

HOW ² LIVE?



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How to live?

This is a frequently posed question by every person interested in his/her self-development. Having read *How to Live on 24 Hours a Day* (Arnold Bennett), one may feel adequate to answer this question positively. One may think that he or she has the right answer. However, there is only a partial answer and may require a deeper probe to understand the subject better. The subject is you, regardless of your outer mode of life: white collar, blue collar, business, etc., the principles are universal. No doubt, you have gleaned many a gem from so many authors: Dale Carnegie, Brian Tracy, Jack Canfield, etc.

Have you applied these teachings to your life? Have they changed your life? How have such teachings helped you? These are the questions need to be answered and resolved successfully in your day-to-day life. Applying the teachings is the crux of the matter. Swami Vivekananda, a popular savant of India, taught people to make one idea their own. To be so ruled by that idea that it becomes a part of you. Swami Sri Yukteswar Giri, Guru of Paramahansa Yogananda ji, said that, truth is absorbed by the atoms and not by the eyes alone. Thus, whatever field you are seeking to master, you must wholly and solely be absorbed in the teachings.

There is now the theory that one needs to practise any activity from learning a piano to playing tennis – for over 10,000 hours to master it. I cannot vouch safe for the same. However, having practised law for more than three-and-a-half decades, I feel all at sea. Does walking or reading for 1000 hours

make you a master of either? Of course, by practising playing golf for so many hours would surely make you a proficient player in it. What do we want to include in the art of living? What indeed are the needed parameters, the contours of the art of living? There are some principles that can be applied to the art of living. The art of living is simply the art of living that puts you in the best state of living. The best state includes the physical, mental and spiritual facets. As Gandhiji quoted, 'A Sound Body and A Sound Mind'. The art of living includes many other factors, how you care for yourself: eating exercising, being creative, and resting the body. Next comes how to get along with others. Then comes how you serve: The Lions International lists three things which you can afford to learn about the art of living – time, treasure and talent. It is by developing yourself and being useful to others

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