance occasionally in order to check the progress according to the time-table set for its accomplishment. You may require to change the speed either for better or even slower in case you feel that the quality of the work has not been up to your standard. But you must have firm faith in you that you can do anything that may crop up in the meantime and that you are not going to be deterred under any adverse circumstances.

What is of utmost importance is that your thoughts must always be positive, trying to find out ways and means of overcoming any difficulties that you may anticipate, so that you get prepared in advance, not being taken in by surprise. In case you consider necessary, there is no harm in practising such like

problems and see for yourself as to how you are able to handle the same. Hesitancy on your part or any doubts arising in your mind be shaken off immediately, believing in self, trusting your own dexterity, rising to the occasions as and when these occur.

You must always keep your goal in view and head towards achieving the same by all means at your disposal.

It is, therefore, most essential that you not only get along with all others in whose contact you have to come but be friendly in such an effective manner that they give their best with all their might sincerely doing their duties even at the cost of their comforts, if necessary. For this, you must become an excellent speaker, to be able to persuade others to the noble cause you are engaged in. You should be able to tune in your voice suiting the occasion and never feel any hitch in voicing your sincere opinion. Be generous in praising the virtues of others, but at the same time you need caution, not to be excessive, as that may not amount to pampering the ego of your fellow workers.

In the journey of life, we must be sympathetic to those who actually deserve the same, as generally people in their own narrow circle, ignore this vital factor which is very important from humane point of view. We need to be sincere and our hearts must go to the aid of the bereaved and suffering. This approach is going to win due respect for you in the eyes of the people, as also most of them may consider of reciprocating the same in good measure.

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Believing in your own self should give you the requisite confidence to muster the necessary courage to garner all the above-mentioned qualities in yourself.

## Build Your Personality

The first and foremost important thing is to cultivate good health habits and increase your energy, so that you may be able to put in your best in whatever you do and may not get tired physically and mentally both. Dr. Roger Bannister has described fitness as "a state of mental and physical harmony which enables someone to carry on his occupation to the best of his ability and great happiness."

In order to act right, you must feel right. Healthy thoughts are the outcome of a healthy body and a sound body certainly rewards you with energy, optimism, harmony and above all happiness. Irrespective of age, a healthy person has energy that keeps on goading him to continue doing his work, as otherwise he is likely to become morose and sad.

Bhagwan Krishna has stated in *Bhagwad Gita* :

युक्ताहार विहारस्य युक्त चेष्टस्य कर्मसु ।  
युक्त स्वप्नवबोधस्य योगो भवतु दुःखहा ॥

Proper food, proper enjoyment, proper desires and proper work; proper sleep and waking hours – all these combined make one a yogi, who destroys all his pains and sufferings.

You may like to term this as self-discipline, avoiding bad and evil habits that may prove injurious for health. And total health involves body, mind and spirit (soul). The part which proper exercise plays for remaining healthy and fit cannot be ignored and all of us must



devote some time at least in the morning hours, after our bowels are cleared. Also it would be in the fitness of things if after taking bath, a few minutes are also devoted to the worship of Almighty Who has graced us with human body and golden opportunity to play our part in a magnificent manner.

Unfortunately, most of us take better care of our animals than we do ourselves. Proper exercise not only keeps you fit, but tones up the body as also it tones up the mind as well. One must be very punctual and rigid in doing the exercise and should never ignore it even for a day. In so far as recreation is concerned, you must develop good taste in healthy recreation, because such a recreation re-creates you directly and indirectly.

Involve yourself in doing things for others; this also destroys worry or visit some lonely person who may be ill or help a handicapped person or visit someone who is bereaved. Another way is to spend some time with natural surroundings, admiring the colour of a sunrise or sunset, or listening to the splashing of water over the rocks. You may spend time with hobbies and other forms of recreation that really soothe the mind. Listening to music or poetry, besides meditation, successfully relaxes your mind.

