

## Vedic living 2

These days, many cases of imbalance attitude in boys and girls of grown-up age and death cases among housewives because of dowry, are on the increase. Under conditions of tension and worry in our daily life, auto-suggestion is recommended. We came to know that many ailments of the body are recovered with simple faith and mental belief. With the healthiest belief, whatever pain or sickness, both physically and mentally, can be cured automatically by our immune system. It is known that the mankind is under some curse and that is why, most of us do not know our own powers such as self-confidence.

Life, though it is short, if spent with brilliance and wisdom, is much better and praise-worthy. Constraint practices, hard work and exercises like pranayama, sandhy and Agnihotram are the pre-requisites for the development of power like confidence and elevation. You should go on doing your best, day after day, improving on your previous performance. You have to develop your own method of approach towards the divine powers like confidence, courage, liberty, forgiveness, honesty, sincerity, etc. and try to improve the same with new innovations. Even if your efforts are met with criticism, do not get disturbed unnecessarily

and take the criticism in right spirit. It helps to know about the deficiencies or weakness which we can easily overcome.

Self-confidence can be gained by practicing hard in a righteous way. One thing that should be remembered is that whatever we speak should be practiced in our own life. Vedas ordained us, all the while, never to be depressed in spirit but remain accelerating with self-confidence. According to the philosophy of the Vedas, man can do anything and nothing is impossible in this universe, as it is all up to him to harness the powers given by the almighty. The supreme with his divine grace, made this world more and more beautiful and worth-living. A person with his Vedic life i.e. following Vedic dharmas is always full of self-confidence and never gets disturbed by hurdles and obstacles because he will not think about the results. He only gives his best and leaves the rest to the “Supreme”.

OM SANTHI