

# [ FIND THE GANDHI IN YOU ]

MONDAY SEPTEMBER 25, 2006

## Draw inspiration from Gandhi's school of thoughts and make the world a better place to live

WORK WISE - A fortnightly column by Rahul Kapoor

After a very Bollywood masala film hit the theatres recently, guess who is in vogue? Mahatma Gandhi.

In this article let's make an attempt to understand some of his principles and what makes them still relevant and applicable.

### **SERVICE TO OTHERS**

Gandhi said, the way to find yourself is to lose yourself in the service of others". Begin your day by asking yourself a question. How can I be of service? When you take time to ask this question, you will find answers popping up all day long. If one of your goals is to help others, you will find ways to do so. You can give a seat to an elderly person in the bus, help a blind person cross the road, write a cheque to charity, take time and energy to listen to your spouse, help your child with his school work and extend support to your colleague.

In this selfish world Gandhi advocates you to become selfless because that is the only way to attain inner peace.

### **TRUTH**

Gandhi said, "Truth never damages a cause that is just." Speaking the truth is certainly difficult but once you choose to follow this path then it becomes your biggest strength. Remember, truth will never let you down.

### **FORGIVENESS**

Gandhi said, "The weak can never forgive. Forgiveness is the attribute of the strong." Forgoing is the highest form of human behavior or, it is a gift you give to yourself; it is not something you do for someone else. It is not complicated. It is simple. Simply identify the situation to be forgiven and ask yourself. "Am I willing to waste my energy further on this matter?" If the answer is "No", then that's it! All is forgiven. Non forgiveness keeps you in the struggle. Being willing to forgive can bring a sense of peace and well being. It lifts anxiety and delivers you from depression. It can enhance your self esteem and give you hope.

Some time ago, I read a story of a little boy who would go to the sea and engrave on a stone all good things people have done to him and write all bad experiences on the sand at the sea shore. When asked about his strange habit, he said, I want to remember all the people who have done good to me and therefore I write these experiences on the rock to ensure that no one erases them. However when some one hurts me, I write these experiences on the sand so that the waves can wash them away.

# [ FIND THE GANDHI IN YOU ]

MONDAY SEPTEMBER 25, 2006

WORK WISE - A fortnightly column by Rahul Kapoor

## **NON VIOLENCE**

Gandhi said, "If we practice an eye for an eye and a tooth for a tooth, soon the whole world will be blind and toothless."

Every day we read or hear about some kind of violence in different parts of the world. The Mumbai blasts or those in London, the fights in Sri. Lanka, Palestine or in Iraq almost every part of the world today is experiencing acts of violence. Violence is being used as a medium to get your voice heard and as a tool of revenge. We are all moving towards a dead end and if we do not realize this soon enough then perhaps we will only have ourselves to blame for a bleak future.

Violence can never do good to all the people, there will always be some one on the receiving end and that will make it impossible to find a solution that can keep every one happy. Therefore it can never gain permanent solution to any problem.

On the other hand, non violence can succeed even when everything else fails. It is perhaps the only approach in the world that can help in achieving long term peace and allow people to co-exist. However it is not easy to practice non violence, it requires incredible faith and courage. Non violence is the greatest force at the disposal of mankind.

Over the years, Mahatma Gandhi's approach has influenced many and may we hope that many more continue to draw inspiration from his schools of thought and make the world a better place to live.