

# Southwestern Business College

## NEWSLETTER

KARTIK 2080

### INDIVIDUAL FOCUS SERIES—56

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Many people, including us, have the natural habit of judging people and predicting on their future based on what they are doing now and what our own experience finds with the ways they are behaving as well as conducting themselves. In a way, it is based on our present assumption that other things will remain the same, and the person about whom we are talking about will move ahead with the same temperament, behavior, attitude, and the circumstances. However, in real life, seldom it will be with all of us. There are and will be very few people who have control on their outlook, conduct, and approach despite the natural changes in the situations and new developments. We are, very often, disturbed by outer forces. Such forces may be in many forms: detracting situations created through circumstances producing desire/ lust, sudden happenings generating anger, occurrences bringing out greed, and other shapes of conditions constructing the forms of ego, attachment, jealousy, laziness etc. So, in previous pages, we have talked a lot on our inner strength. We all know that there are so many traits for a human being to be focused, to have leadership qualities, to be smart; and the common factor for all of them is that they come from our inner strengths. The more the development of strength of our inside, the more capable we will be to not be detracted or affected by the outer forces, and naturally the ability to triumph over obstruction and recuperate from failures will increase. In the words of Tony Robbins: “I don’t know anybody who’s been successful in life and business who hasn’t been devastated multiple times. The only difference is they get back up immediately.” This phenomenon of recovering and restarting is called resilience which comes from inner strength. Nobel Prize winner for Literature (1913) Rabindra Nath Tagore had written a poem named “Give me Strength” which, in a way, is the expression of a desire for strength and resilience against hardship or trouble. Such strength makes one able to face the challenges and rise again even after failures as well as stand against injustice.

Before proceeding further on the subject of building inner strength, it will be appropriate to go through the single most widely used and applicable to all truth of life, in the words of Bob Proctor: “The only limits in our life are those we impose on ourselves”. There are so many examples around the world of the people who have shown such toughness not to bow down because of the failures or extreme challenges, and have shined through exemplary feat. They have shown the extent of human capacity and rule of will power. Many of us must have heard or read about Michael Jordan who created a history by becoming one of the most successful basketball players of all time despite having been expelled from his high school basketball team. Arunima Sinha lost her leg when the robbers pushed her off from a moving train. Many years

later, she became another vivid example for the world to believe on the incredible power of human beings and inner strength when she climbed Mount Everest successfully.

Hence, inner strength is directly related with our own faith on correlating our thinking pattern followed by the ensuing actions with our inner self. A few quotations from great personalities of the world- who have proved their understanding of the worldly matters through their deeds - will ease our process of understanding the real meaning of what we are trying to say.

“It is those who have a deep and real inner life who are best able to deal with the irritating details of outer life.”-

**Evelyn Underhill**

“We're so engaged in doing things to achieve purposes of outer value that we forget the inner value, the rapture that is associated with being alive, is what it is all about.”

**-Joseph Campbell**

“The outer conditions of a person's life will always be found to reflect their inner beliefs.”

**- James Lane Allen**

All the above-mentioned people whose examples we have taken and many others like them have successfully associated themselves with their inner value.

Often there are queries on ‘how do you know your inner values?’ In simple language, it is your ability to know who you are and what you stand for. There also can be four questions for you:

- What is your real intention?
- You are attracted to which principles?
- What is your fundamental ambition?
- What stimulates you most?

I would like to take an example of a person, named Sarbesh, who worked for my best friend for ten long years. During the span, Sarbesh was like a machine- working for six days a week, never taking leave other than the company holidays, and fulfilling responsibilities dedicatedly. Sarbesh seemed so serious and purposeful. My friend thought that Sarbesh enjoyed doing the job, seeing how immersed he was. All came loose when my friend asked Sarbesh for a family dinner. After two drinks between snacks before the dinner, Sarbesh opened up to a question of my friend: “Sir! I don’t really enjoy this job. Many times I think that I’m not made for this. It feels like I’m just passing up the days, months, and years.” Naturally, my friend suggested him next day: “Sarbesh! Do you know what you are saying? If you are not enjoying your work, then you are wasting your life. Life is a short span which demands that every human being spend it carefully so that when asked to yourself you should be able to say that I have lived my life fully. You have made yourself very busy and not taking a pause awhile to look within yourself.” Consequently, Sarbesh resigned after a few months, and started own business of travel and tour. Now, he could

travel to different places, meet new and new people, and taste varieties of food. Most certainly, he was doing what he loved, as well as he loved what he was doing. When my friend met Sarbesh after two years, he said: “Sir! Thank you for motivating me to look for my inner self. I’ve now understood the real me”.

## LAXMI PUJA CELEBRATIONS: 12<sup>th</sup> November 2023; 26 Kartik 2080