You might have realised that spiritual health has a direct impact on both physical and mental health. Faith in God and divinity directly gives you self-confidence and removes all sorts of anxiety. You must try to give rest not only physically but mentally as well, recharging and healing, thereby granting yourself

more and more energy and strength as well as peace of mind. Always think healthy thoughts and positive ideas and pray to Almighty to grant you inspiration and courage.

In so far as dress is concerned, please be simple and never try to overdo, but neat and clean – ‘white is always right’ as the saying goes. You should dress appropriately for the occasion and the job. Motivate yourself towards being successful. When you look good, you feel good and you act good – this is to develop a magnetic personality and anyone can know whether you are happy or depressed and worried. All the same, never let be victim to depression or worry and better try to shake these off as best as you can even consciously.

Gratitude must not be confused with good manners. We must never think even for a moment that we are one of a self-made person. Because there is hardly any such thing ; therefore we must always give due consideration to the help we get from others in reaching our goals, that more often than not we ignore in our ego. We must ever try to be honest from our heart and soul, so that we are able to look directly in the eyes of others. Be honest to your own self, never trying to deceive self in the process of appearing what you are not.

Honesty is a great power as otherwise people become fearful when they have something to hide. But one who keeps himself conscientiously clear of all such muck, is able to convey an appealing sense of integrity and respect. Others want to be associated with such a person, as he is able to motivate others in

this direction as well. Similarly forgiveness is a virtue that demands more courage than trying to seek revenge.

Your personality is magnetised by humility and certainly this is a characteristic which attracts others towards you and opens many doors. Humility admits mistakes and it accepts criticism with kindness. The following couplet is worth noting :

होय नम्र मन वचन सो, देइ सबहिं सन्मान ।  
सो नर सबका प्रिय सदा, छोह करे भगवान् ॥

A man who is humble in thoughts and words, and gives regard and respect to all, becomes dear to all. Even the gods will envy him. The virtues of humility have been described in the lives of many sages and saints. Even great kings and monarchs practised humility, considering this like an ornament of a person

विद्या ददाति विनयम् । It means that education bestows humility on a person. Because only those who are illiterate and uncivilised consider themselves haughty and proud

A magnetic personality embodies love, good character, gratitude, honesty, forgiveness, humility and a sense of humour. Love melts the hearts of the people and can open all doors but you ought to be sincere in its expression. The topic of love or devotion to God touches the hearts of most of the people. And those who love God, are able to love all, without any discrimination.

Loving your own self is not a sin, but very much essential ; it is not selfishness, but conscientious and soul-searching. It is a sure sign of God's divinity, as you

are his supreme children and beautiful like-flowers from which fragrance of fame emanates. You must think about your specialities and utilise them to the best of your ability. With your noble deeds of yajna fire, give light to the world and its people who are groping in the darkness of ignorance; the light that you may kindle, may remain aflame for ages and ages, like our great predecessors. It is such a fragrance that never fades; it will continue to flow in the air and atmosphere for a long-long time to come.

Whatever you undertake to do, it may be done with undivided attention, dedication and devotion, with co-operation of all concerned. In this way please endeavour to win friendship of as many persons as possible. Friends are a great asset, but you must ever try to give and never to take, because true love consists more in giving than in taking. Be careful as best as you possibly can in this regard. Otherwise the edge of friendship can get stunted !

Remember everybody is a unique person in some respect or the other and so you are. But most of the human-beings do not like to be taxed by your friendship ; all the same you must look for the opportunities when you may be able to help not only within your limited circle, but even out of it out of sympathy and kindness. Deserving people are not to be ignored under any circumstances. By building others, you build your own personality !

## Face Difficulties Boldly

You have more enemies within than outside. These are your own children – worry, doubt and fear. These are there before you daily and you have to face them at each and every step by letting them lie peacefully or you may say by conquering them otherwise they become adamant to destroy your desires and even crush your ability before you reach your goal.

