

## 77. Spandane - The Art of Living

'**The Art of Living**' is call of the day. What a joke that a mankind is now studying the Art of Living. Man has made so much progress all round, landed on moon, done breakthrough in medical science, communication etc. Every day new inventions are made. The entire Globe has become interconnected but the mankind has become divided on various issues such as wealth, caste, religion etc.

I don't remember having heard this concept of '**The Art of Living**' from my parents. However now in spite of obtaining higher education, it is a pity that we have to learn this Art.

Seminars imparting this training of Art of Living are conducted across the globe, thereby assisting mankind to reduce stress. Other charitable and social activities are also carried out and attempt is made to reduce the difference between masses & classes. I really salute these social workers for carrying out this Herculean task.

I am of the opinion that problems of every individual are unique. In fact that person himself has more chance of reaching to its solution and hence I personally feel that this Art should be learnt by every one in his own style.

I am an ordinary person like you and can't offer any rules of the game. However I am still confident of helping you because of my unique style of observing people, nature, attitudes, stress situations, making its analysis and striking a practical solution and documenting the entire episode.

I will make an attempt to place before you various real time problem situations, problems, attitudes, stress situations etc. You should think seriously on every point, note down the thought process and **decide your 'Art or Style of Living'**. Best wishes in advance.

**I have already documented my views in my book 'Spandane' (i.e. Vibrations of mind) available on my web site 'www.spandane.com'.**

1. 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 loose 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.** Please remember that your **success** on all fronts should be **proportionate**.
2. **Man is a social animal.** We stay in the society. Please remember that society starts from you or you are the centre point of the society. **Hence we build & maintain relationship with others.** However the outcome of relationship also depends on the response from the other end. Disturbance in the relationship upsets you. Relationship should not be based on selfish grounds. It should not be developed by concealing the expectations from the other party. Since the other party does not know your expectations, may not reciprocate thereby upsetting you. Just think on your real motive in developing relationship. I do agree that a person feels secured in certain relationships.
3. **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. 'Bhagwat Geeta' teach 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 synchronization, 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.**
4. We must realize that 'Change' is **part of Life** and also **inevitable.** Change should be anticipated and we should mould ourselves for the change and there after change should be accepted whole heartedly. **Then again get ready to 'Change'.**

5. We should remain as **'Student'** all through the Life because one can learn from practically any one provided your mind is open. Yes I mean it. If you think seriously, you will realize that you can **learn from the Nature, Trees, Frog, Tortoise, and Computer** etc. The list is only illustrative.
6. **'Colours' play very important role in our Life.** Without colours our Life would have been boring. We use different colours as per our mood. Any celebration is not complete without colours. If that is the case why we indulge in rubbing black colours on the body of our friends and at times strangers on Holi day? Is it to express our **hidden jealousy?**
7. I am sure that you must have heard the word **'Adveit' which denotes that there is no difference between you and other person.** Do we see the reflection of this word in our behaviour? The answer is negative. We get disturbed when the desired service is delayed or not made available. Do we think of the other class who works hard to provide the said service? Just take the example of **'Tea'**. It has 4 ingredients namely water, sugar, tea powder and milk. **Can you imagine the chain of activities in procuring each of these items?** At our end we feel that it is easy because we just purchase. Just think of efforts taken from grass root level. If you are successful in doing this, then I am sure that you will never grudge or at least think twice before showing your displeasure.
8. 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-occupation which would demand our educational knowledge gained.** You must have observed that many persons 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 also observe that intelligent girls complete higher education such as Architecture, Engineering etc. but once they hook NRI, they would leave their job/profession and would go abroad as Kitchen-in-Charge. **What a waste of energy in completing education and government money?** Don't you think its time to think on this?

