

## 89/Track

Friends, today I wish to share some thoughts on 'Track'. Last month I boarded a train for visiting my village. For a change, I got window seat in 1<sup>st</sup> class compartment. Initially as usual I listened to music for about an hour. Then I usually enjoy the nature such as backward running trees, roads, goats, cattle etc. Suddenly I looked down and observed a nice view of the adjoining railway track running parallel with my train. It was an interesting sight. I immediately took out my mobile and shot a small video of the track. You can watch this video on the path <http://is.gd/5GhHM> before reading this article further. In fact this video prompted me this subject. With this introduction in brief, let me now share my thoughts on 'Track'.

The word 'Track' is usually used in case of transport. e.g. Railway track referred above. In road transport, we call it 'lane'. Even an aircraft or a ship has to follow the track. The only difference is that their track is not seen objectively. In other words successful completion of a journey depends on the vehicle not deviating from its track. The word is also used in a running competition. Having these thoughts in mind, I questioned whether track has anything to do with a man? The answer was obviously yes. Surprised? Have patience.

Whether you realize or not but we all follow the hidden track from the word go. i.e. since our birth to death. However, the word 'Track' is seldom used. The hidden name Track varies from time to time, generation to generation etc. Sometimes it is called my wish, my desire, social customs, religious traditions, discipline, mob psychology etc. We indirectly learn these tracks since birth by following, by observations, by seeking guidance from parents & elders etc. In this article, I am making an attempt to unearth these hidden Tracks.

A person who follows the conventional track is bound to be fairly successful. Few persons march towards their goal by following an unexploited track and making their own track for others to follow. These people leave their footprints for others to follow.

In fact we all spend our life according to the track decided by our forefathers. Our Life is basically divided into four phases namely childhood (education), Adult (service, family), Vanprasthashram (Retired life spent for social service) and Sanyas (social service to mankind).

Earlier people used to leave the house after their retirement for rendering social service by handing over responsibilities to next generation. However, now we observe that a person remains engrossed in day to day affairs even after retirement age resulting in conflict with younger generation. I do agree that now we may not leave our house but still we can reduce our attachments to material world and try to render social service as per our expertise. But how many of us plan our retired life in this fashion?

We stay in a society and try to follow the rules, regulations, conventions of the society. In fact every person is at the centre point of his 'Society'. We generally think of the society's reaction when ever we wish to deviate from its rules & conventions. If we are weak minded then we do not indulge in deviation. But it's time to rethink many outdated customs, faiths, beliefs which are followed blindly by all classes irrespective of education, wealth, age etc. We must try and unearth new meaning of the customs and if convinced and if do not cause any disturbance to others then we must become a trend setter. Have confidence that one day the society will adore you.

However, these phases are not close ended and sacrosanct. We should maintain our 'child instinct' even with an advancing age. We should remain a 'Student' all through Life because one can learn from practically any one provided you have an open mind. Yes, I mean it. If you think seriously, you will realize that you can learn even from the Nature. There is no end to education if you take a wider meaning of the word. The word is generally confused with academic education. In fact academic education helps you to apply the knowledge and information which you have gathered over the years. You can learn even from a child or even from an illiterate person. Education is not only your prerogative. Even if you are interested in sports or performance arts, you should not neglect your formal education because there is no guarantee of your reaching that height in your interests. However, if you really make commendable progress in your area of interest, then you can always give secondary importance to formal education.

We set our educational goal, make all out efforts to achieve the same. It is also necessary that we must do the job or carry out the profession or occupation which would demand our educational knowledge so acquired. You must have observed that many people compromise on this concept of utilization of educational expertise achieved and take any job for earning

money. Under such circumstances, do you think it is possible for them to give justice to the job?

We all work for food, clothing and shelter. No doubt that we also work for self esteem. However, you will observe that each one does not work with his heart. 'Bhagwad Gita' teaches us 3 basic concepts namely Karma, Vikarma & Akarma. Karma is what we do. The same karma becomes Vikarma when our mind joins the body to carry out the job. In other words, body and mind should work together to accomplish a wonderful job. When you form this habit of working with mind and body, you will not feel the efforts put in which is called Akarma. Not only that but you will enjoy the work. You can also enjoy the work when you like / love the job and you also love the person for whom the job is done.