There is a saying in *Hindi* – चिन्ता नहीं, चिन्तन करो।

! Do not worry, but think the way out. The question is what is the worry about? In case it is about something past, then you have to forget it and learn a lesson for the future so that such a mistake or grave error may not be repeated again in life. As it has been truly said – It is no use crying over the spilt milk. The best thing is to try and forget it, but it should be in the back of your mind ever reminding you in future, so that you do not stumble to fall again like in the past which became so much cause of worry to you and may be of great loss and time to get the same repaired or to diminish the loss so incurred. Dwelling on past mistakes is negative thinking ; learning from them and avoid making such mistakes again is positive thinking.

How often we begin to doubt about our own abilities just because we hesitate and dither, not trying to do the same ? This is downright absence of proper consideration on our part and taking positive action well in time, before it is too late! There is no use in fretting.

and fuming and thus beating about the bush, whilst the need is to get along with courage, trying your hand, the work is bound to proceed as the time tickles away. In all such situations, the solution lies within you and within you only — you have to realise the same without much delay !

Besides, you have to master your tensions and learn to relax. What causes tensions ? We have many names for tension, e.g., irritation, frustration and nervousness. The cause for tension can be physical, mental or even emotional or for any other reason that you should be able to analyse yourself. Do you find yourself over-busy and in the rush of work, you have complicated your problems ?

Thus you feel yourself running against time and get no time for rest or recreation. If you examine coolly, quietly and methodically, there is nothing much to fret about. You plan in your mind and go about the work sorting out the priorities and things should move on smoothly. All the same, you must be able to handle tension and not let it manhandle you. Relax ! Calm down, stop rushing around and take hold of the situation — you are capable of it and at the end you will laugh on your own folly !

Often times anger takes grip over us in such circumstances, when the problem is concerned with someone who has somehow proved an obstacle in our way. But I may warn you that anger is the greatest enemy of man; it erodes your peace of mind and makes you edgy. Hence, please be careful to avoid it as far as

possible and I feel certain you are bound to take a leaf from others as well.

But tension can be got over through many ways, e.g., (1) pray to God, singing or tuning in your own mind some bhajans that should soothe your temperament, and (2) you may also go out and enjoy the sceneries of nature, plants, flowers, water running down a stream, birds and even beasts in some forest enjoying natural beauty proves an efficacious balm to the nerves. You may like to play with children and get fully immersed with them in their small games. Besides, various sports such as jogging, swimming, cycling, etc. also prove helpful in relieving you of your tensions.

Some simple mode of meditation can be practised daily in order to lessen the stress and strain in your daily business of life. Such quiet moments in your hectic day also afford you an opportunity to look within and see what has made you so? Whether you have been your normal self or that some casual remark by someone has created this uninvited guest? All the while do not forget the basic fact that you must keep yourself busy doing some positive action, which may have some meaning to you and others and it ought to be really purposeful. Last of all, please see if you need some relaxation to breathe properly, in the meanwhile thinking quietly in your mind the reason of any abnormal behaviour on your part.

Failures can be easily overcome as soon as they come; but what is needed is courage to get up again with refreshed vigour and determination – this is a new

phenomenon, you please note. The seed of success is hidden in your courage and strength; never give up—this firm resolve must be your ever companion.

Such temporary failures afford you a lot of experience which you may relish and relate them to others like sweet stories of the past. Therefore, please remember : The greatest failure in life is to stop trying. Because failure is never final, unless you let it be so. At long last, you are bound to beat the failures that might have haunted you all along and the success so crowned has its own special charm— you got it the hard way — Isn't it ?

Every change involves some growth and it is struggle. "Struggling shows your powers you never knew you had and never would have discovered without struggling." Everyone who grows makes mistakes. You learn from mistakes : the real error is to stop trying. Hence it is said : "success isn't the opposite of failing. A runner may come in last, but if he beats his best record, he succeeds." Struggling also keeps you from becoming lazy and forces you to fulfil your mission in life. Actions have a greater influence than mere words. I realise that you are not going to be judged by what you start, only by what you finish. Hence to go on, try and try again is certainly up to you and you alone.

The motivated person views problems as challenges. You will be successful if you allow problems to motivate you to find some simple productive solutions. All this requires action, action and action. Remember



“No body can assess the virtues that lie hidden in this human-being. Similarly none can measure the ideals of Divinity lying within you. Has anybody been able to scan the height of the sky ? And pray, can anyone guess about the Divinity of Gods (gentle-folk) ?”