9. 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 have rethinking on many outdated customs, blind faith, 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 not causing any disturbance to others, then we must become **trend setter**. Have confidence that one day the society will adore you. **My experience is great in this matter.**
  
10. **Our Life is incomplete without good friends.** Our relationship with a friend should be more intimate. Our friend should be a **good critic** and should put us on a right path when we depart from our life path. But does this happen? It should but rarely happens because basically we don't develop so intimate relationship with him & we like our friend only when he concurs with our opinion even if wrong. The moment he gives frank advice for our benefit, we are hardly in a mood to accept such advice. When ever any one offers helping hand we should always remember this but when ever some body insults us or behaves against our wishes, we should forget this unpleasant episode as early as possible.
  
11. Whether two persons would get along well will depend to a large extent on their '**Habits**'. Our parents, teachers make all out efforts in our childhood to inculcate good habits. **Their success depends on our attitude to learn.** When we become father, we make similar efforts to educate good habits to our kids and then we realize that why our parents were so fussy about our acquiring that habit. In other words, observe your habits and make necessary improvement.
  
12. We must decide **Priorities in Life** and accordingly do the **Time Management**. Your **success in Life depends on doing right thing at the right time and in right proportion.**

13. Have you ever thought as to **what is Love and on whom?** The definition of Love may vary from person to person but please remember that if you have love for the family, mankind then **success and wealth will follow automatically.**
14. In difficult times, **'Hope'** gives us energy to fight the problem. You will agree that in modern era, words like 'Peace', 'Faith', and 'Love' have lost their glamour as every one is now accustomed to live on 'Hope' that current situation will improve. **Please remember that if your 'Hope' is alive, then you can swim through the rough water.**
15. We set lofty goals in Life but 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.
16. **Life is nothing but a Laboratory.** Whatever we learn (take macro meaning and not micro meaning of what you learn in educational institutions) should be put to use for the society /mankind. **Just observe your inner happiness when you are able to take few steps in that direction.**
17. At times we are **not confident while taking decision** in spite of logical, practical, technical analysis. We must seek the advice in such situation from the expert who can have unbiased approach to decision making. However we must hear our **'inner voice'** and take the final decision accordingly. **If your gut feeling does not permit then drop the decision.**
18. We wish to achieve so many goals in Life. We also decide the priorities and Time frame. We make the list of all subsidiary jobs and their interdependence. However our mind may be shaky because of difficult goal. I would advice that don't get panicky.

Start the journey towards your goal. **You take only one 'Step' at a time while walking.** So remember the same rule and start the activity in right earnest and success will be yours.

19. In modern era we spend 10-12 hours outside house in connection with our job, profession. We get practically 2-3 hours to spend with family, wife and kids and we must gainfully utilize this time without bringing office tension in our mind. 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.**
20. We all wish to become a '**Big Shot**' in Life. But have you decided the '**Speed**'? Let me share the secret that **happiness lies in the journey and not necessarily at the destination.**
21. At times we seek advice from expert because we are not competent to take 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 that is 'seek advice but take action as directed by your mind.'**
22. **Birth is not in our hands but how to Live is certainly in our hands.** We all need happiness, pleasure in Life but should define the ingredients of happiness and where we will get the same? **Otherwise entire life we may searching the same at a wrong place.**
23. We generally carry out '**SWOT**' analysis of ourselves. However each one of us is bestowed with '**Secret Energy**' and it is the responsibility of the family members, teachers to make the person aware of this secret energy. **In difficult times, this secret energy comes to our rescue.**

