

[LET GO]

MONDAY AUGUST 18, 2008

WORK WISE - A fortnightly column by Rahul Kapoor

Inability to say 'no'; being a perfectionist; getting irrational about one's capabilities; becoming a victim of over-responsibility; inability to compromise; holding grudges; being resentful and unforgiving are all traits that can cause a lot of damage to a person.

These traits create problems in relationships - both in personal life as well as at work place. As an individual you never attain personal serenity and peace, you are always anxious, stressed, insecure and depressed.

This article aims at helping you understand the power behind the words LET GO. The matter of fact is that you don't need strength to let go of something, what you really need is understanding. So, go ahead and read on.

Let go of situations that you cannot control or change

Life is a challenge and often we come across situations which test us. Although we successfully overcome most problems and become sharper than ever before, there are times when things are beyond us.

However, our irrational thinking forces us not to let go of things: beliefs like 'I must solve every problem that comes my way'; 'Only I can solve these problems', 'If I do not solve this problem then I will be seen as a failure'. These fixations and obsessions to solve everything causes physical and emotional exhaustion and you are never be at rest

In spite our of extensive problem solving, brainstorming, and testing alternatives we sometimes reach a point where we can do nothing to change the circumstances and the issue gets out of our reach and control. We may not know what to do. That is a good time to do nothing. Too often overdoing creates further unnecessary complications.

When at complete loss, it would be perfectly fine to free up your energy and letting go of the issue and handing it over to the higher power for clarity, guidance and direction.

Let go of grudges and bitterness

Give yourself, others and life a chance by forgiving people. Wikipedia defines - 'forgiveness' as the process of ceasing to feel resentment or anger against another person for perceived offense, difference or mistake, or ceasing to demand punishment.

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In relationship people do hurt each other. Poor communication and inability to empathize with each other creates misunderstandings. The net result is that bitterness begins to rule our lives; anger, frustrations and stress steals our peace and harmony. Holding grudges and staying bitter not only cause unhappiness to you but it also results in long-term health problems.

The thought of revenge keeps our mind away from constructive or productive actions. On the other hand, the act of forgiveness helps us to live a free and happy life. It leads to feeling of understanding and compassion for the one who hurt you. So, practice forgiveness and let go of grudges.

Let go of your ego

Have you ever thought about acceptance and how it can change things? Have you ever noticed how hard it is to change your spouse, while a little more acceptance from your end can go a long way towards transforming your relationship? Life becomes complete and relationships begin to make sense when we stop asking the other person to change and make an attempt to change ourselves. And the only way I think that is possible is by letting go; letting go of your EGO. Stop being a reformer, stop preaching others, stop criticizing people, sit back, relax and drop the ego. Change your self first and the world will be a happier place to live in. Live Life!