## Be Prepared

All success has to be achieved in stages, as you must keep revising the goals from time to time and these must be ethically and morally sound as a result of your positive thinking. Besides setting your goals, you have to make continuous planning to be able to reach the big goal. Goals are your targets, while plans are the blueprints for action to hit the targets well in time so that these are realised without much difficulty.

But certain steps need be taken in drawing up your plans : (1) You must be always specific, though it may be short of your ambition ; (2) You may like to make short and long range plans, by setting sub-goals ; (3) You must always be ready to adapt your plan to the changing circumstances ; and (4) Use imagination taking into consideration the ground facts in order to refine and strengthen the same.

Never wait for an opportunity to come to you, as Bacon has truly said : "A wise man will make more opportunity than he finds." Hence be wise and do not wait, but keep yourself always ready to pounce upon the opportune time that may be the day when you intend to jump and grab the moment and not let it slip by putting off for tomorrow that never comes. Thus, you may begin with your short-term range, with an aim to support your long-term planning. In so far as short plans are concerned, these can be for a day, a week or a month which you only can best decide. But in my opinion, the day's work should be laid down and

finished before you retire for rest at sunset or even after, if necessary. Because, according to a saying, "Yesterday is a cancelled cheque, tomorrow is a promissory note. Only today is cash in hand."

In brief it may be stated, you will find that adapting your time and utilising it efficiently is itself a motivational aid. It will enable you immediately to get done more than what you thought. In other words, you are going to be more successful. For a successful person, it is most essential to be regular and punctual in his duties all the while. Because punctuality is a promise that you will be at a certain place at a certain time and it is a promise that you made, and none else for you ! Therefore, you must honour your word, in case you wish to be honoured.

**The Secret of Success.** Success is defined in many different ways – it is a philosophy of life, not only wealth and material things ! See the undernoted lines :

Success has many shapes and colours ;  
Wealth, Power and Fame are the three.  
Who give their all for the sake of others,  
They indeed are gods in the form of men.  
Whatever is given is sure to return,  
Those who have faith in God,  
Fame is bound to return with interest,  
Thus you see the glory of yajna.

Material wealth can be bought and sold, but hope, courage, faith and knowledge are gifts you give to your fellow-beings in removing their pains by pulling them up. Such actions are more rewarding to the giver

than to those who are takers. What ! yes indeed you get pleasure, happiness, love and respect – these you cannot get in the markets anywhere in the wide-wide world!

Hence, you cannot achieve real success without the goodwill of others in whose contact you come directly or indirectly. Because it is just a fib to say that you are a self-made man ! Certainly you need many people's support though unseen that goes in your making.

Our goals must be realistic and reflect good judgement, good for others as well, never harmful. It means we must love others as well as self and our family. Such an attitude is going to repay you with happiness and redoubled love and respect from one and all. But most of the time we remain reticent and do not express the same where due. We should not feel shy and be frank as it is holy and pure, with no tincture of sin even a bit.

Lack of communication or expression also creates not only misunderstandings, but even grave problems, more so in spouses. There are certain norms, viz., (1) Tell the truth – never try to deceive as such a course is not going to work ; (2) Get to the point quickly and directly; no subterfuge will work either ; (3) Respect other's point of view, as honest differences are also important in life and everyone has them ; (4) Do not try to criticise as such a course will not lead you anywhere, but make the relations more bitter ; (5) The tragedy with most of us is that we take people for granted, while coming to the practical plane, it is generally to the contrary, though the other party may not

grumble for the time ; and (6) Listen and see about the response of the other fellows.

Leaders must be good communicators through precise and thoughtful message. A boss says – “Get going!” but a leader says – “Let’s go!” There is this little but vast difference in the approach and the approach works magic in practice when it comes. Some reward or a pat motivates greater than punishment – Be forgiving but cautioning simultaneously lauding the efforts and capability which possibly had not been used properly. A leader should study human behaviour and deal accordingly.