24. We should also learn '**decision making**'. We should face the problems in life and should not run away. We should take expert opinion only when absolutely necessary. We are more likely to find the solution as the entire input is available with us. Our God fearing attitude has its origin in inability to take firm decision. I hope you will excuse me for making such bold statement.
25. **Our Life is divided in 4 compartments** namely childhood (education), Adult (service, family), Vanprasthashram) (Retired life spend for social service) and Sanyas (social service to mankind). Earlier persons used to leave the house after retirement from job 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 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?** I am sure that you must be wondering about my retirement plans. I am happy to say that **I had planned my retirement at the age of 24 (right on 1<sup>st</sup> day of my career 14-06-1975 Saturday)**. I have greatly reduced my professional practice and enjoying my life by offering medical consultation, advance study of astrology including Medical Astrology, photography, reading, updating my website, counseling etc. on an honorary basis.
26. **Bhagwat Geeta** has taught one important lesson that '**Body**' is **perishable but soul has perpetual existence** and hence soul would leave the body and rebirth would take place. All our belongings such as wealth, relatives, and friends would not accompany us after our death. However we spend more energy for accumulating wealth, friends, nursing relations but neglect call of the soul. Death is the only certainty in Life. **Without death, life would be more complicated.** Unless a person gets blessings of 4 Gods namely **Fire** (Agni which represents work) **Chandra** (Moon which represents kind, good qualities of mind) **Surya** (Sun which represents sharpening & use of knowledge) and **Avakash** (Space which represents detached attitude) peaceful exit from this world /life is not possible. We should remember that every day is the last day and should spend the day in the best possible manner. You can appreciate this

sentence if you can image getting up in the morning as 'birth' and sleeping at night as 'death'. Once you accept this ideology, I am sure that **you will not dare to engage in any substandard act in your Life.**

27. We must have observed that **happiness and problems follow each other.** Change is inevitable part of life. What goes up eventually comes down. **Every act of pleasure (Luxury) brings certain element of difficulty.** How we react to difficulty? No body wants sorrows, problems and difficulties. Some persons of soft nature become tensed even after tying over the bad days. Some brave persons may become soft and pessimist after difficulty is sorted out. We should **accept problem as blessing** without asking question as to why I am suffering. When you get reward in Life, do you ask the question as to how I got his high reward disproportionate to my abilities? Please remember that **Optimist finds opportunity in every difficulty and Pessimist finds difficulty in every opportunity.** We should accept the difficulty without blaming any one and then try everything possible at our level and leave the rest to GOD who knows what is best for us.
28. **All of us face difficulties in day to day life.** (I need not give list and increase your agony) **Our patience to overcome these trifle 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.** Let me give example. (You find that trains are running late. You get irritated. You just add the word 'Thank God' and reconstruct the same complaint. Thank God that trains are late. If derailment or accident would have taken place then what you would do. ) Just try this trick for guaranteed results. Read my article 'Thank God' for more such examples.
29. In Marathi words '**Chita**' and '**Chinta**' has a difference of only one dot but in terms of meaning two words convey different meaning. '**Chita**' **burns the body after death and** '**Chinta**' **burns the person during lifetime.** Hence one must stop worrying and start Living. **God knows what is best for us.** Here again I would like suggest a way out to overcome 'Chinta' i.e. worry. Just think what maximum would happen? What you can do to avoid or combat with it? Have you done that? What is the probability or chance that you would suffer maximum consequences? What is your law of average? You will

realize that **you never suffer to maximum extent if you have lead a honest and sincere life, cultivated habit of lending helping hand to needy people etc.**

30. You will be surprised if I say that **your wife is Management Expert**. You would ridicule me by saying that she has not studied management. If I say that every Management graduate can't make a good Manger, then again you have temptation of writing me off. Please bear with me. Well let me touch the subject proper. You must have read about the term '**PERT & CPM**'. **Any job (in office or residence) involves series of subsidiary jobs**. Some of these jobs are independent while some are interdependent. Once you can think and list all such sub jobs and decide their dependence or interdependence, then you are assured of successful completion of the same. **Now you can react on my statement of calling your wife as Management Expert**.
31. We should remember the '**Contribution**' made by our parents, teachers, relatives, and society in shaping our career and turning us in an individual of active habits. **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 our job whole heartedly, sincerely with full synchronization of mind and body. Have you seen '**Gudhi**'? On a bamboo stick, 'Tambya' is kept upside down. We should transfer our knowledge and expertise to next generation as per the teaching of 'Gudhi'. **We can do this if we consider ourselves as 'visitor' in this world**.
32. '**Security**' has become buzz word of the day. In the changed scenario of bomb blast, terror attacks, natural calamity, accidents, there is no guarantee that a person who leaves the house in the morning would return safely in the evening. One must remember that our life is decided by the Almighty super power and hence there is no point worrying about safety. No doubt, we should take the necessary care and precautions and leave the rest to GOD. **Your mind should sense the safety and it will automatically be seen on the face**.