You should carry out your duties with utmost sincerity and devotion. Whenever you think of your progress or success, you must not forget that there could be number of people with similar intelligence who can do your job but could not due to lack of opportunity. Hence, you must always thank God for whatever you have got. One needs to have an eye on social service while in service or while carrying out an occupation.

Birth is not in our hands but how to live life is certainly in our hands. We all need happiness, pleasure in life. But we should also define what brings us happiness and where we may find it? Otherwise our entire life we might search it in the wrong place. Our life is nothing but a long 'chase' from birth to death. (Education, service, marital life, kids, wealth, pleasures, maintaining health, friends, and family responsibilities). Many times we ignore the extent to which each of this should be chased and lose the entire tone of the life. Many problems are invited by our attitude itself. Hence, it is necessary to know what to chase and how to chase and for how long. We must decide the priorities in life and accordingly manage our time. Your success in life depends on doing the right thing at the right time and in right proportion.

A person should learn to live a balanced LIFE. I am tempted to quote Bryan Dyson's remarks.  
(CEO of Coca Cola)

- ❖ "Imagine life as a game in which you are juggling five balls in the air.
- ❖ You name them - work, family, health, friends and spirit and you're keeping all of these in the air.

- ❖ You will soon understand that work is a rubber ball. If you drop it, it will bounce back.
- ❖ But the other four balls - family, health, friends and spirit - are made of glass.
- ❖ If you drop one of these; they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same.
- ❖ You must understand that and strive for balance in your life."

In the modern world we spend 10-12 hours outside our home in dealing with our job, profession. We get practically 2-3 hours to spend with our family, wife and kids and we must gainfully utilize this time without bringing work tension in to our home. We should leave our designation, power etc. outside the house and should enter the house in the capacity of 'Son, father, husband, brother etc.' Just watch the difference. If we fail to do so, then we start taking family members for granted and ruin the family relationship.

Have you ever thought as to what is love and for whom? The definition of love may vary from person to person but please remember that if you have love for your family, then success and wealth will follow automatically.

We set lofty goals in life but it is unlikely that we will achieve every thing as planned. One must remember that two things are essential to make your dream a reality namely ability and willingness to exert. When things don't happen the way we want, you must do retrospection of the failure. What was lacking? Our ability or willingness? In my opinion, experience is what you get when you don't achieve the target. It is also necessary to adopt the philosophy that 'you may not get what you love and hence you must love what you get'. I guarantee that life becomes heaven if you really master this philosophy.

At times we are not confident while taking a decision in spite of logical, practical, technical analysis. We must seek the advice in such situations from an expert who can have unbiased approach to decision making. However, we must listen to our 'inner voice' and take the final decision accordingly. If your gut feeling does not permit then drop the decision.

At times we seek advice from an expert because we are not competent to take the decision. But what is the guarantee that your consultant would give correct advice? I would suggest that one can seek the advice if absolutely necessary but final decision should be taken considering the varied opinions and our inner voice. Hence, you can solely enjoy the pleasure

in your success. This approach is essential because there is a section of dissatisfied persons giving wrong advice deliberately. You must remember the Lesson of Life i.e. 'seek advice but take action as directed by your mind.'

All of us face difficulties in day to day life. (I need not give list and increase your agony) Our patience to overcome these trifling problems is wearing thin. In fact these small problems need not spoil our mood. Shall I make small suggestion? You view this difficulty from 'Positive Angle'. You may refer my latest article 'Angle' wherein I have tried to discuss real life case studies.

We should remember the 'contribution' made by our parents, teachers, relatives, and society in shaping our career and turning us into an individual. We owe thanks to these people. This debt can never be repaid. The only way to repay this debt partly is by doing something for the society, carrying out our job whole heartedly, sincerely with mind and body.

Value system in the society is changing very fast. What was correct and good yesterday might have become old fashioned and rejected by younger generation. Every body is right in his way. Your right should not be at the cost of others. The dispute of two generations is mainly because of this new mentality. Our behaviour should be such that minimum inconvenience is caused to others.

Well friends, I am sure that if one tries to run his life's race on some of the above mentioned hidden tracks, his life will be not only successful but one can even witness heaven on earth in his own life.

Best of Luck. Get -set— go.

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