Independent charge means maturing that, in other words, to undertake full responsibility with consistency and initiative when and where called for during the course of working.

Decision-making is also a very vital factor and should not be underestimated. It should have a positive effect on others, because your decision largely contributes to your wisdom only if you are aware of why such a decision and be able to use the same for future guidance as well. You must not be over-cautious about some change if the same is addition to the efficiency in production. The importance of ideas is much more than capital and experience, as the ideas can prove a definite asset to you.

Man has mental faculties. He should therefore learn to think for himself as well as for others, though many of us also not able to do so because of lack of proper education. But thinking is the greatest asset of any

person and the more novel and new ideas he is able to conjure up with practical ground, the more useful he is for a nation. It is only because of the imagination that you are able to create more and more opportunities in life, thus making your life honourable and respectable in the eyes of the people.

All great persons had this faculty of imagination and rendering service to the people even at the cost of their own comforts and lives. Such people who are indeed great always looked to the ignorant and suffering ones, to give them better knowledge and understanding about the existence of the world, Soul and God, so that all may have access to the divine power and be able to attain His grace, power, strength and inspiration to lift themselves higher and higher in the times to come.

## Faith is Power

It has been stated that faith moves mountains. This may not be literally correct, but Mahrishi Dayanand Saraswati has stated in his famous book '*Light of Truth*', "By praying God, all your troubles and difficulties, though these be as big as the mountains, are removed, in case you have full faith in It." Your entire life can be changed with a good and healthy attitude of mind.

Any person, as there have been many examples of such individuals, can, with the right attitude, achieve the desired goals in life by developing character, working hard and keeping his mind on his definite objective and continually striving for it with faith that it will be achieved. But one must be down to the earth practical, not only day-dreaming, that using faith as a power source can help him to a large extent. Remember well that not only will a positive attitude change your life, but it will change your world as well.

No doubt you have to set your goals and have a positive attitude to attain the same, even in the worst of situations, you still have the choice between the high road and the low road. It doesn't take money to buy character, integrity and decency. What is needed is your persistent efforts, without losing courage, by trying to use your imagination and greater skill. We have the opportunity to improve our surroundings, to motivate ourselves and others to achieve just some better results to be better employees, employer, parent or son

or daughter. Just change your attitude and the entire atmosphere is changed.

You possess, with God's grace, an unlimited source of power which you have to utilise with good purpose and this source is such that it is bound to get you out of the pit you find yourself in. As you do daily exercise physically to keep fit, the same is true of your mind, exercising the same with active participation and certainly the results are likely to be beyond expectation. All of you know that for any achievement, we draw up a mental picture and proceed along by performance of work day by day. But our biggest problem is lack of ideas.

In our scriptures, it is stated यथ पिण्डे तथा ब्रह्माण्डे 'As is our body, so is the universe, and similarly so is our nation. What is this that our country is going from bad to worse as the years after Independence are passing by? Because the Government, though accepted in our Constitution, did not implement the language formula in their own self-interest, while dividing the nation into linguistic provinces ! It was all lack of imagination and faith in the people as well as our Constitution.

Napoleon Hill states in his '*Law of Success*', "What the mind of man can conceive and believe, it can achieve." All the thoughts whether good or bad are spread in the atmosphere and our minds work as the radio-sets ; therefore whatever you begin to think, ideas akin to those come to you from all-fours, directions, as the needle of the radio is set on a particular station. So, it is entirely upto us whether to engross ourselves in good or bad thoughts, positive or negative. Hence,



please tune in your mind's needle always on divine, noble and virtuous subjects, that should ultimately lead you to such glorious deeds.

**Explore the Unknown.** Why should we continue to tread on the beaten paths ? Can't we imagine something new that may be indeed not only positive, but brave and lustrous, making the entire humanity crowned with holy success ! We must prepare ourselves to challenge such unexplored avenues, because that will permit us to change for the better for peace throughout the world, with no conflict on any trivial issues. In order to make life meaningful, we must be able to create such opportunities, by exploring new and thus grow with excitement and adventure to be able to serve more usefully all the living-beings of the world.

