



Life's Script: Five Rock Solid Principles

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In the totality of one's experience in a life spanning several decades, the foundations laid during the formative years can never be overestimated and most of us are rooted in these precepts. Among these, five principles form my lifeforce.

The **first** is being mindful that respect and dignity of the human being is paramount, and is agnostic in every sense. Regardless of one's station in life, as so well said by Sir John Templeton, the American Philanthropist, "*While it is nice to be important, it is even more important to be nice*". To be kind and compassionate follows. When you pursue this path you discover the uniqueness of people. In a similar vein recall Michelangelo's seminal quote, "*Inside every block of stone dwells a beautiful statue. Similarly, inside every human being dwells a divine you. Remove the excess material to unravel the beauty within.*"

Second, is to lay store on the power of positivity. One can do so by not letting any seepage of negativity into the thought progress. One believes that to have positivity, one must set aside some time as reflective time. It invariably stokes moments of quietude, leading to inner peace and lifting one's spirit.

Third is to constantly reinvent yourself. One's take moves beyond learning new things. Transcending into a philosophical tenor, of leaving behind the baggage of the past. Forgetting is a source of freedom as you hold nothing against anyone. No unsavory episodes sequestered in the mind. One was taught never to

disparage anyone. Instead, look at the point of discomfort and try to find its genesis, training yourself in the process to rise above them. One understood that everyone in some way or the other is fighting a hard battle.

Fourthly, for many seekers like me spiritua -lism is a great route and no better anchor than faith in God and of course family.

"Spirituality means acceptance of what is... the ability to find peace and happiness in an imperfect world, and to feel that one's own personality is imperfect but acceptable. From this state of mind come both creativity and the ability to love unselfishly, which go hand in hand", avers Bernie Siegel, American Writer.

Fifthly and finally, an attitude of gratitude, was constantly dinned into our heads. And one question that we had to always ask of ourselves, before we hit the bed in the quiet of the night was: "what we have done today that makes us proud?" Each one of us is the author of the book of our life and each one scripts his/her own story. And this is how one's story of life..... ENDS.

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