33. We should do justice to whatever opportunity we get. **Opportunity** does not knock your door on and off. **One needs to be optimist but should also have contingency plan in case things don't happen the way you anticipated.**
34. **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 but 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.**
35. **Communication** plays pivotal role in creating, maintaining and breaking relationship with the world at large. **We should not say what we mean unless called for but we must mean what we say.** This simple principle has the power to improve relationship.
36. **Do you know the Success formula?** Well, let me share the same. **Success = Minimum Ability / intelligence x hard work x Luck.** The reply to **what is success will vary from person to person** but what is important is to have overall proportionate success on all fronts. Basic intelligence can be found out as well as it can be measured / estimated. Luck element is known within few years of birth. Ability to do hard work lies with everyone. **What is required is desire. One should carry out SWOT analysis and then decide the goal in life.** One should set goals in different fronts such as education, career, family, health, friends etc.
37. It is needless to say that success can not be achieved with disregard to **Time Management. Time is Money. Save both for achieving success in life.** Time can't be stored. Time used judiciously can help you to meet goals set in life. Time should be spent proportionately on various activities. It is unfortunate that younger generation is not very serious about Time Management. **At every stage one must realize what is the call of the day?** What are your priorities in life? What are your duties and responsibilities? What are your social obligations? How you are spending TIME at present?

38. We expect that **Clock must show correct time**. 'Correct timing' also plays important role in life. We must remember 3 things while taking any action namely **correct time, correct reason/cause and correct proportion**. Your action becomes effective when all three ingredients are present. Usually we take action based on 1 or 2 ingredients.
39. Everyone is afraid of **Failure in life**. How one can taste success all the time? Success and failure follow each other in most of the cases. Confidence is generally lost with failure. **Experience is what you get when you don't achieve your goal**. Failure is the first step towards success. I am not saying this just to pacify you but if you read autobiographies of great personalities, you will agree with me. Have you witnessed how a baby takes her first step? She falls down again and again in the initial stage but keeps trying. **Why not follow this when we are confronted with failure?**
40. When ever things don't happen the way we want gives birth to **Anger**. It is needless to say that Anger is first most important enemy of a man. You are aware that anger is responsible for causing diseases such as BP, Diabetes, Heart trouble etc. **Person loses the control on his mind and can't decide what is good and bad**.
41. We all have born under same circumstances with no control on our parents, place of birth, financial condition. We were neither pessimistic nor optimistic. We were born with neither good qualities nor bad qualities. Through exposure to our environment, our parents, teachers, friends and society in general, we developed mental pictures of ourselves. **Circumstances exert greater influence on our daily conscious activities & us**. Kindly analyze your behavior while dealing with others. In which slot you find yourself generally.

I am OK, You are OK	I am not OK, You are OK
I am OK, You are Not OK	I am not OK, You are Not OK

**You should note down your behavior and try to work in I am OK/You are OK zone.**

42. **We all inherit 3 Ego status such as Parent (attitude, opinion) Child (feelings, emotions) and adult (thoughts, learning).** All these Egos are essential and play vital role in balancing our behavior. We move in and out of these egos in response to what is going on around us. **Child ego wants something; Adult ego makes the decision and Parent Okays the decision of adult.**

43. **Conflict is part of our LIFE and is inevitable.** We may not be fortunate to avoid all conflicts but we can certainly try to manage them well in time. Understanding reasons of conflict & acceptance of conflict etc. are most essential for its management.