Now we come to the charity and love to all. But I say first you should learn to love your Self (Soul), i.e., you have to be noble, virtuous and divine, having an aptitude to help all the needy and suffering ones. For this reason, our Vedic scriptures ordain that first we should make ourselves capable, competent and strong enough to be able to help others. In case we ourselves are weak, poor and miserable, how can we render the requisite help to others. Rather, we may need their help instead.

Remember, happiness does not mean material wealth only but in addition spiritual and psychological satisfaction. G.B. Shaw states, "We have no more right to consume happiness without producing it than to consume wealth without producing it." As a matter of

fact happiness comes by giving and helping as best as we can and in turn the giver is bound to feel elation at heart. Further, all of us want to be loved, but first think a bit, how much we deserve the same by our own actions so far in life ?

Love has no value unless it is shared. It is said sorrows shared, sorrows halved; joys shared, joys doubled. Action based on truth and love is always exhilarating and everyone becomes happy on its achievement. Even God Almighty (our Creator) must be laughing, seeing His immortal sons and daughters doing as they do in his domain. All good, noble and virtuous action is love incarnate, e.g., Yajna, Bhajan - singing and holding Satsangs based on Vedas on holidays and Sundays. Of course, on most of the days people are employed on their daily duties and if such an action is for the good of others, it is also Yajna.

Love is forgiveness as well ! And it takes courage to forgive one who has done great harm to you. But this is most essential if you want the sinner or the erring man to come to the right path of life. It is said that love expands geometrically and when it is given away it rebounds in unmeasured quantities and in many forms. Love is no doubt the greatest motivating force known to mankind and it is born of faith in God, the source of all love and compassion.

Some doctors keep a board in their clinic painted - "We treat, God cures." There is no stronger force known to mankind than for a human-being to get down on his knees and ask God for guidance. But do not forget

the famous saying – God helps those who help themselves, *i.e.*, He supplies the harvest, but He expects us to do the cultivating. Indifference is an evil and a great crime as it infects the goodness of people. Of course there are problems, but what a human being cannot do ? You can do even well-nigh impossible tasks as were achieved by our ancestors.

Summing up, how to have unshakable faith :

(1) Positive thinking, having self-respect ; (2) Forget failures, with trust in God ; (3) Have some noble purpose in life ; (4) Be willing to take a chance with faith in Self and God; and (5) Take action – keep busy – not only making castles in the air. Be practical and follow on the desired goal continually and perpetually, undaunted by any obstacles or hurdles; these should rather spur you to be more active and vigilant.

## Motivated Action

Successful people always set goals, but for some specific action and get that done by motivation. It is not just by chance, but persistent effort day after day, hour after hour, and week after week, they go on pursuing their decided work and continue working at it till they are able to finish the same. Also, they do not forget to set some period of time by which they must finish the same; otherwise the entire purpose of goal-setting does not serve the desired purpose.

But all this is done never violating any laws of God or men ; also it must be kept in mind that the short goal or the long-range goal is certainly attainable. Thus your job becomes interesting when you see something tangible coming out of your action, like a plant or tree growing inch by inch in a week or fortnight and you feel the exciting pleasure of the growth like a child. Such a method is known as – Divide and conquer, rather than getting puzzled about the whole lot at the same time. After all Rome was not built in a day.

It would be much better if a periodical check on your progress is done and it should ensure your being adhered to the time table you had drawn earlier and is also bound to boost the morale of all those engaged in the work. Such an action will enable you that not only you are on schedule but also the work is progressing just according to your desired plan. Realism, patience and faith work simultaneously to help you, but the road may not be so smooth. All the same it is rewarding,

exciting and a great fun which you may like to celebrate in your own way.

All the steps you have visualised, please note them down carefully and it may be necessary to make alterations as you proceed further. Never hesitate to take a new line of action, in case you find the same inevitable and possible it may prove to be more rewarding. For you each and every day is a new day as a matter of fact this is so for all of us, though we little realise its significance. Those of us who do, they actually find it so, as no two days can be actually similar in all their aspects.