**We must first understand the main reasons for conflict.**

- i) Unmet needs and wants.
- ii) Values. Our values drive our behavior. Our values may differ about time, work, health, relationship, spending habits etc.
- iii) Perceptions. There are always three sides to any matter/ problem.
- iv) Knowledge. The information or knowledge given or not given may cause conflict.
- v) Assumptions. We make assumptions on what we know. Conflict may take place when assumptions are not checked for accuracy or are not updated periodically.
- vi) Expectations. Conflict may occur when we do not know each other's expectations. Expectations should be made known in clear terms to each other.
- vii) Growing up differently. Each generation views Life and Work differently.
- viii) Willing ness and Ability to deal with conflicts.
- ix) Three personalities are hidden in every individual, namely Parent, Adult and Child. These personalities keep changing from time to time and from situation to situation. When two persons happen to be in similar personalities say adult while dealing then the chances of conflict are remote.

The points of agreements and disagreements should be jotted down and solution should be thought to reduce the differences by both the aggrieved parties without involving arbitrator.

44. You will agree that **Theoretically every thing is possible.** But have you considered **Technical possibility** and thereafter **Practical possibility?** When all three possibilities are present then and then only the Goal is achieved positively. However when you fail to achieve the desired results, what is first reaction? Is it blaming somebody? Is it justify

the results? Or for a change you accept the hard fact? **Blaming** somebody for the failure or **justifying** the failure may not help you. In case you want to win over that unpleasant situation, you need to accept the reality. Just see the difference by doing this. Many doors will open for the next try. Don't ever ask the question to God as to why I am forced to face this situation? Have you raised question on getting disproportionate success not commensurate with your abilities?

45. Ours is a Male dominated world. Have you at any point of time realized / given serious thought / understood the **suffocation of female population**. 'Women Day' is celebrated on 8 th March. When will Males realize the hidden contribution of ladies in all spheres of life? It is said that there is backing of a lady behind the success of a man.
46. At times you are confronted with '**Love and Duty**.' I am the opinion that when you really Love somebody then only you carry out proper duties in respect of that person. We should **carry out our duty considering what is right for that person not what is liked by him**. This applies not only for family relationship but also at place of work. You should carry out the job according to its natural justice and not according to the wrongful wishes of your Bosses. Have you read the book 'How to manage the Boss?'

**Friends you will agree that subject is so vast that it is just difficult to highlight all the** situations in Life. I am aware that few points have been deliberately repeated to drive the desired message. However I have made an honest attempt in this regard. **I am aware that in fact you may equally have vast experience in this field**. I request you to think seriously on every point and try to remember your behaviour. **I am sure that once you do this you would be expert in The Art of Living**. You may also read my book '**Spandane**' uploaded on my website '**www.spandane.com**'. I have explained the above points by narrating Moral Stories, case studies etc. **I am eager to receive your reactions and comments on my email [spandane2008@gmail.com](mailto:spandane2008@gmail.com)**.

**Now let me share with you some of my perceptions, views about Life.**

- i) You may not get what you want in life but you can certainly love what you get in Life.
- ii) I do not carry any complex either inferior or superior.

- iii) You should 'mean' what you say but you may not 'say' what you mean unless called for.
- iv) I believe in individuality.
- v) I honor every person's ideas and skills.
- vi) I always try to do what is right at a given point of time.
- vii) I constantly exchange information and knowledge and keep optimum amount of transparency in my dealings.
- viii) I constantly look for every opportunity to learn.
- ix) I look at every thing first from brain and subsequently from heart.
- x) I consider saving as first charge on income.
- xi) I don't ignore signals. (Take macro meaning)
- xii) Happiness lies in MIND.
- xiii) I constantly practice that my mind should rule the body and intelligence should rule the mind.
- xiv) I try to break outdated barriers in life. (Already broken many)
- xv) I exercise control over 'Hurry' 'Worry' and 'Curry.'
- xvi) I take pride in doing household chores.
- xvii) I try to do Right thing at a Right time and in Right proportion.
- xviii) I do retrospection at periodic intervals.
- xix) I try to balance cost and benefits in every matter.
- xx) I either don't carry EGO or I try to keep the EGO under control.
- xxi) I always do PLANNING before taking any action, decision etc.

**Your Life should be like a square meal. Your destination of 'Happiness' in Life will be your mind itself if you can manage to keep balance between your educational/occupational career, family, health and friendship.**

Best of Luck from 'Spandane'.