A motivated person must have initiative, the inner urge that prods him/her from a position of inertia to movement, change and action. Also self-confidence is very crucial to motivation for action, as he fully realises that action itself is a learning process. Such a person knows full well that he is not wasting even a second, but doing some constructive work, that may be either prayer or meditation, because to him these are as important as recreation or daily exercise.

The outlook for an optimistic individual is always sunny and even if it rains, this cannot hinder his progress even a bit, as such times are used for some other important alternative jobs. For him his divided goals into smaller ones only serve as the stepping stones to the greater ones. And they continue to work remaining fully healthy even in their old age when others consider to retire for life, because such a man works not because of need or greed, but because he is most willing to be at

work actively doing much more output than his young colleagues because of his lot of experience !

Your work of excellence demands a total commitment of devotion, determination and dedication, as Bhagwan Krishna says in Gita योगः कर्मसु कौशलम् । Yoga is dexterity in your work that may be incomparable having your own individual stamp embossed on it. Anyone who sees it, declares without any trace of doubt that it has been done by so and so. There is nothing so valuable as an honest commitment – of course the work takes persistence and perseverance, may be for quite a few days. But a good worker enjoys such a challenge and never demurs because it is only he who can perform the same not only well in time, but of some special quality as well. When you think you have given it all you have got, remember, your best can always be made better. Never doubt its veracity – you have this trait, though you may or may not be in the know of the same.

**Moral Commitment.** To give it all does not in any way mean sacrificing your principles and truthfulness. No – Never at all under any circumstances. You have to be in full control of what you do and there is no place for reckless action. This has to be with full sense of knowledge and understanding. Your love of people must never diminish and above all else your own conscience or soul – you have to keep this untarnished.

You may think as to how this is possible. But my friend, you yourself and none else will do it for you by doing a little more than you are paid for; by giving a little more than you have to; by trying somewhat harder than you want to; by aiming a little higher than you think

possible; and lastly do not forget to thank God for all that, besides health, family and friends.

**Failures are the Pillars of Success.** There is nothing new in this proverb, but it should appear new to you and whenever you have to face failure, remind yourself about this adage by trying hard and thinking of some alternative method, that may lead you to the desired goal. All this requires hard, demanding work that you should embrace with all your might and to the best of your ability. Action is a great therapy which removes all doubts, fears, anxieties and worries. You can certainly capitalise on your mistakes, as you got the required experience and change the mistakes into possible action. It exercises your mind for problem-solving and for creativity. You are in such situations develop poise that is called upon to utilise your best of wisdom, because action is work and work is happiness.

Your right decisions made in the past should give you courage and the will-power to continue in your own methods, by making alterations as considered essential and you are bound to succeed at last. Disraeli said, "Action may not always bring happiness but there is no happiness without action." You at least get satisfaction that you have done your very best and leave the rest to God — Everything is likely to turn right.

There are opportunities galore all around you in this wide world, but how far we are able to seize upon them and make these opportunities worthwhile by doing the right action at the most appropriate time. Everybody has his own dreams, but what matters is to how much thinking, planning and stepwise action we take, be-

cause the key to the opportunities the doors of which are locked is in action. You must muster the necessary courage to put into action your charted ideas and then only your dreams can be realised.

In life there are challenges and opportunities, yet at the same time we must not forget the pains, miseries and failures that we have also to encounter side by side. Hence face all the situations boldly and manfully, over-riding all such problems willingly, seeking inspiration, power and strength from God, Who is always ready to show us our path ; we need only to seek and He is ready to guide us. One thing is quite certain that you are a special person; hence give life your very best, as stated in the under-mentioned lines :

Every individual is unique in trillions of the multitude;  
There is none just like you, nor was any in the past ;  
Nor there is going to be in future. Hence you only,  
You can develop your specialities, those qualities or virtues that the Creator has bestowed on you.

Ask Him for help, seeking His desires and hopes about you ;

You are His children; as you expect from your children ;

Similarly He expects the very best from you. You **MUST** come up to His Divine expectations, who is your Supreme Father !



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